

# Parenting Tips on Lockdown: How to Keep Your Family Entertained



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After months of lockdown to lessen the spread of COVID-19, a lot of people are running out of activities to pass the time. This wave of quarantine boredom is hitting parents especially hard. Keeping children stimulated and entertained can be difficult right now, especially if you want to minimize their screen time. Check out our [parenting advice](#) to keep your family entertained during lockdown.

# Are you running out of ideas to keep your kids occupied while stuck at home? Here are six parenting tips to keep your children entertained during lockdown:

## 1. Stick to a Routine

The most important thing during lockdown is to stick to a routine to keep things as normal as possible for your family. Map out responsibilities and activities for the day. This will help prevent having large chunks of unstructured time, which can lead to boredom.

## 2. Break Out the Board Games

Board games and puzzles are a great way to pass the time as a family. Whether it's Scrabble, Monopoly or Clue, these activities are something the entire family can take part in. According to *TheGuardian.com*, the sale of board games and puzzles increased by 240% during the UK's first week of lockdown.

**Related Link:** [Parenting Tips for Learning at Home](#)

## 3. Schedule Virtual Playdates

Adults aren't the only ones missing their friends! Reach out to other parents to schedule a virtual playdate for your children. It's important that your kids still feel connected to their friends even when they can't physically be with them. If your child is young, they're going to need help making these connections.

## 4. Plan for Play

Being unable to leave the house makes it easier to forget about exercising. Encourage your children to play outside or have a dance party. Making time for exercise right now is a must. Not only does it improve your child's physical health, but it releases endorphins that improve mental health, too.

**Related Link:** [Parenting Tips: 5 Ways to Boost Your Child's Self-Esteem](#)

## **5. Get Crafty**

Tap into your kids' creative sides with arts and crafts! There is an endless amount of crafts to try with your children, no matter their age. Crafting is a great way for children to learn problem-solving skills and develop their fine motor skills. Plus, they'll have a space to be creative and express themselves.

## **6. Take them to the Kitchen**

Lockdown is a great time to get children interested in cooking and baking. Bring your kids into the kitchen to help plan and prepare for meals. Not only are they learning life skills but spending this time together will bring your family closer.

**How have you and your family been having fun during lockdown? Start a conversation in the comments below!**