

MAKING THE MOST OF THE MAY HOLIDAYS

The May holidays are just around the corner! One of our first thoughts may possibly be about how to maintain our sanity while working from home, with our kids no longer having even home-based learning to occupy them. Here are some simple suggestions we hope will be helpful in managing your children during this season - adapt them according to each family's unique needs and schedules!

1. CREATE OR MAINTAIN ROUTINES

Children, especially younger children, thrive on fixed routines. It may be the holidays, but set fixed wake times and bedtimes for them, even if they're slightly later than the norm. Plan out slots for exercise, creative indoor play, reading, and even some screen time.

If possible, involve them in arranging their routine! Getting their input and agreement will go some way in helping them stick to it. Picking activities that can be put on a timer helps as well, as they know they won't be indefinitely left alone. Giving them a checklist of schoolwork or household tasks to complete helps create things to accomplish!

2. MAKE USE OF VIRTUAL EXPERIENCES

While we may be limited to staying at home, we can still explore heaps of different places. Many places such as Disneyworld, several European museums, African safaris, and Broadway Theatres have all created online virtual experiences for free! Experience these together as a family or let the kids watch them on their own.

3. HAVE A PLAN

In the same way that we would plan to travel during regular holidays, or map out trips to the Zoo and River Safari, take some time to plan out the May holidays. Designating certain days for special fun activities gives the kids something to look forward to. Planning will also help us be more intentional with our time, and ensure that we don't miss out on this opportunity to build relationships with the kids.

4. CREATE OPPORTUNITIES FOR COMMUNICATION

Living in very different times now, it is important for parents to talk about the changes happening around and set aside time for children to share their feelings. Create opportunities for children to express their emotions through drawings, games, or even music. Besides that, consider arranging time slots where children video or voice call their friends, so that they maintain and develop the social aspect of their lives.

"Children are not a distraction from more important work. They are the most important work." - C. S. Lewis.

Aside from these suggestions, Victory Kids has also prepared a set of resources for the holidays. Victory Kids Extended - School Holiday Edition offers fun and engaging activities for kids and families during the week. You can download them at vfc.org/kids!

If you have a teenager at home, TheEDGE has a calendar of activities and workshops lined up to engage and equip young people - theedge.org/live! Young people can also register at theedge.org/academy for TheEDGE Academy Online, a program designed to help youth develop discipline, leadership, and grow deeper in their spiritual walk.

Remember that as parents, you are a team! So work together and let this be a time where close bonds are forged between you and your children!