**Some Top Tips**

* **Follow the government and the world health organisation advice. There is a lot of mis-information in the media and on social media. Check the reliability of the information.**
* **It is a very difficult time and it is understandable to want to keep up with the latest news. Try to check the news just once or twice a day. Checking too often can create anxiety. Turn the news off and put your phone down in between times.**
* **Try to keep to a routine with regular times to get up, meal times and bed times. Children benefit from routine and structure.**
* **Spend some 1:1 time with each of your children every day.**
* **Keep yourself as healthy as you can, follow the governments advice on isolation.**
* **Increase your cleaning routine. Pay particular attention to door handles, flushes, table surfaces.**
* **Encourage and help children to wash their hands frequently. Always after using the toilet, coming in from outside, before and after meals.**
* **Take some exercise every day. Try to get some fresh air, even if that’s opening some windows.**
* **Eat as well as possible, try to include fresh fruit and vegetables.**
* **Drink plenty of water.**
* **Monitor how much alcohol you are drinking, its easy to slip into drinking more than normal.**
* **Keep up contact with friends and family through phone calls, video calls, what’s app groups, text etc.**
* **Rotate toys. Put some toys away and let the children play with only a few. After a few days put these away and get out some different ones. Keeps play new and interesting**
* **Have some fun times. Find your old board games in the back of the cupboard. Put some music on to dance and sing along to.**
* **Have some quite times, watch a movie, look at old photos, tell family stories.**
* **Do some of the jobs you have been putting off.**

**You may be at home isolating but you are not completely alone. Services are still working to help and support you and your family**