

# CHILDLINE NEWSLETTER



16<sup>th</sup> April 2020

## Turn This Lockdown Into Family Bonding Time



Online conference calls, working lunches, presentations from the living room has become a daily norm for working parents during the lockdown. While parents are constantly juggling between office work and household work, children are struggling to keep themselves engaged in confinement at home. The complete lockdown has drastically changed their schedules, curbed their play-time with their friends and restricted their movements. Parents can create some memorable moments for their children by turning the lockdown time into family bonding time. Engaging with children in activities like,

### **Cooking together**

Look through recipe books and websites with your children and take their opinion to select the right one. Give them age-appropriate tasks like measuring the ingredients, turning off the stove, etc. Keep tasting food together. Cooking together is a great way of bonding and developing a new skill.

### **Family game-time**

Playing board games, cards, solving a puzzle together or setting up a treasure hunt is a perfect way to spend some quality time with children. It will keep your kids occupied for a few hours and help you unwind after a hard day's work.

### **Storytelling session**

Switching off from the digital world and telling a story or reading a book to your child is one of the best ways to keep your child engaged. It will help in inculcating the habit of reading in your children. You can make the storytelling session fun and entertaining by reading out loud, emoting words, enacting a few scenes from the book etc.

### **Nurture a hobby**

Let your children explore their creative side with drawing, painting, singing together and dancing. You can also engage your child in making creative and useful items out of old newspapers or things that are no longer in use. This is the best way to bring out your child's hidden talents.

Children tend to miss their friends the most during the lockdown. Therefore, allowing children to video call their friends once in a while will keep them happy and engaged. For more ideas to keep children occupied in lockdown visit, <https://www.childlineindia.org/a/covid19>. We have links to regional language content as well.

*\*As a parent, please monitor your child's online presence and follow cyber safety rules for children.*



Resources and information on Covid-19

<https://www.childlineindia.org/a/covid19>

Donate to CHILDLINE and support our efforts to protect and rescue children.

[https://www.childlineindia.org/a/fundraiser\\_campaign/168477](https://www.childlineindia.org/a/fundraiser_campaign/168477)

