

Resources

Parenting Session #2

Marriage

Ideas for dealing with the “Sameness” during SIP:

Camp in the backyard

Pick one day in the week where you cook together: make pizza (Trader Joe’s has the dough) or Sushi Confidential in Campbell sells sushi making kits for families - everything is prepped for you! <http://www.sushiconfidential.com>

Pick a friend or neighbor to care for or appreciate: Talk together as a family about what you’d like to do to brighten their day (e.g. gather flowers, bake cookies, make cards, etc)

Make a family time capsule

Build a domino or chain reaction machine: <https://tinkerlab.com/engineering-kids-rube-goldberg-machine/>

Here’s a link to taking virtual trips from

home: <https://www.travelandleisure.com/travel-tips/fun-things-to-do-at-home-during-coronavirus-quarantine>

This website has fun science experiments to do at home with

kids: <https://www.stevespanglerscience.com/lab/experiment-library/>

Outdoor things to do in Golden Gate

Park <https://www.ronniesawesomelist.com/blog/golden-gate-park>

This website has a wide variety of in-home and out-of-home things to

do: <https://www.first5la.org/parenting/articles/activities-for-parents-and-children-during-the-covid-19-quarantine/>

Helpful tips on managing conflict in

marriage: <https://www.gottman.com/blog/the-four-horsemen-the-antidotes/>

Books

The Hardest Peace - Expecting Grace in the Midst of Life’s Hard by Kara Tippetts

The Last Lecture by Randy Pausch

Eve Rotsky, “Fair Play.”