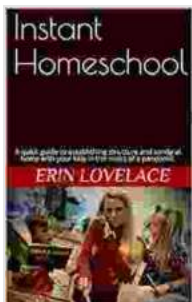# Quick Guide To Establishing Structure And Sanity At Home With Your Kids In The Midst Of COVID-19

The COVID-19 pandemic has turned our lives upside down, and for parents, it has been especially challenging. With schools closed and kids at home all day, it can be difficult to maintain a sense of structure and sanity. But it is possible to create a positive and productive environment for your kids during this time. Here are some tips to help you establish structure and sanity at home with your kids in the midst of COVID-19.

1. Establish a routine

One of the most important things you can do to establish structure for your kids is to set up a daily routine. This will help them to know what to expect each day and will give them a sense of normalcy. Your routine should include set times for waking up, eating, learning, playing, and going to bed. It is also helpful to schedule in some time for yourself each day, so that you can take a break and recharge.

Instant Homeschool: A quick guide to establishing structure and sanity at home with your kids in the midst of a pandemic. by Erin Lovelace

★★★★☆ 4.6 out of 5

Language	: English
File size	: 893 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 31 pages

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2. Set limits

It is also important to set limits for your kids. This will help them to learn self-control and will prevent them from getting too out of hand. Limits should be clear and consistent, and they should be enforced fairly. Some common limits that you may want to set include limits on screen time, playtime, and snacking.

3. Provide activities

Kids need to have plenty of opportunities to play and learn, even when they are stuck at home. Make sure to provide them with a variety of activities that they can choose from, such as arts and crafts, building blocks, books, and puzzles. You can also find educational activities online or on TV.

4. Take breaks

It is important to take breaks throughout the day, both for you and your kids. Get up and move around every hour or so, and take some time to relax and unwind. This will help you to avoid feeling overwhelmed and will help your kids to stay focused and engaged.

5. Stay positive

It is easy to get discouraged during this time, but it is important to stay positive. Remember that you are not alone and that you are ng the best you can. Focus on the good things that are happening in your life, and try

to find joy in each day. Your kids will pick up on your positive attitude, and it will help them to feel more secure and happy.

6. Seek help if needed

If you are struggling to cope with the challenges of parenting during COVID-19, do not hesitate to seek help. There are many resources available to help you, such as online support groups, mental health hotlines, and family counseling. Do not be afraid to reach out for help if you need it.

Parenting during COVID-19 is not easy, but it is possible to create a positive and productive environment for your kids. By following these tips, you can establish structure and sanity at home and help your kids to thrive during this challenging time.
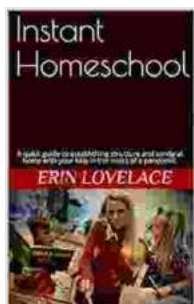
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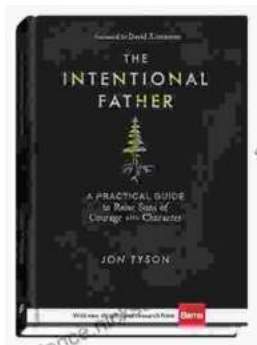
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