

# The **Parent Club** guide to new coronavirus restrictions



## **Meeting up with other households.**

You cannot meet up with other households in your home or theirs for the time being. This is because cases of coronavirus are starting to rise again, so some additional restrictions have been put in place, to help bring cases back under control. These restrictions may not be easy, but they're in place to reduce the risk of the virus spreading.

You can still meet up with other households outdoors, or in an indoor public place e.g. a café or at the cinema - but only one household at a time and in a group of no more than 6 people.

## **Why have the restrictions changed?**

Cases of coronavirus are starting to rise again, so some additional restrictions have been put in place, to help bring cases back under control. We know that changes to restrictions can be especially hard for parents and their families. But when we reduce our day-to-day contact with other people, we reduce the spread of the infection. Meeting only in smaller groups means spaces are less likely to become crowded (which makes physical distancing harder). We also know that the risk of passing the virus on to other people is higher when meeting in homes. So to slow it down we need to limit the contact we have with other people.

## **Can I meet up with friends and family outdoors?**

Yes. Up to 6 people from two households can meet up outdoors. Children under 12 don't count towards the 6 people, or the number of households when outdoors.

The rules are slightly different for those aged 12-17. They can meet up together outside in groups of up to 6 children of any age, from up to 6 households. They should stay 2 metres from each other.

So, for example a 12 year old could only meet up to 5 of their friends outside, regardless of whether their friends are aged 11, 12 or 13. However, if anyone aged 18 or older is also in the group they must follow the limit of 6 people from 2 households.

## **Can I meet my friends and family in their home?**

No. You currently can't meet other households in their home or yours.

## **Can I meet my friends and family anywhere else inside, e.g. a cafe or the cinema?**

You can meet others indoors in public places like cafes or restaurants in groups of up to 6 people from two households. Children under 12 from those two households aren't counted towards the 6 people limit but must be from within the two households.

## **Can my child have a playdate or have a party with their friends?**

Your child can't have a playdate or a party with anyone from another household inside a home.

However, your child can have a playdate or party outside or inside a public place as long as you follow the guidance on meeting other households. In places like a cinema, cafe or bowling alley, there should be no more than two households present, and no more than 6 people aged 12 or older. Children under 12 don't count towards the limit of 6 people but must be from within the two households.

Outside, the rules are slightly different. There should be no more than 6 people from up to two households present. However, children under 12 do not have to be from these two households and do not count towards the 6 people limit. For children aged 12-17, as long as there is no one 18 or older, then there can be up to 6 children from different households.

## **Physical distancing rules for under 12s and 12-17.**




Physical distancing is still really important, children aged 12-17 must physically distance, meaning they should stay 2 meters from each other. However, children under 12 do not need to physically distance.

## I'm separated from my child's other parent – can my child continue to move between our two households?

If you and your partner live in separate homes but take turns to look after your children, you can continue to do this. Parent Club's [page on shared parenting](#) has more information.

### Parent Club Handy Guide

We're all living through a challenging time with lots of different guidelines we need to follow. If you're not 100% clear on the new restrictions, Parent Club has created this handy guide that helps provide a breakdown of the restrictions for each age group.

Age	Outside	Inside public places e.g. cafe, cinema
<b>18+</b> 	<b>6 people from 2 households</b>	<b>6 people from 2 households</b>
<b>0 - 11</b> 	<b>Don't count towards the 6 people</b>  <b>Don't have to be from the 2 households</b>	<b>Don't count towards the 6 people</b>  <b>Must be from the 2 households</b>
<b>12 - 17</b> 	<b>6 children (0 - 17) from 6 households</b>  <b>or</b>  <b>6 people from 2 households if anyone is 18+</b>	<b>6 people from 2 households</b>

Download to save or print your guide here: [New Restrictions Table](#)