

Meaningful Engagement



As a community we are facing many changes to our daily routine; one of those being that families are spending more time together at home. While these changes can be overwhelming at times, they can also be an opportunity to strengthen relationships and provide support to everyone in the family. Through taking care of our mental health and engaging in meaningful activities at home, we can make it through this difficult time!

What is meaningful engagement?

Meaningful engagement in families happens when members of the family are participating in activities that are purposeful and contribute to the overall well-being of everyone in the family. Engaging in meaningful activities can promote stress relief, relationship building, and learning for the entire family. Each family member can play a role in this process.

What does meaningful engagement look like?

There are many creative ways for families to be more engaged with each other. Check some of these out!

- Have conversations about the changes going on in our world-sharing how we have made it through difficult situations in the past
 - Questions: Can you think of a difficult time you had in the past? How did you make it through that?
 - Feel free to use this link as a guide-
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>
- Create a schedule for the day/week as a family. For some children, having a predicted and routine schedule can help the child feel secure and comfortable. Predictable schedules can also support with reducing behavior problems.
- Involve children in lunchtime or dinnertime routine-This can include helping cook meals, set the table, clean up, etc.
- Make crafts together
 - Check out this website for some craft ideas!
<https://www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/>
- Read together or watch videos together as a family.

•Game night!- Aside from being a fun time and helping a family bond, game night can support kids with strengthening numerous skills including: problem solving, communication, and positive social skills.

Connecting with others outside of your home

Maintaining social connections outside of your home is important too! Check out some of these ideas for connecting with your friends and family!

- For apple users, you can FaceTime up to 32 people at a time! Check out <https://support.apple.com/en-us/HT209022> for directions.
- Zoom-Have virtual hang outs with your friends!
- Netflix- Get together with your friends virtually to watch your favorite shows! Check out netflixparty.com and click "Get Netflix Party for free". You will need a google Chrome Browser, the extension, and a netflix subscription.

A final note, please remember:

During these uncertain times, do what helps you feel comfort and relief; whether that means engaging in activities that you have previously enjoyed or trying something new. Spending time with your family can certainly have a positive impact on your overall well-being, but it is also important to dedicate some time for yourself as a parent or caregiver. By choosing meaningful activities, you can strengthen the coping skills that can help you push through difficult times. Please take care of yourselves!

Resources:

<https://www.oakgov.com/covid/best-practices/mental-health/Pages/coping-with-stress-anxiety.aspx>

<https://psychcentral.com/blog/what-self-care-is-and-what-it-isnt-2/>

<https://www.forbes.com/sites/biancamillercole/2020/03/20/18-tips-on-how-to-cope-with-children-on-quarantine/#ca15004e6e8f>

