

Fun Activities at home to keep children Entertained

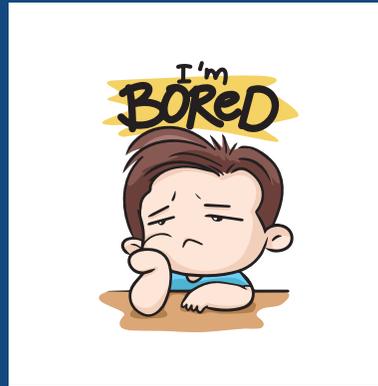


During self isolation it can be challenging to keep children entertained 24/7.

The following leaflet is provided to offer some suggestions to keep children entertained with parents also joining in the fun!

It is important to limit screen times during isolation, swapping screens for time outside in the fresh air will benefit your child greatly. The recommended daily screen time is between one to one and a half hours per day.

Some tips to remember...



It's ok if your child is bored, a little boredom is good for children as this encourages them to use their imagination.

If you have the option and facilities to let your child play in a garden this is encouraged.

Try limit sugary drinks and snacks and stick to the usual breakfast lunch and dinner routine.

Any home schooling that needs to be done is best completed in the morning when your child has most energy.

Relaxation



Mix flour and water in a bowl and let children play with the different textures of the ingredients.



Massage or rub lotion onto your child's hands to give them a hand massage before bed. This will help them to relax.



Play



Make paintings using hand prints on paper, finger prints on paper and foot prints on paper.



Go on a nature walk to collect rocks and leaves and paint them when you get home.

Play



Build a den or a fort using blankets, sheets, pillows or cushions.



Have a tea party with your child or have a tea party for your child's favourite toys.



Read a child friendly book to your child and have them tell it back to you in their own words.

This leaflet was put together by the staff in Lisdeel Family Centre

 **Daughters of Charity**
Child and Family Service

Meeting the needs of families in a constantly changing world