

Page 1

Family Routines

How can you meet friends and grand-parents?

deas for Playing

Physical Exercise with Fun

Media Tips

Helplines in case of Emergency and Crisis

Family Life in the Time of Corona



Page 2

How can you meet friends and grand-parents?

At the moment it is not allowed to meet friends and relatives. Who can you stay in touch?

Stay in touch

It is necessary for children to stay in touch with their grand-parents and friends. In times of fear you have to show your kids that grand-parents and friends are well and they needn't worry. A way to do it is to video-chat. Children can draw paintings or write and send a letter to their grand-parents.

Page 3

Ideas for playing

Make your own “free time” card game (see example). In the morning, every family member draws a card. The task on the cards needs to be done by dinner time.

The person who does their task gets a point. The points are added up at the end of the week and the person with the most points wins.

“To-do” - ideas

- Practise a magic trick and show it to your family
- Draw a nice picture for your flat/house
- Bake a cake
- Hoover your flat/house
- Take out the rubbish
- Make an Origami-animal or a flower
- Find a funny YouTube video and present it
- Present or find out about an online game
- Tell a joke
- Be nice the whole day
- Paint Easter eggs
- Cook your favourite meal
- ...and so on

Page 4

Example “Free Time” Card Game

Page 5

Physical exercise indoors for children

The online platform YouTube is really useful for this. You can find a lot of videos on physical exercises for kids indoors.

YouTube Sport Tips

Exercises for kids of any age: daily new videos by ALBA BERLIN

Football exercises at home: MFS FUSSBALLTRAINING.TV

Page 6

Media tips

www.klick-tipps.net

klick-tipps supports your search for good and secure apps for kids

www.flimmo.de

flimmo watches TV and tries to maintain perspective.

www.fragFINN.de

is a kids research engine with recommendations for suitable children's website

Page 7

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.

Youth and Family Therapy Consulting Regensburg

Tel: 0941/507-2762 Erreichbarkeit: Mo-Do 8.30 -12Uhr 13.30 -17.00 Uhr Fr 8.30 -15 Uhr

Substantiated child danger and for youth in crisis

During office hours

TEL. (0941) 507-2512

jugendamt@regensburg.de

on duty outside office hours

TEL. (0941) 507-4760

jugendschutz@regensburg.de

Financial questions: Tel. (0941) 507-3514

Other issues: Tel. (0941) 507-1512

jugendamt@regensburg.de

or: www.bke-beratung.de