



Quality time with the family during lockdown/quarantine

Lockdown can get a little overwhelming with the family staying together indoors for long periods of time. Many parents are having a hard time navigating our “new normal” of working from home in the current times. Parents and their children are spending less time interacting with each other because of the busy schedule in the modernised life. As a result, many children are getting less personal love and attention from their parents. Hence, lockdown period can be used more meaningfully by catching on family time.

Family time is an essential factor that helps to create strong bonds, love, and connections with family members, and strengthens relationships among the family members. Spending quality time with family does help in coping with boredom, and dealing with a sense of loss, instils a feeling of security, inculcates family values, and much more. Spending time together should be fun and enjoyable for all family members. Research findings shows that there are multiple reasons why spending quality time together as a family is important; the benefits are for both parents and children include increased happiness, wellbeing and a sense of belonging, as well as having an impact on children’s life choices and their development goals.

Family quality time tips

1. Work as a Team: A simple and efficient way to make cleaning more fun is to do some of it in teams.
2. Turn off your mobiles: rule of switching off all your electronic gadgets should be mandatory for family time. Taking calls should be the last thing you should do when you’re spending time with your family.
3. Eat together and listen to each other: during lockdown period you have more time at home. Most children today don’t know the meaning of a family dinner time, as parents are busy with their work and the work schedules differ for both parents. Sharing a meal together allows the opportunity to talk about each other’s lives. This is a time for parents to listen, as well as to give advice and encouragement.
4. Look for books that your child would enjoy reading: Read often with your child: Research indicates that reading to your children cultivates an interest for knowledge and stimulates language development. It also increases their attention span and helps them to be curious and light a fire of learning.
5. Do chores together: during lockdown, engage family work together, functional family life depends on the contribution of everyone in the family. Assigning chores is the most productive way of teaching responsibility and accountability to your children.
6. Start a hobby or project: during long lockdown choose a fun activity that your child is interested. Activities like cooking, crafts, collection of cartoons, etc., will make great hobbies in future.
7. Play games: New technology has made video games/mobile games more popular. Parents should play with their children, and also spark an interest in family-oriented contests such as board games or card games. It is opportunity bring older generation and new generation together.
8. Exercise or Workout together: workout/exercise not only strengthens the body, but also builds character and determination. Morning physical exercises, indoor cycling, is important for a child’s emotional and physical development and also for maintaining fitness among adults. This is a great opportunity for a family to interact.
9. Create a Family Time calendar: Since many parents have lot of time during lockdown, make different calendars like, things to cook with limited resources, watching different movies with timings, playing times for a week, craft and extracurricular activities for a week etc., as a family commit yourself to keeping this schedule.
10. Plan activities as a matter of solidarity: Nothing is more special than taking a few minutes each day for an activity as matter of solidarity. Activities like pray with a child before bedtime can be a good example for an activity of solidarity.

In short, please do spend some time with the people in your house - but make sure to keep a safe distance if you’re feeling even a little sick. Stay safe!

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