

5 Hacks to Help Navigate Kids and Quarantine

Students will use screens more during this COVID-19 season and below are 5 different hacks to help you navigate it all.

Block Apps

1. **Blocking app downloads** (for students)

1. Block app downloads for iOS
 1. <https://support.apple.com/en-us/HT201304>
2. Block app downloads for Androids
 1. <https://www.wikihow.com/Block-Apps-on-Android>

Be Creative

2. **Creative (essential) ways to be off screens**

1. Jonathan McKee's Ideas
 1. <https://thesource4parents.com/parenting-help/young-people-screens-coronavirus/>
2. And ONE helpful article on how to utilize screens :)
 1. <https://blog.youthspecialties.com/15-ways-to-build-faith-and-community-virtually-during-the-coronavirus/>

Eat Together

3. **Everyone needs to eat, so let's eat together!**

1. Ask open ended questions that allows students to share and be heard
 1. 15 Discussion Starters
 1. <https://forthefamily.org/15-fun-conversation-starters-for-christian-families/>
 2. 34 Discussion Starters (these questions will need to be adapted for family use)
 1. <https://bible.org/node/14833>

Read

4. **Read and discuss the Bible together**

1. Read a story or a chapter aloud and ask everyone which part stuck out to them
 1. <https://www.focusonthefamily.com/parenting/how-to-read-the-bible-as-a-family/>

Sleep

5. **Get some sleep!**

1. Student's sleep is vitally important! Tips on how to help your student get more of it
 1. <https://thesource4parents.com/youth-culture-window/sleep-loss-and-costs/>

These are just 5 ways to help students with their screens for this season. If you've done something else that's helped, please let me know! I would love to hear from you!

Blessings,

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