

# 2GETHA MAGAZINE

MARCH/APRIL 2020 ISSUE

Intentional  
Relationships

**CORONAVIRUS  
PANDEMIC**

**Sex Positions  
That Won't  
Spread Germs**

**What  
Worries  
and Scares  
Your Child**

**Working  
From Home**

**HOW SOCIAL MEDIA  
AFFECTS YOUR LOVE LIFE**

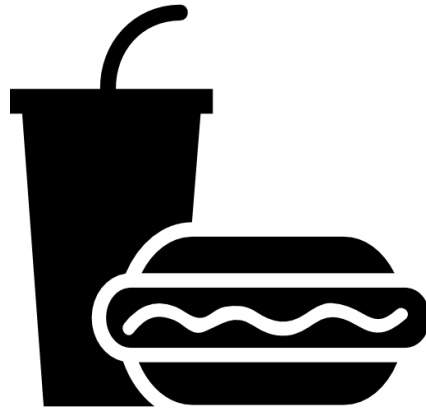
**Avoid  
Arguments**

**Social-Emotional  
Skills**

**HOW TO WORSHIP WHEN  
YOU CAN'T ATTEND CHURCH**

**DAILY FAMILY  
SCHEDULES**

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## Editor's Corner

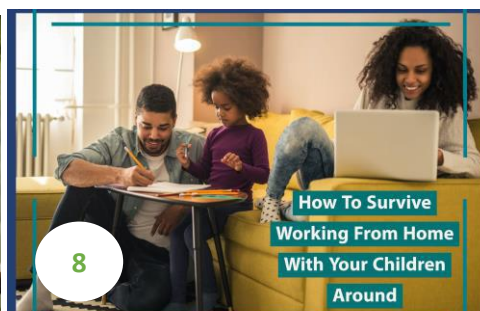


First of all, I'd like to apologize to our readers for the late publication. We had to change many articles to ensure that we provide content that will help you during this coronavirus pandemic period. Articles in this issue:

- How to Survive working from home with your children around
- How social media affect your love life
- How to worship when you can't attend a traditional church
- What worries and scares your child
- Using games to teach social-emotional skills
- Are you in a relationship with someone who never initiates?
- Sex positions that won't spread your germs
- Tips to help avoid ugly arguments
- CORONAVIRUS: No-panic help guide

The purpose of this issue is to help parents to be able to juggle between working from home and home-schooling their children. To help couples to eliminate fighting, as now you'll be spending more time together than normal time, no limit social media time and to ensure that there's continuity of intimacy in the bedroom.

Pray | Stay at home | Be safe | Love your family | Spend quality time



Magazine  
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# *Twogetha Relationships Enrichment Institute*

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Coronavirus Pandemic**

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## *Counselling Sessions Dr Jerry and Mrs Claudine Mofokeng Wa Makhetha*



- Please note that Ntate and Mme Mofokeng conduct separate counselling sessions.
  - It is entirely up to you to choose the counsellor.
  - Sessions are conducted in Observatory (Near Eastgate Mall).
  - Counselling Sessions are weekdays after-hours (17H30 - 19H30).
  - Weekend Counselling depends on the availability of counsellors.
  - No children are allowed unless they are part of the counselling session.
  - A session is 2 hours.
- Not registered with any Medical Aid Scheme.

- Confirm a date with your partner then confirm with us.
- If payment is not done within 24 hours, the date will be made available for other clients.

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# PASTOR H & MAMA MASH COUNSELLING SESSIONS



- Please note that Pastor H & Mama Mash conduct counselling sessions together.

- Sessions are conducted in Honeydew (Roodepoort).

- Counselling Sessions are weekdays after-hours (18H00 - 19H00).

- Saturdays after 16H00 and Sundays after 11H00.

- No children are allowed unless they are part of the counselling session.

- Not registered with any Medical Aid Scheme.

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A photograph of a family working from home. A man is sitting on the floor, writing in a notebook. A young girl is sitting next to him, also writing. A woman is sitting on a yellow sofa in the background, smiling and looking at a laptop. The scene is set in a living room with a lamp and a window in the background.

# **How To Survive Working From Home With Your Children Around**



# Allow yourself plenty of breaks.

When you work from home with kids, a normal 3-hour work day might feel like an 8+ hour shift due to frequent stops to play with, feed, or care for your kids. Don't see these breaks as a nuisance, but understand that your time spent with your kids is just important as your time spent working.

Take at least a 10-minute break to grab a snack, walk around or say "hi" to your kids. Break for a quick at-home yoga session, a hot shower or indulging in your favourite podcasts.





# Create a to-do list.

Sometimes having a checklist can help you accomplish more in a shorter amount of time. Since working from home with kids is tricky, it's important to make the most of the time have. Setting a strict schedule that replicates that of a normal school day will be helpful to you.





6 - 9 a	9 - 12 p	12 - 3 p	3 - 6 p	6 - 9 p
<b>kids</b> wake breakfast get dressed  practical life independent play	work cycle 1 new projects sensory play baking learning work movement practical life reading	rest  lunch cleanup nap quiet time screen time (if applicable) audio books	work cycle 2 open ended play outdoors sensory play practical life movement pretend play	clean up dinner  bedtime routine
<b>parent</b>  self-care  emails work on bigger project  laundry/dishes	be present  give lessons finish laundry invite participation  check emails 1x per hour	work block  answer emails take phone calls work on bigger projects	semi-work block  answer emails finish projects last minute calls plan for tomorrow prep dinner keep eye on kids	dinner clean up reset for tomorrow bedtime routine self-care

## Menu

Sun	Rice + Beans w/ Red Peppers
Mon	Birthday Dinner
Tues	Dosas + Sambhar w/ Cucumber's
Wed	Egg Curry w/ Pepper's
Thurs	Rice + Sambhar
Fri	Make Your Own Pizzas w/ Salad Bar
Sat	Fridge. Party

## Morning Work

- Edit/Revise Assigned Homework
- Spanish App's
- Typing Class.com
- Journal Writing
- Reading
- Race Auto.com
- Imagine Math
- Math App's
- Geography App's

## Free Play

- Drawing
- Comic Book Making
- Marble Maze
- Run Race
- Squish Blobby
- Leaps
- Domino's
- Make a Roll Recorder
- Build a Castle
- Build a Paper Lander
- Pinwheel Snowflakes
- Karaoke
- Marble Run
- Design a Car
- Play guitar
- Play piano
- Make up a song
- Bag Boats
- Make something w/ tape
- Make something w/ glue
- Make something w/ toothpicks
- Make up a dance routine
- Free Dance
- Create a recipe
- Write a story
- Make an obstacle course
- Put-ups
- Song in the shower
- Build a fort
- Play-Doh Party
- Tangram's
- Make something w/ the finger gun
- Watch Movie Play
- Magic Cards

## Family Activities

- Walk in the woods
- Crazy Bridge
- Scavenger's
- Exploding Kittens
- Degenwald
- Darts Tournament
- Fast-track Tournament
- Sushi Go
- Run Race
- Quizzes
- Yubtree
- Make cookies
- Make a cake
- Fruit Taste Test Party
- Obstacle Course
- Dance Party
- Family Art Project
- Make music
- Go for a walk
- Seaside outside
- Family Marble Run
- Family Castle Building
- Plant something
- Make something with aluminum foil
- Pick a Frisbee
- Operate windows & Spring

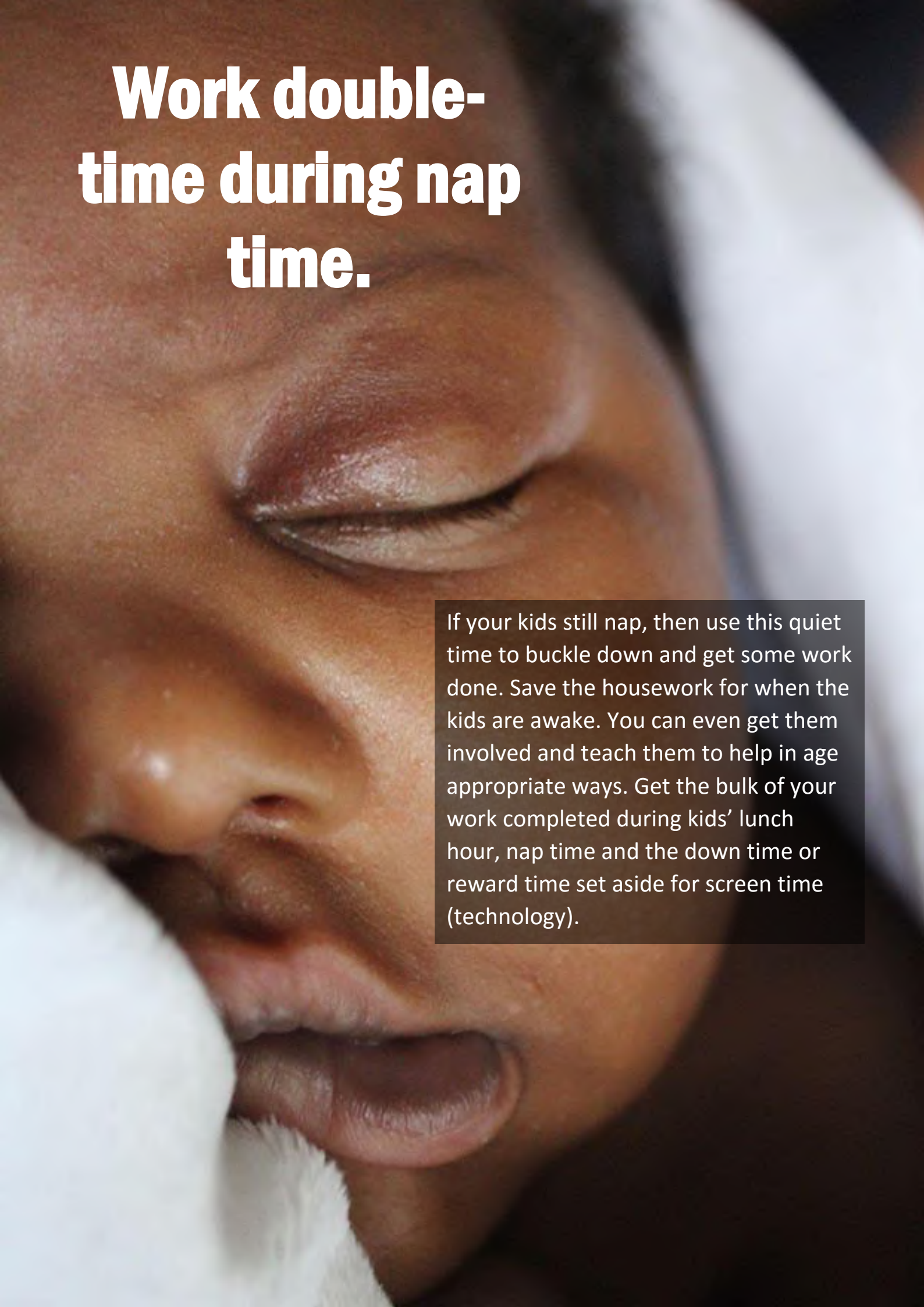
## Chores + Chill

- Laundry Dishes
- Dinner Prep
- Clean rooms
- Organize a cabinet
- Organize a toy bin
- Fix something
- Vacuum
- Clean bathrooms
- Organize clothing drawers
- Organize junk drawer
- General Pick Up
- Sweep outside
- Water plants
- Organize laundry room bin
- Organize Post Shop
- Audible
- Read
- Draw
- Facetime someone
- Snuggly in towel
- E-mail someone
- Google Hangout w/ Friends

## Evening Activities


- Family Game Night
- Family Dance Party
- Family Cooking
- Family Art Project
- Family Movie Night
- Family Video Game
- Family Antiques
- Facetime Friends
- Facetime Family
- Ed. Video Game's
- Family walk
- Play-Doh Party
- Marble Challenge
- Obstacle
- Obstacle Course
- Dance Together
- Read Aloud Together





# **Work double-time during nap time.**

If your kids still nap, then use this quiet time to buckle down and get some work done. Save the housework for when the kids are awake. You can even get them involved and teach them to help in age appropriate ways. Get the bulk of your work completed during kids' lunch hour, nap time and the down time or reward time set aside for screen time (technology).

A close-up photograph of a Black man with short dreadlocks, wearing a grey t-shirt, looking down at a baby. The baby is wearing a white onesie and a grey beanie. The man is holding a book, and the baby is looking at it. The background is a plain, light-colored wall.


# **Schedule two or three 15-minute reading times for the kids.**

You can get a lot done during these scheduled quiet times if you have a checklist of work you can do immediately.

## **Benefits of reading are:**

- Children who read often and widely get better at it.
- Reading exercises our brain.
- Reading improves concentration.
- Reading teaches children about the world around them.
- Reading improves vocabulary and language skills.
- Reading develops a child's imagination.
- Reading helps children to develop empathy.
- Reading is a fun.
- Reading is a great way to spend time together.
- Children who read achieve better in school.



A man, woman, and two children are gathered around a whiteboard in a kitchen. The man is pointing at the board, and the woman and children are smiling and clapping. The whiteboard has a central cloud labeled 'CHORES' with arrows pointing to various tasks: 'Take out the trash!', 'WASH THE DISHES', 'CLEAN YOUR ROOM!!', 'WASH THE CUP', and 'SHEEP UP!!'. There is also a section for 'Behavior!' with a list of items.


**Communicate,  
even more than  
you think is  
necessary**

Communication is the number one thing you have to be cognizant of and thinking about all the time. As many of us are working from home, it's OK to be transparent about the fact that you're also juggling the needs of your kids, so your co-workers aren't caught by surprise.

For example, if you're on a conference call, it's acceptable to sometimes say, "Hey, just a heads up, I might have a kid walk into this room, and I will handle it and get right back to you."

It can also be helpful to create a spreadsheet with your manager and the rest of your team, where you each outline your emergency contact information and your availability for virtual meetings.





On top of communicating with your colleagues, it's crucial to set boundaries with your kids when working at home, especially if they're school-aged. You got to have a place where you have private times. That might be your bedroom, your lounge, a guest room, your basement or wherever you can find a place where you can have uninterrupted, quiet space.

Have a physical sign on the door with a thumbs up, thumbs down or whatever works as a signal for when you truly cannot be interrupted.

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# BOUNDARIES

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# Alternate shifts with your partner

If you're in a position where both you and your partner are working from home alternating shifts with your partner can make working remotely a lot easier. You and your partner can switch shifts in monitoring for the children. If switching shifts with your partner is not an option, then a strict schedule and extra planning will be key to maximizing your day.





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