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Making the most of family time during the COVID-19 lockdown: Why routine, relationships and play matter so much

Deirdre McAliskey, from the National Children's Bureau and Maurice Meehan, PHA, consider how families can explore ways to stay safe, healthy and happy during the COVID-19 lockdown.



These are strange and challenging days. Family life, health, work, education and wider support networks continue to be affected by life in lockdown. We are all learning what children, particularly those with additional and complex needs, have been trying to tell us – a sudden change in routine can be overwhelming!

Just as we try to reassure our children, it is important to remind ourselves that there are evidence-based approaches to parenting in stressful circumstances that can help support our families, leading them from a sense of vulnerability to a place of resilience.

Useful links:

www.familysupportni.gov.uk/

[PHA Take 5 Steps to Wellbeing While You Stay at Home](#)

www.publichealth.hscni.net/publications/your-activity-record-sheet

[Playboard Guidance on the Importance of Play](#)

[Parenting NI on Co-Parenting During the Coronavirus](#)

[The Incredible Years® Notes on Keeping Calm and Providing Supportive Parenting During the Coronavirus](#)

[Bruce Perry's Pandemic Toolkit for Parents](#)

Making the most of family time during the COVID-19 lockdown: Why routine, relationships and play matter so much
Read the full PHA article, which includes useful links to various related family resources, [HERE](#)