




How to Manage the Whole Family at Home


It's easy to become overwhelmed with the whole family stuck inside 24/7. Here are a few ways to keep everyone happy and healthy.


FIVE TIPS TO HELP MANAGE A FULL HOME

-  **Keep a structured schedule**

Your normal schedule may be out the window, but it's crucial to create a new one for a stay-at-home family. Try and stick to a consistent wake up time, eat breakfast together, and set expectations for the day. It's important to keep a nighttime routine as well. Keep bedtimes in place, have family dinners around the same time, and end the day with a moment of gratitude.
-  **Invite young ones to join daytime breaks**

Do you find yourself stepping away from work for 5-10 minutes throughout the day? Take the opportunity to invite your kids to join you during these short breaks. Practice physical activity like stretching or jogging in place, or keep spirits high by singing along to a favorite song.
-  **Provide a sense of ownership for each child**

To ensure your children don't run the home astray, provide opportunities for each child to own a task. Work with your children to create to-do list they can handle, and let them mark off each completed task. Older children should still be completing chores and actively participating in their assigned school work.
-  **Establish personal time and space for everyone**

Make sure your teenager isn't expected to entertain the preschooler all day, and allow older children to spend personal time away from everyone else. This is especially important while they attempt to juggle remote school work. Use nap time to enjoy a few moments of silence yourself or with your partner.
-  **Keep, or create new, family traditions**

Family movie nights, game nights, taco Tuesday, and the like are great ways to build excitement during these trying times. If it's safe, walk the family dog together and make time to play outside for an hour or so. Physical activity has never been more important, so don't forget to encourage movement throughout the day.

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