**Look after yourself:** Daily exercise, relaxation techniques and talking things over can all help. Try to limit your daily news reports and only read reliable sources.

**Make time for your children:** If you are working from home accept you will not be able to do this as normal as well as home schooling. Try to use this time to do more things together like baking, reading, watching movies and enjoying this family time.

**Avoid competing with others:** Don’t try to compete with other families who are redecorating, mastering new schools and family quizzes. Just do what you feel comfortable with. You are doing just fine.

**Acknowledge the losses:** It is important that children know that one day this will be over, and things will go back to normal. Their losses are important too they are missing school and friends. Allow them to feel angry or sad, its normal.

**Keep a daily routine:** Give yourself permission to let things go a little. However, routines are important as they provide a sense of structure and a lot of children rely on this. So, try to have a daily weekday and weekend structure as much as possible.

**Face the challenges together:** Children need to be aware that you are all facing these experiences together. They need reassurance and you can give this in an honest way.