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### **Parents need a Break**

A lot of time together as a family – particularly in confined spaces - can be challenging for all family members.

### **Taking a Break**

The challenges in these times should not be underestimated. Therefore it is very important to find some resting time. Make sure to discuss it with your children. It would be best, if you could integrate it into your daily routines e.g. after lunch. The parents resting time can be visualised for children with a clock or egg timer. The resting time should be according to the children's age. A 30 minutes resting time is recommended for children at the age of 3-6 years. During this time every family member is occupied with themselves. You can think out ideas what to do during this time in advance – fun fact: boredom sparks creativity.

**When nerves are on the edge or you lack energy, parents cannot be their best.**

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## **Game Suggestion**

Make a "Photo-Safari" with your smart phone. Make a list of items and work accordingly. The photos will be looked at and judged afterwards.

Photo-Safari:

- Something starting with the letter "C"
- A person jumping in the air
- An especially scary face
- A heart
- Something yellow
- A cloud animal
- A beautiful selfie
- Something that is making a noise
- The shadow of an object
- ... and so on

Alternative: every person secretly does pictures from the flat/house and the other family members are guessing what it is. Pssst: It is more interesting to focus on details.

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### **Music and Dance lightens the Mood**

Different online-providers offer various videos to dance and sing along.

Dance tutorials for kids from the age of 7. KOTCH&RHAPSODY REGENSBURG,  
TOHUWABOHU

Cool kids songs VERLAGSGRUPPE OETINGER

Sing with me - songs for kids

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## **Media Tips**

[www.seitenstark.de](http://www.seitenstark.de)

Seitenstark has a lot to offer on information about games and learning offers.

[www.interet-abc.de](http://www.interet-abc.de)

### **Get your web – license.**

The Kikaninchen-App provides a save way of your fist online experiences. Multimedia offer for pre-school children by ARD & ZDF.

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I am Connie - Colour me

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### **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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