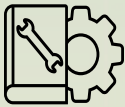


# KooLKIDS Parent Tips

## It's About Accommodation

When everyone is at home we all need to make some accommodations to help one another. This means being flexible and thinking about others, as well as making some small changes around the house and in routines. Here are a few tips for promoting accommodation at home...



**Provide clear instructions** - verbally and in written form - for both school and home tasks.



**Set clear guidelines** and consequences for behaviour, good and bad.



**Increase immediacy of rewards and consequences.** Rewards don't have to be material - telling your children that you appreciate the way they are behaving or the effort they are putting into a task is equally important.

Involve the children in setting consequences so that they understand them.

**Social Connectedness** is vital for children's physical and emotional wellbeing, and for the wellbeing of family and friends. Here are some ways to keep your kids connected during isolation:



**Suggest ways for children to reach out to others:**

- write letters and cards
- send emails (using parent's email)
- video chat



**Warm Fuzzies game:**

Set a family challenge to do one nice thing for someone each day. This could be:

- sending a text complimenting someone
- drawing a picture or writing a message of hope in chalk on the driveway
- video chat someone to brighten their day
- prepare and send a care package to a loved one.



For further information on the KooLKIDS program please visit: [www.kool-kids.com.au](http://www.kool-kids.com.au)