

From Norway:

Steiner kindergarden ideas for parents in this time with «corona-closed kindergardens»

Dear parents,

we know from both experience, observations and conversations, that two weeks (or more?) at home with children who are healthy can be a challenge. Especially when you can not go to the swimming pool, indoor playgrounds or the shopping mall. Maybe some parents have to work from home. And in many families older siblings have to do their school work at home.

We hope that you as a family can have a nice time together and that these weeks with a state of emergency can cause something positive for the children. We have the following advice:

- Make a plan for the day (schedule the time for eating together, bed times and maybe «work time for mom or dad» and «school time» for older siblings.
- Be a clear about the fact that you are in charge, you have the responsibility and therefore have to make the decisions.
- Do chores like making food, cleaning and laundry together with your kid/kids.
- Go outside a lot. Go for walks and enjoy the winter and/or the first signs of spring.
- Play together, but let your kid/kids play alone as well, when you are there, but busy with something else.
- Read books together.
- It is actually allowed to be bored!
- Limit screen time! Check age recommendations for games and movies!