

One-on-One Time

School shutdown can be frustrating and stressful for parents and children but it can be a bonus time to make better relationships with our children and teenagers. One-on-One time can be enjoyable

Set aside time to spend with your child

- Ask your children what they would like to do. Let them choose activities that are OK with social distancing
- Screen off. Give your children full attention and enjoy quality time together
- Same time each day. So children can look forward to it



Ideas with your young child

- Read a book or look at pictures
- Make drawings or creative crafts, build models
- Dance to music or sing songs
- Do a chore together - make cleaning a game



Ideas with your teenager

- Talk about something they like
- Cook a favorite meal together
- Exercise together with their favorite music
- Play table games, chess games or jigsaw puzzles together



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