

# LifeSolutions

## Tips for keeping your children safe and happy at home



**Full days at home with your kids can be trying even under the best circumstances. If you need ideas for how to entertain your child, LifeSolutions has some ideas.**

- Visit your child's school's website, as well as other school websites. Many school systems have robust online resources and materials. Some are also offering grab-and-go lunches.
- Check out your public library's online offerings. Many libraries have increased access to books for children, including audiobooks.
- Get some fresh air. Walk your dog, or volunteer to walk a neighbor's dog. You could also go for a bike ride, play basketball, and play hide-and-seek and other outdoor games. Try doing yoga or low-impact exercises indoors.
- Access online educational resources for any grade or subject. A quick web search will reveal countless ideas for how to keep your child's education going strong, even when school is closed. Science experiments, math games, and vocabulary quizzes are readily available.

- Visit a virtual zoo. Almost everyone loves animals. Do an online search for virtual zoo visits!

Worried about your internet connection? Many internet service providers are offering free service during this time.

### **LifeSolutions is here to help**

You can access a wealth of information on our website, **[www.lifesolutionsforyou.com](http://www.lifesolutionsforyou.com)**. You can also call us at **1-844-833-0527** (TTY: **711**).

*Source: LifeSolutions*