The whole team at Apex were asked if they would like to contribute to our #ForYou website page. As a single mum I straight away thought about all the other people who are again finding themselves home alone with the children. A lot of single parents (and also other families) will find this a struggle especially if work is added into the mix as well as keeping the little people occupied!!

Lockdown #1 was certainly a bag of mixed emotions for me, I was lucky enough to be furloughed from my previous employer and didn’t have the additional pressure of working from home but did have the uncertainty of having my hours reduced and my working days changed, both myself nor my employer understandably knew the answer to this at the time.

Spending additional time with my daughter was both amazing but also hard work, home schooling when I didn’t know the answer to the maths or English questions was challenging as well not being able to answer the question to ‘’mummy when is this going to end. ‘’

Hiding my emotions was hard and that is still something I am trying to do now as well as shield her from the news and helping her to adapt to the changes and new ‘normal’ in school.

With the new lock down rules a lot of us will find ourselves at home alone with the children, a lot of single parents (and also other families) will find this a struggle especially if work is added into the mix as well as keeping the little people occupied!!

As a company Apex have put together a #ForYou website page where we are sharing useful links for lockdown 2.0 and beyond. I have put together a list of resources that will hopefully help your little people as well as the big people during this uncertain time, some are educational and some are fun things to do and get all the family involved.

It is important to know you are not alone and to reach out if you are feeling overwhelmed or a little down, other parents are probably feeling the same.

How about setting up a wats app group with other parents with children in the same class so you can support each other with homework, ideas and just generally keeping us all sane!!

Zoom is also a fantastic tool to keep in touch so adults can chat and also keep the children in contact with each other at these difficult times and then maybe ‘meet’ on line when the children are in bed for a glass of wine or two?!

I hope this reaches at least one family to realise that during this challenging time it is ok not to be ok ☺