



## 7 TIPS TO PARENTING IN ISOLATION

1. **Be conscious of the big three:** diet/nutrition, activity level, sleep. These impact mood, problem solving, staying calm, concentration and focus.
2. **Prioritise importance:** safety first and basic needs met (food, warmth, love).
3. **Accomplish what you can:** Structure everyone's day; different eating times and school, work times are ok. Own your mistakes with your children and find humour in them. If you feel yourself getting upset, move away even if it's five minutes in the toilet.
4. **Schedule 15mins to breathe or do something you enjoy:** Small amounts of time to do things you especially enjoy can be a way to head off your own frustration before it starts. Try setting aside 15 minutes for reading, exercise, a creative project, or whatever else helps you feel centered. Remembering that this time is there for you and can be a source of calm in especially challenging moments.
5. **Celebrate the 'wins' no matter how small:** It will keep you in a positive mindset.
6. **Give extra hugs:** Check in on your children and have someone that can check in on you. It helps relieve the stress and pressure of parenting in isolation

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