



# Messages for family time during the confinement

Eurofamanet

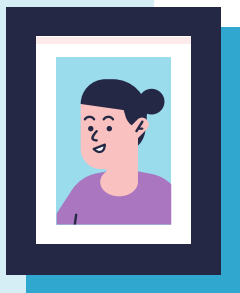
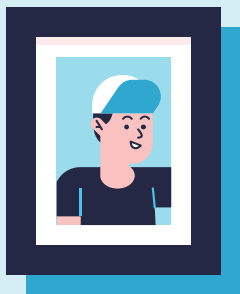
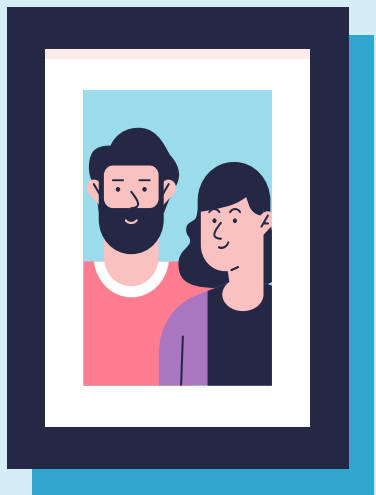
## **Explain to your children what is happening**

Television and social networks do not explain to children what is happening, that is a task that we as family have to face. (Make an effort to explain what is happening to your children. Do not let them get informed by social media and TV)

## **Set daily goals.**

Set yourself affordable goals to achieve every day. Having a daily goal, both individually and at a family level, helps you get through the day and produces great satisfaction in achieving it.



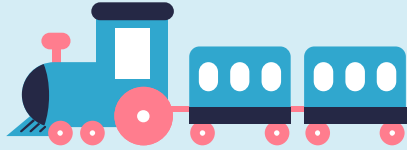


## Do things that you never had time for

Take advantage by doing things you never find time for. Children will enjoy ordering old photos or videos, taking out almost forgotten toys, participating in small household arrangements, and so on.

## Have patience with children's needs

Neste momento é normal que as crianças peçam mais colo e queiram ajuda para as coisas que costumavam fazer sozinhas. Apoie-as em tudo o que precisam.



## Family time is now a strength

Now you do have time to play, do homework with the kids or watch a movie as a family. Take advantage of it because as always, this time will pass.



## Spending more time at home will result in conflicts, learn to cope

We are likely to get angry more easily and children to argue and fight. Try to resolve conflicts successfully: talk and negotiate.



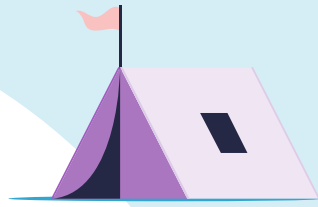
## **Eat together as a family**

Eating habits play a crucial role in the growth of children and adolescents, especially during home confinement in which a decrease in physical activity is observed.

## **It is not social distancing, it is physical distancing**

Being at home does not mean being isolated. Use the networks to socialize. Children also need to interact with other children and talk to their loved ones.





## **We all need time for ourselves**

It is important to find intimate spaces for both adults and children.

## **Staying at home does not mean absence of routine**

Having routines, although flexible, helps us to know what will come next and to feel that we control what happens in our life.

## **Listen to your children and get them involved in decisions**

Listening to children and involving them in family decisions is one way to help them cope better with this situation.





## Stay positive and remember to laugh

Humor is an effective strategy to face difficulties. In times of tension or difficulty we recommend trying to relax, looking for the fun side of the situation and charging yourself with positive energy.

## Do not get discouraged if you work less

It is important to realize that the pace of teleworking will hardly be the same as if you were at your workplace. Probably the time you can dedicate to work will be less and with more interruptions. Knowing this in advance and doing realistic planning can help you not be frustrated.

## Switch to values of support and solidarity

These are moments to highlight values such as support and solidarity. Motivate your kids to participate, remember that they learn from what they see in others.

## It is OK to feel off

It is normal to experience difficulty. Both children and adults will experience sadness, anxiety, frustration ... Learning to cope with these negative emotions is positive at any age.





## Find time for your children

Work should not be an excuse for children and teens to spend hours doing unsupervised activities, watching television, or playing video games.

## Don't be hard on yourself

You do your best. Be compassionate with yourself.

