

Page 1

Family Routines

Family and Digital Media

Games with Distance

Creative Media Tips

Helplines in case of emergency and crisis

Family Life in the Time of Corona

Page 2

Family and Digital Media

Use of Media in Times of Corona

Daily routines have changed. Home-schooling, keeping your distance, restricted free time activities and so on. This means that parents and children are spending a lot of time at home. Consequently the use of digital media is increasing. While parents are busy with organising themselves, children are asking: "Can I go on "YouTube", play computer games or watch "Netflix"? Mainly they are trying to kill time. Rules before Corona are not applicable any longer, so you need new rules.

It is important to analyse children's media consumption together with your child.

- What are the children's preferences? What do they like or are interested in?
- When do they use it and why?

Using digital media meets emotional and social needs, like meeting friends online and talking to people besides your family. It also meets the needs for information and orientation or simply is fun and entertaining. That means you have to differentiate between a video-chat with friends and watching a film or an episode.

Page 3

It is more important that children learn how to use digital media instead of being picky about a certain time agreed. This means that they have to be aware of their usage e.g. I am bored – I need entertainment; discuss with your children what to do in this situation.

These set of rules can help:

- No phone while eating
- Chores and homework first; digital media second.
- Not only entertainment but also enhance creativity and communication
- Family digital media times (games, movies)
- Show interest in your children's digital media usage

Rules for digital media should be adjusted to the age of your child. Finding rules together is more effective than restraints. There is the possibility of a digital media treaty (www.mediennutzungsvertrag.de). Rights and obligations for every party are set and all parties have to agree to them.

Page 4

Educational Support Online

Initiative "Look! What you kid is doing with digital media!" – helps families with the use of digital media.

Information and tips for parents to support their children online.

Page 5

Games via Video-Chat

No Words

You can mute your microphone and play charade. You can explain "terms" and act them out with no words.

I bet you...!

"I bet you cannot do!" With these words every participant can set a task via video chat. If you think you are up for it, you accept the challenge. Here are some examples: Eat two pieces of rusk or a handful of salt sticks within one minute without drinking water. Or transport a spoon of flour from the kitchen to a visible cup without spilling it. Every participant can think of good or tricky challenges. It is important that you can validate them via video-chat.

Games with Distance

Hide and Seek with Distance

First place your video-chat device somewhere in the room. The participants can see part of your room now. They have to memorize the room and afterwards a certain amount of objects are changed or hidden. The participants have to guess these objects. Who guesses the most, wins.

Guessing Noises

You can switch off your camera. Play a noise e.g. clinking of glasses, eating crisps, turning a page in a book,...).

Page 6

Media Tips

Fun with games

Presentation of digital games with a high value of innovation and creativity.

Handicrafts

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