



## **5 Tips for Families at Home-Coping during COVID**

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- Video conferencing is a great way to keep your kids connected to family. Have a family member read a story to your children, or have your child read to them. Your child will keep up with reading, AND you'll get a mini break!
- We're all so connected online, but sometimes it's nice to go old school. Why not have your children make cards or write letters to family, their favorite teacher, or friends.
- Teach the important lesson of giving back: ask your kids to draw pictures or make cards and send them to your local nursing home or assisted living facility.
- Use conversation starter cards or questions during family dinner to get everyone using their imaginations and talking about topics other than what is going on in the world right now. Some examples might be "what is your favorite song and why?" and "if you could start any kind of business, what would it be and why?"
- Working from home is difficult on parents and kids. But, it's a little easier if everyone has something to look forward to after a hard day's work. How about a family game night, a walk down the street, spending time reliving the "old days" by watching family videos or looking at photos, or baking some cookies together?