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Family Routines

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How can you get through this as a family?

How is it possible to survive these tough circumstances and have a good time as a family?

Good Daily Routines

Routines often help you with resolving disputes and making decisions.

Structure your day together with your children. Make a weekly schedule with chores and fun activities. To structure work and free time activities is very important for school children.

(Press release bke-Online Consulting: educational support during corona crisis)

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Ideas for you daily routines

Every family member should gather ideas and afterwards put together a weekly schedule.

- Get up at the same time every day: if needed set an alarm clock
- Have breakfast
- Do your school tasks
- 11.30 am watch "Programme with the Mouse"
- Lunch
- Play time
- 3 pm time for physical activity e.g. YouTube sports videos
- Adventure activities at home: Try to get from your bedroom to the kitchen without touching the floor; build a fort;
- School lesson for adults: Kids teach their parents about favourite YouTuber; Lego Constructions; feeding dolls; and so on.
- Media time: according to age regulations (see recommendations listed below)
- Dinner
- Playtime
- Time for bed

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Corona explained for kids

That's why we stay at home

Corona is a disease you can catch. Corona-viruses are really tiny. So tiny, we cannot see them with our bare eyes. But once they get into our body we get sick.

When we are outside and touch things and people the virus can get on our hands.

That is why we must wash our hands very well.

Because Corona-viruses don't like soap!

We don't want to get sick and infect others.

That's why it's important to stay home.

A lot of people do that now.

At the moment we have to look after each other. We love our family and relatives and don't want them to get infected. If we miss them we can call them for now. That's why we stay home.

Helplines in case of emergency and crisis

Staying home for a couple weeks can be hard on all family members and can have a negative impact on the parent-child relationship. Disputes and arguments might increase during these times. If you think it is getting out of hand, it is advisable, to get help.

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Substantiated child danger and for youth in crisis

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