

Tips for better quarantine bridging

Tips from Médecins sans Frontières and our psychologist in the Schulstation.

- Time-out: As far as possible, all members of the house should have a place (room, corner or seat) where they can retreat. When the child or parent is in his corner, no one should bother him or her.
- Be flexible: During quarantine, some rules should be more flexible than usual in order to generate fewer conflicts.
- Information: Facebook and WhatsApp aren't good sources of information if you want to know more about the coronavirus. We recommend the websites of the WHO (who.int) and the Robert Koch Institute (rki.de) to learn more about the coronavirus. You can find out more about the official steps taken by the government at berlin.de.
- Isolation: The quarantine is not there for children to meet up with other children, playgrounds should be avoided. Children often show no symptoms, but they can pass it on to older family members.

Other small tips from the school support centre:

- Try to create a daily schedule with small, feasible goals every morning for yourself and your children.
- Parents should avoid coffee and energy drinks or at least reduce their consumption as long as the quarantine continues.
- Find a method of relaxation for yourself and your children. For example: yoga or meditation.
- Discover a new hobby for yourself and your children. For example: painting, handicrafts, juggling, learning a new language, writing (lyrics, poems, stories), playing chess, etc.