

REGIONAL SCHOOL GUIDANCE CENTRE

for the district of Siegen-Wittgenstein

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During this period, you are welcome to contact the employees of the School Guidance Centre.

Tips for parents during the current Corona crisis/school closures

Dear parents,

We are experiencing a situation which is new to us all. Everybody is now looking for helpful ways of dealing with the current challenges. Thus, we have put together some tips for you to guide your child through this situation.

Look after yourself and stay calm!

Children are guided through unusual situations more quickly by the behaviour of their parents. Thus, they make the best of difficult situations if their parents react calmly and keep a cool head.

Keep well-informed! But there is also such a thing as “too much information“!

Look out for the quality of information sources. We can recommend the internet pages of the Robert-Koch-Institut (www.rki.de) and the information from the Department of Health (www.siegen-wittgenstein.de/Kreisverwaltung/Themen-und-Projekte/Coronavirus). You will also receive reliable information from your school / the Ministry for Schools and Education of the Region of NRW.

As it can become stressful to continually receive bad news, it is helpful to establish limited periods for accessing information (e.g. in the morning or evening) and to arrange periods of time without media.

Talk to your child!

Children need to understand the world around them. When your child asks questions, it is advisable to note what your child already knows, to correct false information and to answer only what your child has really asked, without overloading them with too much information. Provide reassuring information (good medical care in this country, mild progression of the illness in children, solidarity and economic help).

Establish a clear routine!

A fixed routine offers security and guidance and helps to counter fears or lethargy. This is especially important in the coming weeks, as there will be an unexpected amount of “free time“.

Organise

- ◆ **fixed times for getting up**
It is fine to start the day more slowly or later, but take care to ensure that you stick to a well-ordered rhythm for days and nights.
- ◆ **fixed and communal meals**
- ◆ **fixed working hours for schoolwork**
Find out in what form work is available from your child's school, and how the school will contact you and your child. If you feel that too much work is set, give feedback to the teachers. You cannot and do not have to act as teachers or replace normal lessons in school.
- ◆ **times for mobile phones**
Contact via mobiles and social media offers both opportunities and risks. Encourage your child to stay in contact with friends. But ensure they also have time without media (e.g. at night and at mealtimes.)
- ◆ **exercise breaks**
Create space and motivation for exercise, preferably in the fresh air. Think up small "challenges" where children can try to increase their physical activity each day (skipping, running a certain distance, squats,..). You can also find suggestions on YouTube and various apps.
- ◆ **balance of time together and private time**
- ◆ Look for communal activities (board games, reading books aloud, cooking,...) But also enable every member of the family to have some private time.
- ◆ **cooperation for daily tasks**
Taking on responsibility is a good way to protect against stress. Children can do their share of housework; older children can potentially also lend a hand to neighbours and, for example, go shopping for the elderly.
- ◆ **fixed bedtimes**
Bearing in mind your child's age, plan some (media-free) time for your child to wind down. Keep up existing routines such as bedtime stories, for example.

Ask for help, if necessary!

Telephone helpline- Tel.: 0800 – 111 0 111 or 0800 111 0 222

Telephone line for children and young people – Die Nummer gegen

Kummer (the number to ward off distress)– 0800 111 0 550

German Federal Conference on Educational Guidance (bke)

- Online guidance for parents: www.bke-elternberatung.de

- Online guidance for young people: www.bke-Jugendberatung.de