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What Makes Kids Strong

Parents want their kids to be brave, resilient and strong.

How can you make your children stronger?

The way to do it is to gain more confidence. Confident kids are open to new things, don't give up immediately and are good at problem solving.

In order to gain more confidence, children need to experience certain things in their daily life.

- **I can do it.**

Smaller daily problem can be a testing stage for your children. As parents you want to solve problems for your children. It is sometimes better to involve the children develop problem-solving strategies.

It is very helpful for your children to see that certain things are not always easy for parents. Parents are role models, even in difficult situations. In the most positive way, children can experience that their parents are patient and persistent in solving problems.

- **I am taken seriously and I am listened to.**

In case of problems or failure it is important to have their back according to their age and personality. Appreciate your children's progress and motivate them in times of failure. Catch them if they struggle or get stuck.

- **I can see and name my feelings.**

Take your children seriously during difficult times. Don't tell them to make a fuss about it or not to be afraid or to talk it down, when children are concerned. Make them talk e.g. "What is up with you?" about their feelings. For Example, I am angry about this thing not working. This is an excellent starting point to encourage your child to find solutions.

Children get stronger when they are listened to, with eager role models and when you allow your children to learn from their mistakes.

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Trip Around the Corner

Make a trip around your area. Try to look at it from a tourist perspective. Every family member takes pictures and gives a talk about his or her trip. It is very exciting to see if you all made the same trip.

Hint: Japanese way of presenting: PECHA KUCHA

Every participant is allowed 20 pictures and can talk 20 seconds per picture.

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Ideas for Media-Travel

Discover our habitats

Klick on the rocket, to discover the globe with your heroes.

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Space Trip

Before you go to bed take a walk around your area. Find a dark place without a street lamp and look at the sky.

What can you see?

- **Can you see the moon today? What does it look like?**
- **Who can find the brightest star and the biggest star in the sky? Is it a star or is it planet Venus?**
- **Who can find the crazy flashing star Sirius?**
- **Who can name a star constellation in the sky? E.g. the Big Dipper or Orion?**
- **Can you see the ISS-Space Station (fast, gleaming little light in the sky) flying by?**

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Helplines in case of emergency and crisis

Staying home for a couple weeks can be hard on all family members and can have a negative impact on the parent-child relationship. Disputes and arguments might increase during these times. If you think it is getting out of hand, it is advisable, to get help.

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