

Mit den Kindern zu Hause

Tips for Home: 11 Suggestion

Dear Parents

Today we would like to encourage you to try to structure the days together with your children. In the times of the Corona crisis we spend far more time at home than we were used to with our children. The schools, kita and even the playgrounds are closed. It is a huge challenge for all of us. Yes you are correct, if you stay at home during these times. In this way you protect not only your family, but also all of society. So that the time at home does not become an ordeal, we offer a few suggestions of activities which you can do together with your children. It is also important to think of yourself in order to take care of the children.

More updated information can be found here:

<https://www.kita-einstieg-hamburg.de/elterninfo/>



(Compiled by employees of Elbkinder Vereinigung Hamburger Kitas und der DRK gemeinnützige Gesellschaft für Pädagogik Hamburg-Harburg mbH)

1. Create a daily routine

Children need structure in their daily routine, so that they feel safe and secure and be able to orientate themselves in the daily routine. At Kita almost everything is structured and the children usually know exactly what is coming next. Create a daily routine together with your child. Sit at the table together with your child and map out how the next day is going to be and draw together everything which you planned for the next day.

2. Morning circle

Play with your child and the whole family in the morning circle. Ask them what do they do in morning circle? Which greeting song do you sing? Get the cuddly toy, if it is possible and put it also in the circle. Your child can also include his/her favorite cuddly toy in the circle. And the whole things get a little more varied and exciting.



3. day to day

Try to involve your children in the housework. Bake a cake, bread or cookies together and create a mealplan. Distribute the table duties, hang dry laundry together, or tidy up the dishwasher together. Usually the children like to participate in the community. If not, be mild.

4. create certain space

Build caves where your children can live in. It is fun. Whether a palace, a fire station, or a tent the imagination knows no limit. With blankets, pillows, cartons, chairs and with whatelse you will find, try to build a cave. These caves like to invite you to play or to read in them. And who knows, probably they will sleep over together in the cave.

5. portfolio folder for home

At the Kita your child has a folder where the development steps are documented. Their paintings, pictures and many other things are also filed. Use the time and try to bring the kita's structure home. Create with your child a portfolio for home. Paint it or stick it on in the way that your child likes. Talk to your child about what he would like to do with the folder. At the end of each day you can tell each other what you have done that day. You and your child can also add pictures, photos or other things like that in the folder.

6. Obstacle course

Children need a lot of exercise – right now specialy it is important for children to run and push themselves to the limit. Let the children spend their creative energy on active activities. Tell the children only which furniture can not be used. so the children can run, build up, and overcome the obstacles and disassemble.

7. Daily Sport hours

Everyday at 9 am there is a 30 minute sport session for kita children at Alba Berlin. It is a good start to the day! At 10 am follows the 45 minute sport session for elementary kids. The sport lesson can be found here:

<https://www.youtube.com/albaberlin>

8. Music hours

The Lütte school Hamburg likes to sweeten the time for all children at home and regularly listen to songs on youtube. Songs to sing along and to dance to. At that time you can agree upon a song choice with your children!

https://www.youtube.com/channel/UC9X_hrkGra3xBgCd048ML4Q

Also Julia Miller invites you everyday to a music lesson. It runs always at 6 pm. Since most of the children have dinner at this time, it could also be recorded and watched at a better time.

9. Singing and Exercising

Singing and exercise is healthy. It is fun and relaxing. Exercise songs accompany the Kita children through the day. Your children know certainly many of them. You can find a large selection of them on these Websites which your children know from Kita.

<https://www.youtube.com/user/SingKinderlieder/videos>

<https://www.youtube.com/user/kinderlieder/videos>

10. Experiments for Kita- and Schoolchildren

Children love to experiment. Why do gummi bears do not get wet in water? How can the bottle inflate the balloon? Experiment with your child. You will find various ideas suitable for children on the following Websites.

<https://www.haus-der-kleinen-forscher.de/de/praxisanregungen/experimente-fuer-kinder>

<https://www.geo.de/geolino/basteln/15225-thma-experimente>

11. Talk to your children about Corona

It is important and good that the children understand why they cannot do what they love to do at the moment, e.g. go to the playground or visit grandma and grandpa. Here is a small explanatory video (<https://www.youtube.com/watch?v=kU4oCmRFTw>) from the city of Vienna, in which it is very clearly explained to children what the corona virus is and how we should behave now.

It is equally important not to make Corona a “permanent topic”. Children must be protected from corona fears. Talking, listening and calming them down is important for your child. Parents can find eight tips how to calm and protect their child on the UNICEF website:

German version: <https://www.unicef.de/informieren/aktuelles/blog/coronavirus-acht-tipps-mit-kinder-darueber-zu-prechen/212392>

English version: <https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>