



Wee Learn



Wee Learners(4 - 5 years): Turn Self-isolation Into Family Bonding Time: Tips to Keep Kids Engaged

Working from home is an adjustment for many but adding children to the mix brings its own complexities. How do parents keep their children entertained and engaged while they juggle team video conference calls and draft presentations? What happens to snack time, playtime and me-time?

Talk to your children

Have a conversation with your children as to why you are working from home, and why the whole family needs to stay home. Children need time to adjust to changes in their routine and schedule, and once they have accepted the change, it will make it easier for everyone to work together and comply with any rules being set.

Set up a routine

We all need routines, not only children because it gives a sense of security. Children need to understand this is not a vacation and that they must have fixed mealtimes and bedtimes. Many schools have started online study sessions already, which would take up a large part of their day. It would be useful to have a timetable of different activities they can do on their own while you finish your work.

Use nap times

Younger children will be the toughest age group to keep them engaged. Older children are easier because you can involve them in housework, assign chores to help around the home. Maximum entertainment and parent attention are needed for the younger age group. Parents should try and get maximum work done during their naptimes. If both parents are home, they can take turns keeping younger children entertained.

Gadgets or no gadgets

In times like this, some parents are wary of giving their children too much screen time even while they struggle to keep them occupied. Experts say don't fight screen time, keep an age appropriate quota and use digital media strategically to get you through the most difficult times of the day. Parents should try to find ways to make screen time more productive such as attending virtual classes via Skype and Zoom, reading e-books, opting for virtual museum or zoo tours and watching YouTube videos for easy revision of concepts.

Nurture a hobby

Parents should make the most of this period, by nurturing their children's hobbies or passion. Work with your child to develop tasks or a system to help them start or continue their hobby or passion. Set up a virtual get together with friends and family so that your children can show or share their talent (depending on what it is) with them. If your child does not have a particular hobby or passion, but you do, share that with them and work together to develop it further (hobby or passion should be family friendly).

Source: <https://bit.ly/2RF1H7P>

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