

A relaxed family life during the pandemic

A regular daily routine



- Fixed sleeping hours (at least 9-10 hours for elementary schoolers)
- Fixed meal times (together with parents and siblings)
- Fixed study times
- Fixed times for free play and media use

Allow for boredom



- Children become creative when they are not always distracted
- Doing nothing is an important experience
- Restrict screen time (TV, smartphone, computer, PlayStation) to a maximum of 2 hours per day

Stay positive



- Stay calm and radiate optimism
- Watch or listen to age-appropriate information together with your children
- Talk to your children about the current situation

Allow each other time out



- Parents also need time for themselves and should create small "islands of calm"
- Not all family members must always take part in family activities

Go outside



- Children should spend at least 1 hour a day outdoors
- Maintain at least 1.5 meters distance between yourself and others
- Joint activities with parents and siblings, e.g. walks or trips to the forest

See the family time spent at home as an opportunity



- Time with your family is a precious thing. It is an opportunity to become closer (again) and get to know each other better
- Become aware of the advantages of the current situation
- Take positive insights and behaviours into the time "after Corona"

A healthy diet



- Joint family meals with lots of fresh ingredients
- Eat a variety of fruit and vegetables several times a day
- Cooking together as a family activity