

Prioritizing One Another During COVID-19

Proactive family strategies for the COVID-19 emergency

Stay in touch with family and loved ones outside of your home

Social distancing does not have to mean self-isolation. Now is an important time to continue interacting with others despite having limited interaction face to face. Perhaps it is a good time to Skype or FaceTime with family members who live far away. We're fortunate to have numerous ways to communicate with those around us in ways that don't put anyone's health at risk. Take advantage of social media, calling, and texting with family and loved ones to stay close amidst the crisis.

That being said, keep up with your family media plan and maintain health media hygiene. You may discuss relaxing your regular [screen time](#) rules, but ensure there are still non-digital activities. Contacting friends and family members online could be exempt from these limitations. Indeed, reaching out to check in with loved ones can provide comfort and help to ease anxiety, especially for those who are living alone or stranded abroad.

About the Author



[Dillon Browne, Ph.D., is an Assistant Professor at the University of Waterloo. He has written numerous articles in the domains of children's mental health, human development, and family studies.](#)

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