

Creating a Sense of Normalcy During the Pandemic



Children are keenly aware of changes to their routines and those of their family. They may feel confused or uncertain about what each day will look like. Creating a sense of normalcy allows children to have predictability in their day, which can promote feelings of security.

- **Daily Schedule and Routines:** Providing a daily schedule can allow children the opportunity to maintain routines during an unpredictable time. Use your child's school routine as a guideline for incorporating eating times, recess, subject learning and playtime into your schedule. Schedules can be adapted to meet your child's learning style, playtime needs and household responsibilities. Encourage children to participate in the process by including them in decisions about learning content and playtime activities.
- **Setting Limits:** Continue to enforce household rules and set limits in order to provide consistency for your child during this unpredictable time.
- **Encourage Play:** Play is essential to your child's development and can also be a natural stress reliever. Through play, children can express feelings, fears and concerns that they may have.
- **Explore Nontraditional Opportunities for Learning:** Be creative in finding ways to use household and outdoor items to enhance your child's learning. Use resources that are already available to connect your child's play to topics from school. For example, use items in your pantry and kitchen for your child to play grocery store. Consider using materials you might regularly throw away, such as bottle caps and paper towel rolls, for arts and crafts activities. You can even use dinner recipes as opportunities to discuss math and science.
- **Don't Stress Over Assignments from School:** Recognize that your child learning from home is going to be different than attending school, and it is important to be flexible and forgiving. This is a new process, and the best thing to do is try to make the most of this time. Try not to burden yourself or your child with assignments from school. Remember, the most important thing is making sure that your child feels secure during this time.
- **Encourage Safe Peer Interaction:** Being confined to the house does not mean your child cannot engage with friends and family through other forms of communication. Use technology such as FaceTime, Zoom and Skype to stay in touch.

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