



## ARE YOU BEING AFFECTED BY ***SCHOOL CLOSURES?***

We are a family at Hunton and we truly care about you and your family at home. We know most of you are having to adjust to your kids being at home due to school closures and social distancing. Keep reading to find out ways for you and your kids to avoid going stir crazy while stuck at home.

### **HERE ARE SOME WAYS PARENTS CAN MITIGATE STRESS WHILE WORKING REMOTELY:**

**KEEP A SCHEDULE** - It's important to maintain your child's usual routine. While it's tempting to declare a quarantine a holiday and park yourself in front of the television, drastically changing your child's schedule can also be a source of stress. Try writing out the day's schedule on a whiteboard every morning. It's important for your child to have clear expectations of what will be happening that day - when you'll have play time, reading time, and rest time.

**PLAY OUTSIDE** - If you have access to outdoor space, letting kids run around can burn off their excess energy. Get creative with some outdoor activities, like burying small toys around the backyard and creating a treasure map for them to follow.

**USE SCREENS JUDICIOUSLY** - It may be beneficial to temporarily loosen up screen time restrictions in order for you to be productive. Try introducing your

[CLICK HERE](#) for more ideas on how to keep your family entertained during the quarantine.