

# Supporting you with kids at home

## COVID-19 worker supports



Families across Alberta are having to change their routines and come up with new ones with the suspension of school attendance and daycare closures, and recreational facilities. Many of our people are affected and dealing with this change can be stressful. To continue to support Albertans, we all need to take steps to stay healthy at home. One way to do that is to help our kids.

Routines can help us and our children feel more comfortable in these times of uncertainty. Take time with your family to bring some structure to your days and develop a routine. Here is a sample daily schedule that may help.

Time	Activity	Description
Before 9:00 am	Wake up & get ready	<ul style="list-style-type: none"><li>• Eat breakfast</li><li>• Brush teeth</li><li>• Make bed,</li><li>• Get dressed</li><li>• Read quietly for 15 min</li></ul>
9:00–10:00 am	Academic time	<ul style="list-style-type: none"><li>• Work on assigned school work</li><li>• Visit an educational website</li><li>• Listen to a podcast or watch an educational show and do a follow-up activity (i.e., writing activity).</li><li>• Do a creative activity ( i.e., craft, artwork, science)</li></ul>
10:00–10:30 am	Snack & morning activity break	<ul style="list-style-type: none"><li>• Eat a quick healthy snack</li><li>• Stretch or practice yoga</li><li>• Go for a quick walk</li><li>• Play in the backyard</li><li>• Do an indoor physical activity</li></ul>
10:30 am–12:00 pm	Chores	Choose a chore to do around the house or take this time to cook a healthy snack or meal.
12:00–1:00 pm	Lunch & free time	
1:00–1:30 pm	Quiet time	<ul style="list-style-type: none"><li>• Read</li><li>• Puzzles</li><li>• Lego</li></ul>
1:30–3:30 pm	Academic time	See above
3:30–4:15 pm	Snack & morning activity break	See above
4:15–5:00 pm	Free time	
5:00–6:00pm	Dinner	
6:00–bedtime	Free time	

**It's important to be flexible and do what works for you and your children, so feel free to make adjustments as you see fit.**

# Resources

A number of educational websites are available to help your children continue to learn. Below is a small sampling.

## Educational websites

- [Brain POP](#)
- [Learn in Color](#)
- [National Geographic 4 Kids](#)
- [The French Experiment](#)
- [Top 40 Growth Mindset Podcasts for Kids, Teens, and Parents](#)
- Click [here](#) for a list of academic sites

## Physical activities for kids

[15 ways to keep kids active indoors](#)

[50 Outdoor Things to Do with Your Kids in Winter](#)

Check out the [Participaction site](#)

Go for a walk, make an obstacle course for your kids using everyday things (i.e. run for two houses, circle the tree 5 times, jump and try to touch the top of the fence 10 times, etc.)

Check out free children's work-out videos on [Youtube](#).

## Talking to kids under 7 about COVID-19

[COVIBOOK](#)

## Additional assistance to support you and your family's physical and mental health:

Our [Employee and Family Assistance Program](#)

Alberta's Mental Health Help Line available 24/7 to connect you with community resources call 1-877-303-2642.

[COVID-19 resources for workers](#)

[Link to AHS podcast](#)

[CDC—Manage Anxiety and Stress](#)



**These are challenging times. Don't forget to talk to your colleagues and share ideas and solutions you have found. Supporting each other both inside and outside of work.**