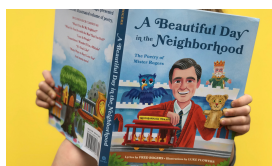


Family Time

SONG, STORY AND
ACTIVITY OF THE
MONTH



STORY OF THE MONTH
IT'S YOU I LIKE



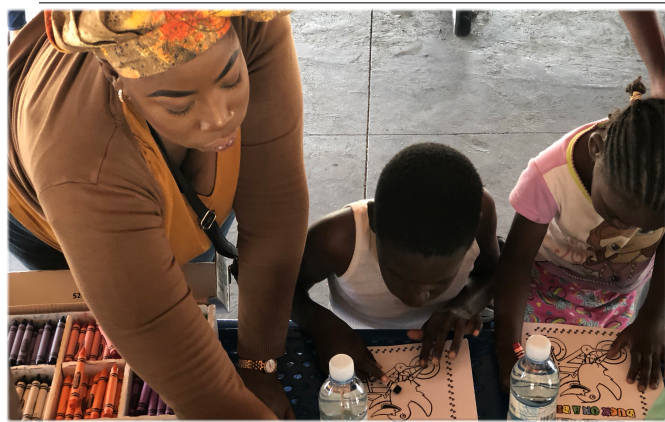
SONG OF THE MONTH
HEAL THE WORLD



ACTIVITY OF THE MONTH
PLANNING FOR FAMILY
GARDEN

NATIONAL PLAY DATE AT-HOME

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Supporting families at home

Welcome to the first issue of National Playdate at-home, a monthly newsletter designed to bring support right to the fingertips of our parents. It is a companion of the National Playdate Program which unites families for community, support, and fun.

This and every month we will bring a song, family activity, story, and parenting articles which foster family bonding and help supply parents with the tools to be at our best.

This first edition couldn't come at a better time, as we have all become homeschooling families in this age of social distancing. We need to be here for each other more than ever. The content of this edition is themed around compassion and working through the grief of a changing world.

Story of the month— plot twist

So, the story of the month is actually a poem - *It's You I Like* from *A Beautiful Day in the Neighborhood*, a book of poetry by our childhood uncle, Mr. Rogers. You can read this poem to your kids at bedtime, recite it daily, or use it as an affirmation.

We can all use words that feel like hugs. This poem will give your little ones warm fuzzies and serve as a gentle reminder of why we love each other.



Song of the month

This month's song is no *Baby Shark*, but it is an oldie and goodie. Michael Jackson's *Heal the World* is exactly the tune we should all be singing right now. It's catchy and sends the message that we need to receive — we've been through crisis before and through love, togetherness, and support, we will recover. You can find this song on [YouTube](#), if you've never learned or forgotten the tune, and the lyrics are at the end of the newsletter. So cue up the song and add it to family night karaoke.



With many businesses having to close their doors and others operating on reduced hours, we have come face to face with our own food security needs. This is a great time for your family to begin creating or researching a family gardens. Even while stores are still closed, you can work together to plan and decide what you would



Activity of the month

want to plant and where around your home. Consider foods that you eat, the climate that we live in and whether you want to create full beds, or just potted vegetables. Be sure to get input from the entire family, so that everyone's on board and involved when you go shopping for supplies, buying seeds and getting dirty. Here are some resources to get you started:

- [Ministry of Agriculture: How to Start a Garden](#)
- [Fox Hill Nursery Seasonal Veggie Chart](#)
- [Nassau Guardian: Gardening in Summer](#)
- [Gardening with Kids in 10 Steps](#)

MISS TIFFANY READS

Where:: ORG Bahamas Facebook Page, Live

When:: 11:15 am weekdays

What:: Chapters 1-10 of Winnie-the-Pooh by A.A. Milne

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EDUCATION

How to protect your family's mental health in the face of coronavirus disease (COVID-19) (excerpt)

A CONVERSATION WITH ADOLESCENT PSYCHOLOGY EXPERT
DR. LISA DAMOUR, UNICEF

UNICEF: Is structure key to maintaining a sense of normalcy?

Dr. Damour: Kids need structure. Full stop. And what we're all having to do, very quickly, is invent entirely new structures to get every one of us through our days. And so I would strongly recommend that parents make sure that there's a schedule for the day, that there's a plan for

how time will be spent — and that can include playtime where kids can get on their phones and connect with their friends, which of course they're going to want to do. But it also should have technology-free time, time set aside to help with making dinner, time to go outside. If you can be outside you should. We need to think about what we value and we need to build a structure that reflects that, and it will be a great relief to our kids to have a sense of a predictable day and a sense of when they're supposed to be working and when they get to play.

I would say for kids under the age of 10 or 11, the parent should come up with a structure and then negotiate from there with their child and see if there's any feedback that makes good sense.

For children 10 and 11 or older, I would ask the child to design it — and give them a sense of the kinds of things that should be part of that structure, and then work with what they create.

UNICEF: What tips would you give parents who are building a structure for younger children?

Dr. Damour: I think we have to recognize that younger kids actually do sit in class for periods of the day and tolerate the interruptions and annoyances of a lot of kids around them, and they won't have to tolerate those when they're at home. Which is to say that I don't think we should underestimate their ability to work in a focused way from home.

That said, every family knows their child best and it may be ideal, depending on who is supervising them (I realize that not every parent is going to be home to do this), to structure

their day so that all of those things that need to get done get done before anything else happens: All of their schoolwork, all of their chores, all of their have-to-do activities versus get-to-do activities. For some families, doing that at the start of the day will work best for kids.

Other families may find that it works well to start the day a little bit later, to sleep in, to enjoy a longer breakfast together, and then get rolling at 10 or 11 in the morning. Every family gets to do it their own way. I also want to add something that some people may be reluctant to voice: We're stuck with this, so to the degree you can enjoy it — you should. If this means you're making pancakes as a family for breakfast and that is something that was never a possibility on a normal school day and that's something that makes everybody happy, enjoy that.

Here's the bottom line: Kids need predictability — as much predictability as you can offer in a situation like this. So don't wake up every day and figure out the schedule. Try a schedule, or maybe try a provisional one for a week as a family and then review it at the end of the week.

Tips for keeping structure during Covid-19



- Keep a schedule of activities
- Plan screen and no-tech times
- Parents create structure for kids under 10 and let older kids help to or make their own schedules
- Decide on schedule which works best for your family

Heal the World Lyrics

Heal the World

There's a place in your heart
 And I know that it is love
 And this place could be much
 Brighter than tomorrow
 And if you really try
 You'll find there's no need to cry
 In this place you'll feel
 There's no hurt or sorrow

Bridge

There are ways to get there
 If you care enough for the living
 Make a little space
 Make a better place

Chorus

Heal the world
 Make it a better place
 For you and for me
 And the entire human race
 There are people dying
 If you care enough for the living
 Make it a better place
 For you and for me

Verse 2

If you want to know why
 There's love that cannot lie
 Love is strong
 It only cares of joyful giving
 If we try we shall see
 In this bliss we cannot feel
 Fear of dread
 We stop existing and start living

Bridge

Then it feels that always
 Love's enough for us growing
 So make a better world
 Make a better place

Chorus

Bridge

And the dream we were conceived in
 Will reveal a joyful face
 And the world we once believed in
 Will shine again in grace
 Then why do we keep strangling life
 Wound this earth, crucify its soul
 Though it's plain to see
 This world is heavenly
 Be god's glow

Verse 3

We could fly so high
 Let our spirits never die
 In my heart I feel you are all my brothers
 Create a world with no fear
 Together we cry happy tears
 See the nations turn their swords into plowshares

Bridge

We could really get there
 If you cared enough for the living
 Make a little space
 To make a better place

Chorus x 2

Source: [LyricFind](#)

Songwriters: Michael Joe Jackson

Heal the World lyrics © Sony/ATV Music
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 Kobalt Music Publishing Ltd.
