

# Meaningful time with your infant/child

0-5 years



## Physical Activities

- Get active! Go for a walk, play hopscotch
- Play with pets
- Make an obstacle course
- Practice a new skill – somersaults, cartwheels, riding a bike/ scooter, climbing
- Tummy time – on a rug in the sun
- Do yoga together e.g. Cosmic Kids on YouTube

## Outdoor Activities

- Build a time capsule
- Build a fort
- Picnic in the back yard
- Play I spy
- Build a mud kitchen
- Gardening
- Dig for fossils
- Bird and animal watching
- Treasure hunt
- Build a birdhouse or insect hotel together (cardboard or wood scraps)



## Community Activities

Phone family and friends, family reflections on gratitude, sending letters or drawings to elderly in local nursing homes or neighbours. Write messages of thanks to local service people in your community

## Online and Technology Based Activities

- Visit your local library website for a range of resources e.g. e-books
- Download free apps:
  - \*ABC Kids
  - \*Smiling Mind - free mindfulness meditation app for young people to help combat stress, improve focus and increase resilience
  - \*Breathe, Think and Do with Sesame - character based app to teach kids how to stay calm
  - \*Dreamy Kid – meditations
- Educational and developmental resources at <https://theinspiredtreehouse.com/freebies/> and <https://www.yourtherapysource.com/freestuff.html>

## Creative Activities

- Make fruit faces
- Make a batch of slime or playdough
- Family show and tell
- Cardboard box creations
- Dress-ups from parent's wardrobe
- Dance parties
- Make a toy car wash
- Paint a picture of each other
  - Practice drawing (chalk on concrete, water drawing)



## Support Lines

Kids helpline: 1800 55 1800

Parentline: 13 22 89

Safe steps: 1800 015 188

Lifeline: 13 11 14

Mens Referral Service: 1300 766 491

## How to explain COVID-19 to children (0-5 years)

Children learn ways of coping, in part, by what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children.

### Support your child by:

- Taking time to talk, answer questions and share facts about COVID-19 in a way that your child understands. There are simple booklets available for you to read to your children

**Search for 'Time to Come In Bear: A Childrens Story on Social Distancing on Youtube or [www.mindheart.co/descargables](http://www.mindheart.co/descargables)**

- Reassuring your child they are safe and it's ok if they feel upset. Share how you deal with your own stress
- Limiting exposure to news coverage and social media.
- Keeping up with regular routines.
- Reminding your children of good things happening in the world and things to be grateful for
- Being a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

Pay  
kindness  
forward

## Parenting tips during a pandemic

### Keep routines

Routines can be used to ensure children continue to learn and grow, and they help to reduce boredom. To keep a happy household, involve children in planning a rough daily routine with times for meals, activities, exercise, chores, free and digital play.

### Provide outlets

It is unrealistic to keep a child quiet all day, so make sure the routine includes outlets to "blow off steam." Outlets will vary from child to child, depending on their interests such as exercise, getting fresh air, creative play, music, dancing, playing an instrument.

### Maintain limits and rules

Even though school is out, your household rules have not changed. Maintain your limits and rules on electronics, regular bedtimes, and hygiene (showering, brushing teeth, clean clothes).

### Teach life skills

Take this time as a chance to teach your children skills they will need for the future such as how to plant a garden, vacuum, use the washing machine, cook or sew.

### Think beyond TV and movies

These are great in moderation along with lots of the other fun and engaging activities we've listed.



## Encourage hand washing

With soap and water for 20 seconds (or the length of two 'happy birthday' songs) when they come in from outside, before they eat, and after blowing their nose, coughing, sneezing or using the bathroom.

## Self care for you

The goal is not to just survive this break, but to thrive. If you are feeling overwhelmed, turn off any media for a while. Overexposure to frequent news reports about coronavirus may be anxiety-provoking and stress-inducing, particularly for children. Instead, be mindful and think about the things that you can smell, hear, taste, feel, and see, and this will help move your mind to the present. Focus on the things that are in your control.

- Make time to unwind. Try to do some other activities you enjoy
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Connect with others. Talk with people you trust about your concerns and how you are feeling