



## Parents' Clubs and online activities for kids

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In order to meet the needs and expectations of parents and children in lockdown and bearing in mind the fact that social isolation has a negative impact on their mental health, Kraków ran the **Nurseries and Parents' Clubs @online** („Żłobki i Kluby Rodziców w sieci@”) project. Launched in April 2020, its aim was to support parents/guardians and children under 3 years of age, in the brand new and challenging situation.

When sanitary restrictions did not allow institutions to operate in class, **Clubs for Parents with children under 3** (**Kluby Rodziców z dziećmi do lat 3**) could conduct activities online, remaining in touch with parents through *Zoom*, online broadcasts or Facebook group meetings. Once it became possible, they switched to hybrid or full stationary mode. The clubs hold different types of activities e.g. movement, music, sensory, educational, parenting skills, as required by members. From March to December 2020 over 1,000 meetings/workshops were run with over 20,000 participants. The network of *Parents' Clubs with children under 3* consists of 43 establishments. The class schedules are published on [www.kkr.krakow.pl](http://www.kkr.krakow.pl) and regularly updated.

From April to June 2020, when crèches remained closed due to the first stage of the pandemic, [www.kkr.krakow.pl](http://www.kkr.krakow.pl) uploaded daily play materials for children. Prepared by the caretakers of municipal crèches, they were meant to support parents and caretakers in entertaining and educating children under 3. Over 370 games, exercises and hints were provided on the website.

Once the crèches re-opened, they were transferred to an **"Idea Bank "**, which can still be accessed by parents and carers of the youngest children The idea bank is available on at [www.kkr.krakow.pl](http://www.kkr.krakow.pl) and regularly updated.