

How to look after yourself as a parent and how to look after your own parents and grandparents

How to look after yourself as a parent?

- **Limit your exposure to other people;** follow the government guidelines of only leaving the house for essential shopping and to exercise once a day.
- **Limit the number of shopping trips;** if you can order online food shops or plan ahead your meals for the week so you can get everything in one trip and are not exposing yourself to the virus unnecessarily.
- **Make sure you are taking time for yourself;** having the children at home all day will be overwhelming and hectic, make sure you take some time out and have some alone time whether that be finding time to exercise, reading your book or taking some time to do some self-care.
- **Don't put too much pressure on yourself to be the best teacher ever;** your children will not get behind with their learning and if you are stressed it will impact on them so create realistic timetables and don't try and overload them (or yourself) with work.
- **Get the kids to help out;** all of a sudden you are juggling a job (if you are working from home) looking after the children, cooking and cleaning so try and get the kids to help out where they can give them tasks to help around the house whether that be unload the dishwasher, make the beds or laying the table for dinner. Make it fun and rewarding for them, and hopefully it will help you out too!



How to look after older relatives?

- **Call your older relatives as regularly as you can;** they may be lonely or anxious and talking to someone will really help.
- **Make sure they have all the food and essentials they need;** if you live close by you can drop these off for them safely. If you do not live close by make sure there is someone who can help them get everything they need whether that be a friend, neighbour other family member.
- **Send them care packages;** it will make their day receiving a parcel in the post, so gather some things they might need or just some bits to cheer them up such as their favourite chocolate, a magazine or some flowers.
- **Remind them of the rules regarding social distancing;** they might not be as up to date with the news so keep them updated on the changing regulations so they know the importance of keeping themselves safe.
- **Offer them your Netflix subscription;** if they have access to a TV or iPad they can log into your Netflix account to give them new shows to watch!
- **Age UK advice on COVID-19;** <https://www.ageuk.org.uk/information-advice/coronavirus/>

