

COVID19 Frontline NHS Parents

@Home

The corona ritual 1 – Wash. Change. Wash

Back from the hospital

1. Wash hands
2. Change clothes
3. Put all clothes in the wash
4. Wash hands
5. Now touch other things at home

The corona ritual 2- Dance. Diary. Dinner. Kindness stars

After you've done ritual 1

1. Do your own a **corona wave** or a **corona dance**
2. Write in **appreciation diary**- everyone can write a note for everyone else- so those at home may have already written and you write yours. Everyone reads them when they have time-in secret.
3. Have **dinner** together
4. Talk about the kind things each of you did or receive, and highlights of the day.

Always end the day by saying I love you

@Work

Mini you and Mini me

Create little versions that both you and your child can carry, touch, hold

- Draw hearts on your palms so that every time you press it love goes to the other person.
- Have two soft toys at home who can hug each other
- Do a brief video call from your car at the beginning of your shift with just 'have a good day, three things on the to do list and I love you'. Do another brief video call from your car at the end of the shift with 'I'm coming home, I love you'

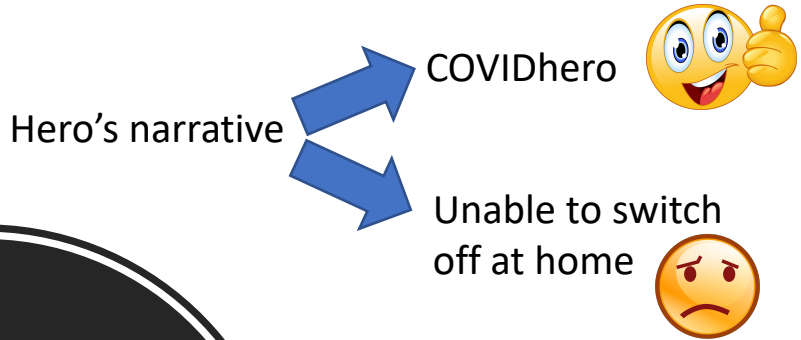


- A structured day gives a sense of certainty
- Something to hold on to is a *transitional object* allowing us to *carry* the other person with us
- Appreciation allows us to feel empowered
- Kindness is Love

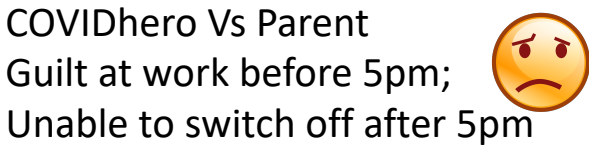
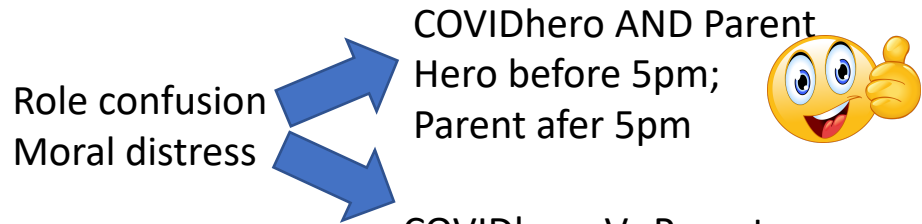
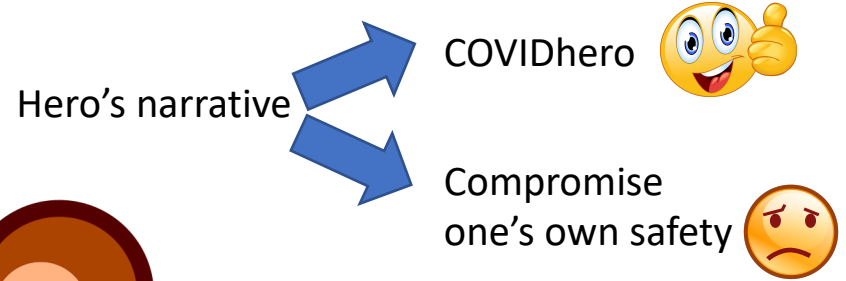


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- Accept new role
- Achieve small goals
- Celebrate kindness

- Empower yourself and children by doing things you can do
- Forgive yourself and children for things you can't do
- Ask for help when you need to