

KIDS AND QUARANTINE

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WHAT DAY IS IT?

I know we have been at this for, what has it been now? 7 weeks? To be honest I have lost count. You may have already found things that work for you and your family, but I am hoping to give new ideas or if you are just exhausted that this will give you some hope and encouragement.



ENCOURAGEMENT FOR PARENTS

- Galatians 6:9 “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up!”
- Dying for the ones we love. Well, we aren't literally dying for kids every day but we have to die to our wants and desires to serve our families in our home.
- Jesus came to serve and we want to be like Christ right?
- Are we perfect? (NO!) Do we fail? (YES!) But we get a new day every day!
- What better way to show love to our families at home than to serve them. Our kids are going to remember our attitudes and our reactions during this time for the rest of their lives!

ENCOURAGEMENT FOR THE KIDS

- It is important to be encouraging your kids every day. You can be pouring into them the word of God and who God sees them as and what God has promised them.
- Romans 8:16-17 “The spirit himself bears witness with our spirit that we are children of God and if children, then heirs.” Did you see that?! Heirs of God! We can have what God has because if we have His spirit we are his heirs!
- You can also remind your child of 2Timothy 2:1 “You then my child, be strengthened by grace that is in Jesus.” This verse will remind them that they can get their strength from the Lord.
- If your child is getting upset/moody/poor attitude about all that is going on remind them of Proverbs 17:22 “A joyful heart is good medicine, but a crushed spirit dries up the bones.”

HOW TO TALK TO YOUR KIDS ABOUT THE VIRUS

<https://www.focusonthefamily.com/parenting/talking-with-kids-about-the-coronavirus/>

- Remain calm
- Provide reassurance
- Stick to the facts
- Stick to routines (as much as possible)
- Use this time for family fun
- God is in CONTROL!
 - Psalm 91:1-3

IDEAS AND EXTRA RESOURCES

- Family sleep over in the living room
- Game nights or movie nights
- Family cook-off (each member takes a turn cooking a dinner then voting on the best one)
- Dress up as a different character each night for dinner
- Scavenger hunts for walks or driving
- Walks in general as a family or with just one child. Use that time to connect with them
- Inside or outside picnics
- Start a devotional with your kids, use this time to really pour into them the love of God.
- Take advantage of the free programs online right now.
jr.brainpop.com , noggin, abc mouse, pbskids.org, pinterest has great ideas,
- Quiet time and unscheduled time is OK!

TRANSITIONING YOUR CHILD BACK INTO NORMAL ROUTINE

When things do start easing back up and we can finally get back to normal some kids may begin to show signs of separation anxiety. Here are some ways to work through separation anxiety with your kids.

- Practice separating
- Develop a quick goodbye ritual
- Leave with our fanfair
- Follow through with any promises made
- Try not to give in. You both need this time apart.

HELPING YOUR CHILD THROUGH SEPARATION ANXIETY

- Educate yourself
- Listen to your child's feelings, respect them, and then talk about them
- Encourage your child
- Anticipate it being hard
- Encourage your child to participate in play while gone
- Praise your child's accomplishments no matter how big or small!