

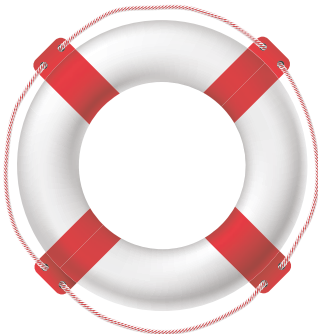
Dear families,

Due to the Corona pandemic, many things are different in families now. They see each other more often and may be together in a confined space.

We have a few tips for you so that you don't get on each other's nerves too much.

INFORMATION FOR THE FAMILIES IN **MANNHEIM**²

- Talk to the family about what rules there should be. You can write them down and hang them on the refrigerator, for example. Don't make too many rules, otherwise it won't work.
- Everyone is more unsettled than usual right now. Cut them some slack and show your family that you love them.
- If you feel you're getting upset, leave the room for a few minutes.
- Don't come back until you're calmer.
- If the mood in the family is getting worse and worse or if there is more fighting, call the family helpline.



You can call the family helpline
weekdays from 12 noon to 5 pm at:
0621 – 293 3939.