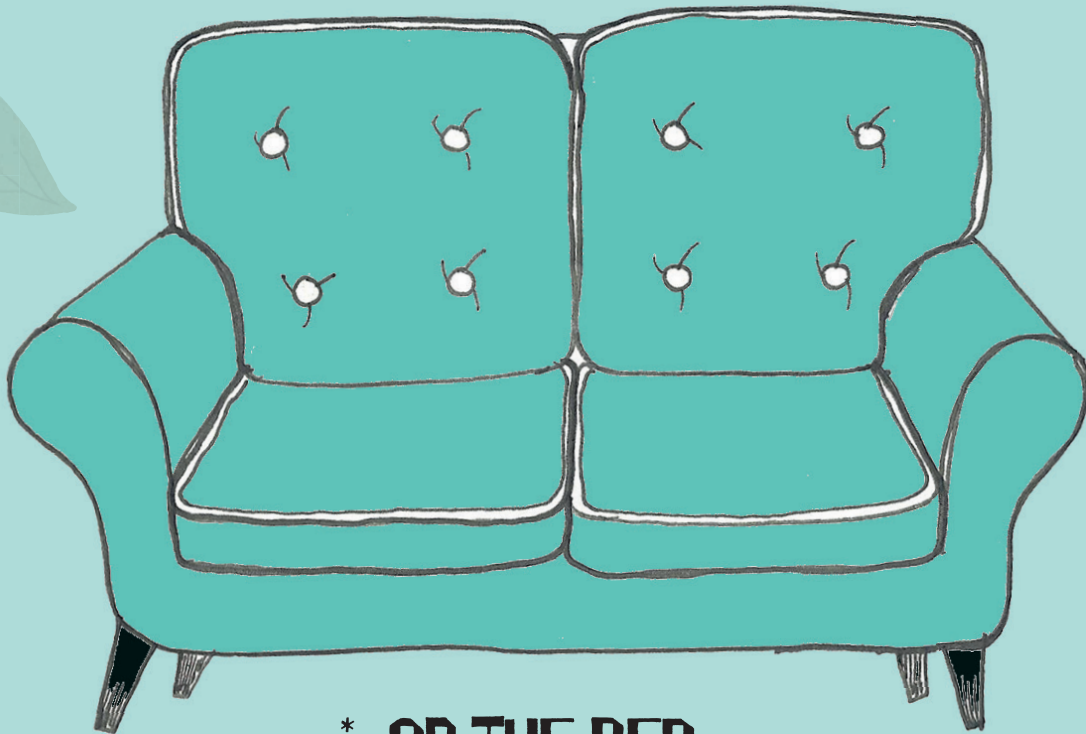


THE ART OF PARENTING FROM THE SOFA

THE ART OF PARENTING

FROM THE SOFA *



*** OR THE BED**

Your children will be OK with whatever love
and attention you are able to give.

IT IS OK if YOU SPEND TIME TAKING CARE OF YOURSELF



You need to recharge to be your best self and best parent for your child

IT IS OK IF YOUR KIDS ARE PARENTED BY ANOTHER LOVING ADULT FOR A WHILE

Could be co-parent, a grandparent, or another close family member or friend. For as long as needed.



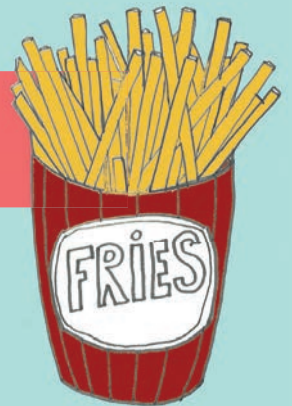
IT IS OK IF YOUR KIDS STARE AT SCREENS MORE THAN USUAL



When life changes, find new rules to make life easier.

IT IS OK IF YOUR KIDS EAT RUBBISH FOOD MORE THAN USUAL

When life changes, find new rules to make life easier.



IT IS OK IF YOUR BABY NEEDS TO DRINK FORMULA

When life changes, find new rules to make life easier.

IT IS OK IF YOUR HOUSE IS A MESS

When life changes, find new rules to make life easier.

Ignore social media, ignore other people's advice, do what you need to do to get through. Your kids will be OK.

When life changes, find new rules to make life easier.

PLANNING AHEAD WHEN YOU

PLANNING AHEAD WHEN YOU'RE FE

MAKE A FUN BOX

Get a box for games, sticker books, puzzles, Lego, magazines, lentil shakers, stones, feathers, craft things, anything that will entertain your kids for a bit. Ask friends to help to fill this up. (Tip – remove some of their toys a few weeks before and watch them re-love them).

MAKE A SNACK BOX

Get another box and fill with non-perishable snacks. Breadsticks, crackers, crisps, sweets, dried fruit, cartons of juice & wet wipes. When they say they are hungry, you can get them to choose something from the box.

TV, Netflix, films, tablets, gaming.

Set a timer and let them know you can play/read/do an activity for a certain amount of time only.

Verbally direct them on an obstacle course encouraging them to crawl/hop/spin, etc.

Ask them to build you a particular thing out of Lego.

Send them on a scavenger hunt to find random items (or things you need) from around the house.

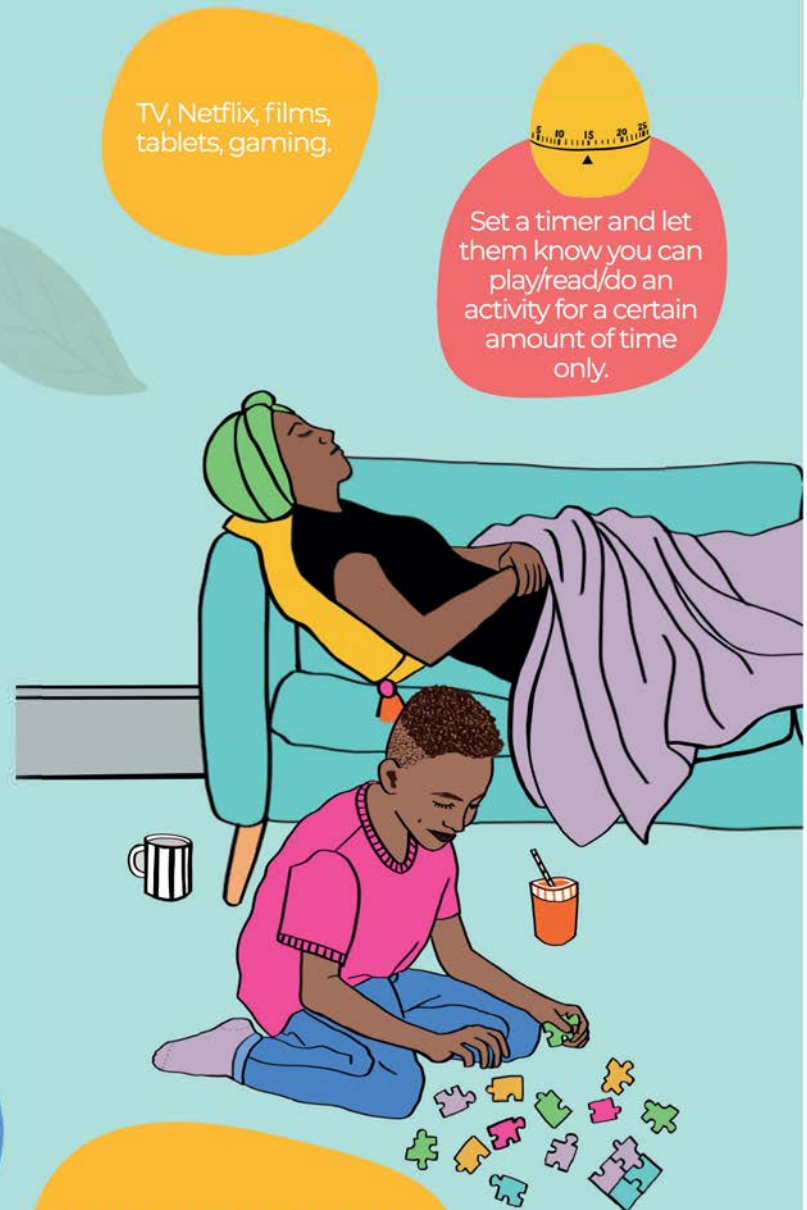
Find YouTube kid activity videos, such as Cosmic Kids Yoga.

Dancing competitions – you choose the music; they have to dance. You could give prizes like a sticker or box of raisins.

Put on an audiobook (loads of free ones on YouTube) and give them a toy to fiddle with, or some colouring in.

Virtual babysitters are good. Facetime Grandma who can read stories to them.

Get them to build a fort out of blankets, duvets, towels, sheets, and two chairs. Give them some colouring in, some toys and snack and a torch.



YOU ARE FEELING STRONGER FEELING STRONGER IS KEY



Pretend they are a dog. Throw imaginary balls or bones for them to catch and bring back. Get them to sit, stay, roll over. Kids love it. They can be a horse, cat, rabbit of course.



Ask them to put on a show. They must plan it, get costumes ready, draw and cut out tickets. They can play some songs on your phone for a musical version.

Perform a sock puppet show. Get some socks, put them on your hands and their hands and get them to think of a story.



Give them your phone. Tell them to photograph objects in the house that are green, red, yellow, blue, orange, purple.

Shadow puppets. Shine a torch or lamp onto the wall and get them to create shadows with their hands or bodies.

Play indoor basketball using stuff toys or rolled up socks. Get them to position a bin, or bowl, or box in the corner of the room. See how many you and them can get in.

Reading together - them reading to you, you reading to them.

Arm the kids with a hairbrush, spray bottle filled with water and a handful of hair clips for an hour of hairdressing.

Playing cards (top tip - teach them solitaire and you can just watch!) - simple things like snap.

Have a picnic in the front room - put towels down and get in picnic food.

Make bead bracelets (nice thing to do for separation anxiety - you both pick your favourite colour, make them, and wear them)

Pretend to be a sleeping kitten who needs stroking.

If you have a tray with your stuff on (lip balm, remote, phone etc) get them to memorise the objects and then get them to look away whilst you remove an object. They have to guess which object has disappeared.

Putting on makeup - if your skin isn't too sore, allowing your child to apply makeup to your face or arms.

