



What to do at home during times of quarantine:

A guidebook for adults by children

Created by Dulwich Centre Foundation

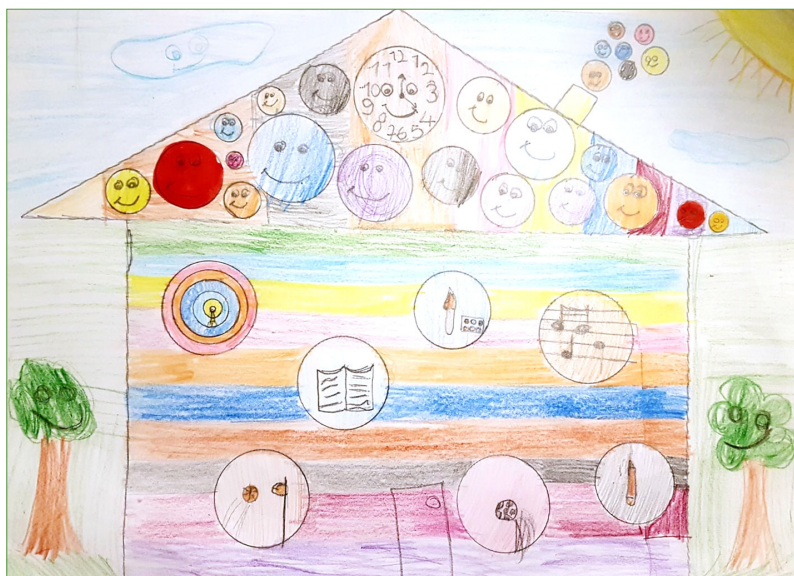
Abstract

This guidebook for adults about what to do at home during times of quarantine has been created from the knowledge of children in Turkey and Australia. Initiated by Mehmet Dinc and drafted by David Denborough, it contains sparkling advice from Aboriginal and non-Aboriginal Australian children and Turkish kids from 6 to 15 years of age.

Key words: *pandemic, guidebook for parents, consulting children, narrative therapy, COVID-19, quarantine*

Hi adults!

This guidebook has been created for you by Aboriginal and non-Aboriginal Australian children and Turkish kids. We are from 6 to 15 years of age.



'Once we drew something as a family, it was great day' (9 year old child from Turkey)

About this guidebook



Hi everyone. I am Nurnihan from Istanbul, Turkey. I am 10 years old.

First of all, I would like to express my condolences to all those who lost their lives, as well as my sympathy to those who have been affected by the outbreak of Coronavirus. At the same time, I would like to express my sincere respect to the healthcare professionals and government officials who are on the front lines day and night. I hope you and your family are safe and well in these extraordinary times.

Today I would like to share with you my dad and his friend's project which might be helpful for people who have to stay at home because of the epidemic. As you all know, because of the Coronavirus, schools have shut down and children have to stay at home with their parents in so many countries around the world. Staying at home especially is so difficult for children and young people like me since we don't have a chance to spend our energy outdoor, less opportunity to play games or sports, no real-life connection with our friends.

However, since the social isolation has started, so many guidelines have been published for parents on staying at home with children in websites, social media, TV channels or newspapers written or prepared by 'experts'. They mostly talk on 'what to do with kids at home on Coronavirus break'; '5 tips for effectively working from home during the Coronavirus outbreak, when you have kids'. Moreover, they mainly focus on 'creating a schedule for children', 'set boundaries with children' kind of things which mainly structure or limit children's lives and looking from just adult perspectives.

On the other hand, my dad and his friends are so curious about looking at the situation from children's perspectives. What we think about staying at home with our parents, what we want adults to know about the time we spend together, what we know about the secrets of staying happily together in the house, what are the skills we can use to make this process more meaningful and more fun for us and for our parents?

My dad and his friends believe that learning from, knowing our ideas and realising our skills would make staying home experiences easier and more enjoyable. Therefore, they would like to ask children about their knowledge, experience and skills about staying at home with their parents and what adults should know about it. They prepared some questions and collected the answers to create this guidebook for adults.

If you would like to contribute to my dad and his friend's project, we would be so grateful if you ask some questions to children in your life and write their answers to my dad. You will find the questions at the end of this draft guidebook!

Well, that's all from me.

Thank you for being interested. Before I finish, as we are all looking forward to the epidemic being over, I would like to send my best wishes and care to you and your family during this time.

Skills we use as kids to make staying at home more fruitful for adults:

I help them, I clean the table, I bring the forks.
6 year old from Turkey

I put the dishes away, sleep and stay out of the way.
Dylan, Australia, aged 11

I try to involve them (my parents) in my play.
9 year old from Turkey

I bake cookies.

The theme of patience was mentioned by quite a few:

I try to not interrupt you (mum) when you are doing something. But it's not easy. I guess that's patience. Maybe if we are waiting to tell you something, we can do something like play while we wait.

Eddie, Australia, 8 years old

Have to be patient. Take turns.

Many other skills were also mentioned:

I can help by doing jobs, pairing socks and folding clothes. Sometimes I do my brother's jobs.

Eddie, Australia, 8 years old

Sometimes I stay quiet. Keep myself occupied so I don't have to depend on my parents.

Playing games with mum and dad.

Dylan, Australia, aged 11

I write in my journal every day and do art painting.

Last week, I drew a whole city with chalk. That's the good thing about chalk. You can draw a place you want to go and then once it's drawn you go there! Don't try to draw with chalk on dirt ... it doesn't work. But if you crush up chalk with a rock to make dust you can mix it with water to make paint or you can use the dust to make magical pony food.

7 year old Molly from Australia

What do we think adults should know or do to make staying at home together a happier experience?

When you're at home, make sure you use your imagination! You can take it anywhere with you.

Pretend your stuffed critters are pets. Actually, everything you have you can turn into your imagination and that they are real. If you have stairs, you can use your imagination and pretend you are an explorer.

7 year old Molly from Australia

It would be good if they (adults) are good at telling tales.

6 year old from Turkey

Forget about formal education and try doing new things like spending times as a family

Olive, aged 10, Australia



If my father would be a computer engineer and my mother would teach us how to be a writer it would be better.

10 year old from Turkey

Parents should let us go on our ipads whenever we want to, not have any screen breaks at all, and help me figure out how to get the toys I need. And not stop me from going on the TV straight after ipad.

Dylan, Australia, aged 11

It's good to exercise all together. We are doing lots of activities as a family and one of them involves exercise which is Joe's P.E. sessions on YouTube. He hosts exercise sessions live at 9am every morning from London.

Olive, aged 10, Australia

Play some games that the younger ones like to play. And take turns in choosing. Kids can pick an activity and parents then pick an activity.

It would be good if my dad doesn't have to work.

11 year old from Turkey

If my mother would be an artist and my father would be a policeman and teach us about being police that would be better.

9 year old from Turkey

Olive, aged 10, Australia had an interesting story to tell:

We had a dinner party as a family where we had to prepare a speech about improving our family pretending we were each in a different political party! My political party was Wominjeka. It stands for Safe, Fair and Friendly. This is its logo:



Edie an 8 year old Australian also has some specific ideas:

Play dragons, play cards with me, arts and crafts, go around the block, watch movies together. Play with toys and play Uno.

These are some of our hopes for days in the house

I wish to play more with my parents and help them more

6 year old from Turkey

I hope we do something fun like when my parents tell us the story of our early years

13 year old from Turkey

Other kids have some different sorts of hopes:

We hope that some of the house rules go away.

Maybe anger management classes for my brother?

Edie, Australia, 8 years old

I hope my brother will let us sing! He is letting me sleep in his room and we are having more fun together. He is letting me scoot around the block with him – I'm really enjoying that.

Edie, Australia, 8 years old

I wish I had a genie, to make the house better not all old and rusty.

Dylan, Australia, aged 11

A number of kids hoped for no upsets:

I hope that we don't get upset with each other the whole time.

I hope we never argue with each other and when we are angry we pray together

9 year old from Turkey

I also hope that I get the proper respect I need (can eat whatever I want whenever I want, no screen rules, that's respect to me I guess)

Dylan, Australia, aged 11

And there are specific activity hopes too:

I hope we play hide and seek together.

9 year old from Turkey

Playing crossword and memory games together.

7 year old from Turkey

Reading books, watching TV and playing box games.

10 year old from Turkey

Let's do some arts and craft activities – baking is my favourite activity.

Let's have fun! Go play outside on the trampoline. Play in the sprinkler. Do some dancing.

Our hopes for our parents and other adults

I hope my father doesn't go to work like nowadays
6 year old from Turkey

I hope dad will stop drinking coffee. I hope that mum doesn't get sick.

I hope that they don't lose their jobs, that they don't get stressed.

I hope we can do things around the house to help them.

We can watch a movie together. Or go for a family drive in the car together. Go down the beach for a swim together.



Things we try to remember

I try to remember everything will be okay. I have already done something that was really hard that no-one would like to go through and I got through it anyway and I tried my best.

Edie, Australia, 8 years old

Dreaming about the good days in the future
9 year old from Turkey

I like staying at home and not going to school.
Remembering to exercise is important.
Dylan, Australia, 11 years old

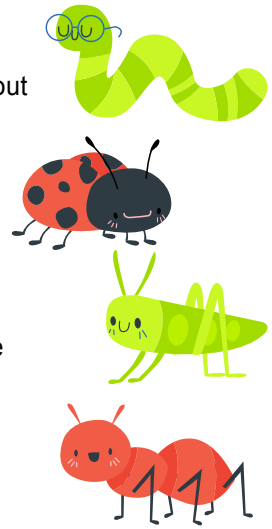
Some tips for making your own zoo

by 7 year old Molly from Australia

First you need to find your new pets. You can go 'hmmmm, where would I go if I was a bug?' And then go look for them. Look in mulch, or in little holes, or under logs. Look under things. In damp, dark places. I found a load of millipedes under a brick. And I found this slug just today ... look (via zoom). Once you have found millipedes or grasshoppers or meal worms [do you know that meal worms grow up to become beetles?] or slaters or slugs you can then create a zoo! Wait here ... I will go and get my zoo.

If you are making a zoo you have to only include animals that can live without their families. Some animals can't live without their family so we don't put them in the zoo. And you need to make sure they can live in there so we put in some good dirt, some rotten sticks for the slaters and millipedes, rose petals, dried out leaves and some fruit. Nothing with poison on it!

During coronavirus time, you can still find new pets and make a zoo!



This is what we suggest adults do if they experience any difficulty while staying at home

They can ask 'what can we do?' to themselves.
6 year old from Turkey

They can talk with loved ones on camera or send messages to them.
9 year old from Turkey

Doing something like watching a movie to get the idea out of my head or not think about it can help me. Maybe it can help them too.

Have more fun, do whatever you like.
11 year old from Turkey

Would be good for dad to drink less coffee when he gets bored.
Australia

They can ask help from me.
8 year old from Turkey

Play with me.

9 year old from Turkey

Play some cards, watch TV, sucking your thumb (I said that to make you laugh mum) cuddle something, get helium balloons and have a squeaky voice.

Edie, Australia, 8 years old

Body exercise and sitting cross-legged to think quietly sometimes helps

7 year old from Turkey

Maybe try less communication, more activity together

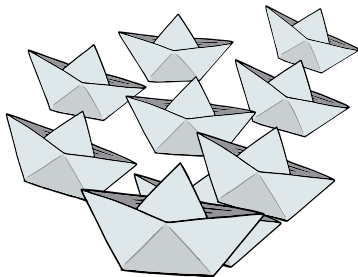
15 year old from Turkey

Breathe and calm down, give me a hug, go around the block, go on your device or go outside.

Dylan, Australia, aged 11

Do some origami.

9 year old from Turkey



What are the skills you use in your relationship with your parents or other grownups?

I use my skill of being sweet.

10 year old from Turkey

Doing my school homework makes better my relationship with my mother.

13 year old from Turkey

I make my mum laugh, singing and dancing.

Edie, Australia, 8 years old

Doing house duties around the house without being asked to.

I read about the prophet's life and draw pictures.

9 year old from Turkey

I try to settle them down. I say, 'there is nothing to argue about. We can go outside'.

If there is arguing, I go to the room, shut the door and play games on the phone.

I write letters to them and draw pictures for them.

9 year old from Turkey

A six year old from Turkey took this question very seriously:

I can use my talking skills and I can think on it.

What makes our relationship better with our parents while staying at home?

Cuddles, wrestling, play fighting, having a little fun.

Dylan, Australia, aged 11

Social activity makes us stronger for example giving some responsibility to me.

9 year old from Turkey

Doing something together, sleeping on the same bed.

8 year old from Turkey

Hugging each other, snuggling to my mother on the couch.

7 year old from Turkey

Making each other laugh, singing silly made up songs.

Edie, Australia, 8 years old

It would be great if my mother would know how to play PlayStation.

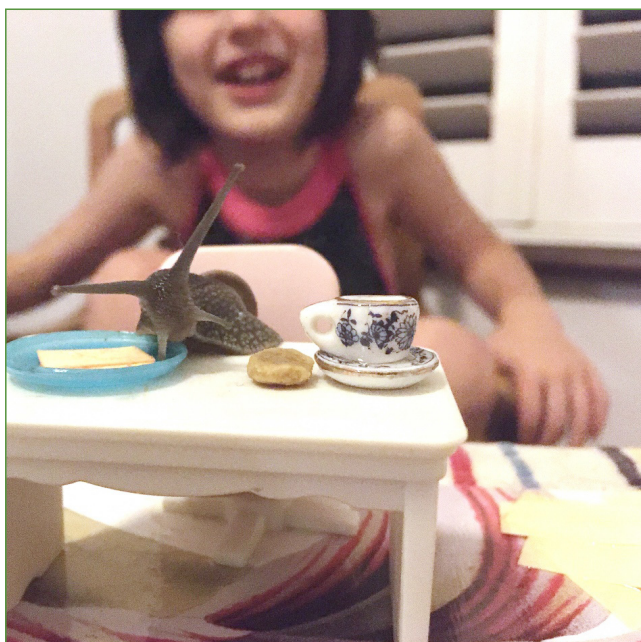
11 year old from Turkey

Some specific tips about pet snails and slugs

7 year old Molly from Australia would like to share some advice about pet snails and slugs:

You might not know yet, but pet snails have very different personalities. Slimy is very curious and LOVES eating paper. I like to play with my snails and make setups for them and my snails like to explore. You can get to know the different personalities of your pet snails and slugs. You should feed your snail cucumber and lettuce and carrot peel because they like it.

This is a yellow slug. Their name is Sticky. And look, these are yellow slug eggs. Do you know that slugs evolved from snails? If you look very closely, this part here actually has a slug shell in it. And can you see



This is a photo from a snail tea party

that white spot (slug very close to laptop camera) ... soon that will open up ... it opens for Sticky to breathe. I found Sticky under small round logs in our backyard that we use as stepping stones. There was Sticky and also these eggs.

Grownups, you don't have to say 'ewww', because slugs and snails are very interesting, and they can survive under logs without getting squished and when they hatch their babies are super cute so look after them.

[Note from Molly's mum ... land snails and slugs are also very good for practicing 'they' pronouns as slugs and snails are not male or female]

These are the songs we recommend adults listen to these days. They might help you feel better.

My mother, beautiful mother.
10 year old from Turkey

Tell me a tale my father.
9 year old from Turkey

Oh my gosh – look at her butt
(off the "Sing" soundtrack) or any song really.
Edie, Australia, 8 years old

Reggaeton music – from the Trolls 2 movie.
Dylan, Australia, aged 11

Songs from the Greatest Showman the movie: *Outside*, or *This is me* or *Falling*, or *2002* by Anne-marie.

Upbeat songs like *Happy* by Pharrell Williams.

Worship songs/Church songs.

Don't worry be happy by Bobby McFerrin.

What a wonderful world by Louis Armstrong.

*A door close and a new one would open;
patience leads to salvation.*
6 year old from Turkey

Everyone's difficulties would pass one day
(I composed this song).
9 year old from Turkey

Play with me, don't leave me (I composed this song).
8 year old from Turkey

Morale boosting songs like *Erik Dal*.
13 year old from Turkey

I don't any specific song but if they listen to their favorite songs they feel better.
15 year old from Turkey

Do we know any proverbs or stories to remember these days that might help adults to feel stronger? Yes we do!

They can remember the story of when my mummy sings and daddy catches the fish.

Bible scripture Isaiah 41: 13 – For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you.

After every dark night comes a bright morning.
13 year old from Turkey

Being with us is important.

Many a mickle makes a muckle.
10 year old, from Turkey

They could watch the movie Moana
Edie, Australia, 8 years old or *Black Panther*
Dylan, Australia, aged 11

An 8 year old from Turkey shared this story:
A man was walking in the jungle and heard a voice 'I will eat you'. He was so afraid of what he heard. Than he hide and after some time he saw a monkey was telling to banana 'I will eat you'. The man didn't feel fear anymore. So, our fears for today will pass.

How parents can benefit from the experience of staying at home

You can relax, snuggle with the cats and us!
Edie, Australia, 8 years old

I guess you get to lay in bed and sleep in. Snuggle with us in the morning, you get to spend more time with us.
Dylan, Australia, aged 11

You can organise reading nights, documentary nights or poetry nights with us.
13 year old from Turkey

They can cook healthy foods and eat vegetables and fruits.
6 year old from Turkey

You can learn new things.
9 year old from Turkey

They can draw something.
8 year old from Turkey

They can benefit by playing with us.
9 year old from Turkey

Our suggestions to adults to help you keep well while staying at home

A six year old from Turkey:

I suggest you not to argue with each other, don't get angry at children, don't look at computers and instead play with us.

Echoed by a nine year old in Turkey:
Play with us.

And by an Australian child:

Play with us. Or have a day spa with me in my room at home!

Some children offered some specific advice:

For dad to drink less coffee when he gets bored.

Eat fruit and veg, meat. Keep doing activities, laugh until you have tears of joy.
Edie, Australia, 8 years old

Play card games.

Take some time for yourself.

Keep physically well, go for a walk.

Keep drinking healthy drinks.

Do exercise at home by watching exercise videos from the computer.
7 year old from Turkey

Cooking and gardening.
15 year old from Turkey

You could keep a diary and learn a new language.
13 year old from Turkey

A ten year old from Turkey was concerned parents might waste their time:
I want for them not to waste their time and do something.

But on the other hand:

It would be great if they don't spent all their time working and spare some time to spend with us.
9 year old from Turkey

In both Australia and Turkey, some children suggested spiritual practice

Listen to Praise and worship – it might clear their head
Australia

Praying together, reading Quran, listening about the lives of prophets' friends and tea time together can all keep us well.
9 year old from Turkey

Others offered health advice:

Drink lots of water and wear gloves and mask when we go to the shop, be careful not to get too close to other people when out and treat each other at home with respect and compassion.

Dylan, Australia, aged 11

Wash your hands after everything. Mum works at the hospital so when she gets home, we make sure she cleans herself first.

And finally, from Australia:

Do something that inspires you, something that you're good at.

Questions to ask children to contribute to this guidebook

Here are some questions to ask children:

- What skills can you use to make staying at home more fruitful for adults?
- How have you managed to enjoy your time in the past when you had to stay at home?
- Please share a story of one of your favourite times at home with your parent(s)/carers ... Maybe a recent story and a story from when you were little ...
- What do you think adults should know or do to make staying at home together a happier experience?
- What are your hopes about your days in the house?
- Are there any values you remember to make you stronger when you experience difficulties while staying at home?
- What can you suggest to adults if they experience any difficulty while staying at home?

- What makes your relationship better with your parents while staying at home?
- What are the skills you use in your relationship with parents/grandparents?
- What can adults do to protect their well-being while staying at home?
- What do you wish for your time with your parents during these days?
- Do you know any song to listen to that might help your parents to feel better in these days?
- Do you know any proverb or story to remember these days that might help adults to feel stronger?
- How can your parents benefit from the experience of staying at home?
- What would you like to suggest to your adults to keep well while staying at home?

Please send your responses to
dcp@dulwichcentre.com.au

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Now we look forward to your contributions!



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