

GUIDLINES AND ADVICE FOR PARENTS AND CARERS
RESPONSIBLE FOR CHILDREN AND TEENAGERS DURING THE CORONA OUTBREAK
Issued by the Child and Youth Welfare Office Emsland

ROUTINES

A well planned daily routine is a good foundation for a functioning family life. Even, in the event of nursery and school closures you as a parent or carer can provide a structured environment for your children. Organize your day and plan together your daily schedule. It is essential to keep a routine at bedtime and for practices (such as, reading a bedtime story). You can also arrange set times, for example, family mealtimes, creative work and play. This should also include times for watching television or using a computer or a mobile phone (Obviously, taking into consideration the age of the child).

ACTIVITIES

In order to give you a few tips for arranging activities that can be undertaken during the corona outbreak, we have listed a few ideas and links with various suggestions:

- Exercise (cycling, going for walks, ball games etc.) and fresh air are all vital. However, they must be in keeping with the actual corona restrictions.
- Digital fitness programmes i.e. www.youtube.com/albaberlin
- Keeping social contacts to friends and family for example through letters, emails, skype, telephone calls etc.
- The Rainbow Project – “Stay at Home”. Where children colour a rainbow and hang it in the window to show solidarity with other children in this situation. If you need templates you can find them in Google (rainbow colouring pages).
- Learning at home is also possible despite school closures with for example the free app “Anton App” available for all age groups (primary school to high school).

AVOIDING DISTRESS

In such times it is especially important to stay calm and not to panic. Your attitude affects your children too. Try to keep to your routine as much as possible, remembering, that this is an extraordinary situation and areas of your day to day living will have to be adapted accordingly. Try to be flexible, keep an open mind and avoid conflicts.

CONTACT INFORMATION

Nonetheless, should a situation arise where you need help, the following institutions are available for you to contact:

LANDKREIS EMSLAND FACHBEREICH JUGEND (Child and Youth Welfare Office for Emsland)

Opening times: Monday to Thursday 8 am - 4 pm, Friday 8 am - 1 pm

Head Office Meppen: 05931 44-1393

Branch in Lingen: 0591 84-3343

Branch in Aschendorf: 04962 501-3138

In case of emergency outside office hours contact to the Welfare Office is available through the emergency hotline 112.

EHE-, FAMILIE-, LEBENS- UND ERZIEHUNGSBERATUNG (Advice Centre for Marriage, Family, Age and Nurture)

Monday to Friday 9 am – 12 pm and 2 pm – 5 pm

Meppen: 05931 12050

Papenburg: 04961 3456

Lingen: 0591 4021

DEUTSCHER KINDERSCHUTZBUND E.V. (Child Protection Agency)

Meppen: 05931 876580 (Monday to Thursday 9 am – 5 pm)

Lingen: 0591 2262 (Monday to Friday 9 am – 12 pm)

NUMMER GEGEN KUMMER FÜR KINDER & JUGENLICHE (Support Line for Children and Young People): helpline 116 111

Free call and anonymous

Monday to Saturday 2 pm - 8 pm

Monday, Wednesday and Thursday 10 am – 12 pm

ELTERNTELEFON (Parent Support Line): helpline 0800 111 0550

Free call and anonymous

Monday to Friday 9 am - 5 pm

Tuesdays and Thursdays 5 pm – 7 pm