



## Parenting during pandemic

### **Day 18: Getting closer or needing space? The great things about time together as a family and how to manage the difficulties.**

Spending quality time with children is important for lots of aspects of their development. One of the most important aspects of a child's development is the attachments they make to the significant adults in their lives. There is a lot of research around the outcomes for children based on attachments styles from early experiences. Lockdown has meant that many parents are at home more with their children and there may be benefits such as being able to spend quality time together.

For some parents, lockdown has meant having to balance looking after their children while trying to work from home and feeling they should be substitute teacher. Juggling all of this can be stressful and when we are stressed, we don't manage things so well. Lockdown can mean lots of challenging behaviour in some households potentially leading to stress and arguments. This can lead to a feeling of needing some space.

The key statement in all of this is "quality time". Regardless of whether you have all day with the children in lockdown or whether you have only a little time to play while trying to save your business right now, the quality time you spend with your children will be nourishing for both them and you.

You may remember from a previous blog that we mentioned spending one-to-one time doing whatever the child wants to do. At that stage we were focused on trying to set limits and show your child that you can have great fun together but the adults make the rules about when this starts and ends. Allowing your child to take the lead in play can be helpful for them in developing their skills of leadership, turn taking, communication and so on. For you, it can be a time when you can switch off from the other stresses as all you have to do for that time is to go with whatever the child wants to do, obviously with some common sense around safety.

Consider what it is like for you to spend quality time with your child. You are likely to feel good about this and probably better than you did before spending this time with them. So it's

not just important for the child that you spend some quality time with them, it is important for your wellbeing too.

If you need some inspiration about what you could get up to during your quality time together, we have a [list of 50 things to do with children at home](#) that you may find helpful. While you are playing together, think about how you feel and look at the signs about how they feel. When you need to finish playing, it is important to let your child know that you really enjoyed playing and you are looking forward to doing it again.

We hope these tips are helpful. Well done on managing another day off school and we hope you will join us again tomorrow.

**Tomorrow's topic: Children's understanding of illness and how to support them with this.**

Please contact us with questions, comments or topics you'd like to see covered. We'd love to hear your feedback.

Wishing you a safe and healthy path through this pandemic.