

Redefining home:

Stay Home, Stay Sane



Adapting our living spaces to increase usage, safety, security, and independence of children is a way to ease stress on families.

Senior Occupational Therapists **Ms Hepsi Priyadharsini** and **Ms Chiang Jing Jing** at Child Development Unit, National University Hospital share how caregivers can create spaces for different goals at home.

FOR SOCIAL INTERACTION



Connect with family and friends

A virtual platform allows them to spend quality “face-to-face” time and bond with friends and relatives.

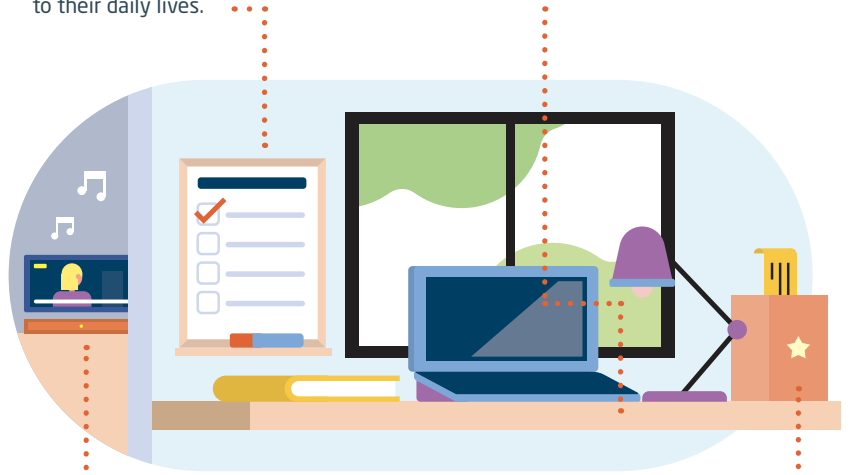
FOR LEARNING

• Set up a schedule

Children do better with structure and predictability. A schedule helps them stay active and minimises disruption to their daily lives.

• Designate learning area

Have an actual surface space where they can sit upright to work. This helps with attention and reduces fatigue. Ensure good lighting! In households with only one table, assign seats.



• Minimise distractions

Get rid of clutter that is visible, reduce noise from screen devices and get children to clear their mess. Try to sit between siblings or separate work spaces with folders to create mini cubicles.

• Set clear goals

An “accomplishment box” can help them stay motivated and push ahead with confidence.

FOR PHYSICAL PLAY



Screen time breaks

Screen time should not exceed 30 to 45 minutes.



Move as a family

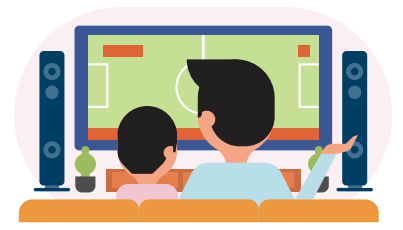
Plan time to exercise together as a family. All movement is good.

FOR LEISURE



Find different ways to read

Use audiobooks or record yourself reading. Get help from older siblings who can read to younger children.



TV time to improve social skills

Watch TV with your child and explain social cues. This can help them better understand emotions and behaviours.

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