



THE FOUR PILLARS OF SIMPLICITY PARENTING AT THIS CHALLENGING TIME WHILE STAYING HOME

- **Environment**
 - **At This Time While Staying Home – Decluttering Signals Security**
 - Opportunity to declutter and simplify to create more space
 - Children seem to play better in a simpler environment
 - Simpler palette rather than a riot of shapes and colors
 - Provides a sense of order
 - Placement of toys on lower shelves in small open containers and inviting placements around the “play space”
 - Intentional Clean Up
 - Toddlers are noticing and practicing “where things belong”
 - Part of daily schedule, not all has to be reset, leave “works in progress”
 - Toy Library
 - Keepers and favorites stay out in the environment
 - Others go in the lending library to be checked out
 - Return one to the library when another is checked out
 - For younger children, you may be acting as the librarian and resetting the offerings based on your observations
 - Use Baskets and bins for storage, some visual/reachable for your child and others not visual/reachable
- **Rhythm**
 - **At This Time While Staying Home – Wrapping Rhythm Around Our Children**
 - Map out with your partner and perhaps older children the day/week
 - Parent work
 - Children online class times
 - Extended family and friends screen time
 - Caregiving/Needs something: meals, naps/sleep, diapering, dressing/bathing, etc.
 - Space for nothing, just being, transitions times, family walks
 - Mimics child’s school day
 - Morning – learning together
 - Snack
 - Outside time
 - Time to Move!
 - Creative time: art and sensory exploration

- Quiet and rest
 - Perfect time to establish/re-establish a simpler daily routine
 - Giving the child's world a predictable rhythm
 - One that we (the adults) can lean into ourselves
- **Schedules/At This Time While Staying Home- Dialing Back Schedules**
 - To use when we return to our "regular" schedule
 - Thin out activities
 - Bring awareness of how much we are doing and why
 - Everyone else is doing it, shouldn't my child be doing it, too?
 - Reset our expectations of what our family really needs
 - Do we need to go back to all that hectic schedule?
 - Decide what makes the most sense for our family!
 - Hit the middle ground that really aligns with our values
 - Being at home more provides opportunity
 - Closeness to you for connection to help children feel they will be ok with all the changes
 - When we do return to our more typical schedule ease back into what you want for your family
 - "Protection" to not be overwhelmed after practicing less is more in our daily routines
- **Filtering Out the Adult World/At This Time - More Important Now Than Before**
 - Extra vigilance with ourselves and others who are involved in our children lives
 - The information and visuals are coming constantly at us through screen/media
 - Extra parental strength needed when setting limits with screens
 - Being very selective in what they are viewing
 - Select slower paced materials
 - Mr. Rogers, for example
 - Helps with self-regulation and overstimulation for ourselves and children

From Simplicity Parenting Podcasts, Kim John Payne

<https://podcasts.apple.com/us/podcast/82-troubling-times-pt-2-signaling-security-via-decluttering/id1407320921?i=1000468375951>

<https://podcasts.apple.com/us/podcast/83-troubling-times-pt-3-wrapping-warm-rhythm-around/id1407320921?i=1000468375949>

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<https://podcasts.apple.com/us/podcast/85-troubling-times-pt-5-filtering-adult-information/id1407320921?i=1000468375948>

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