

# Jade's story during lockdown



I'm 19 and have a 4-month-old daughter, she was around 2 months old when covid-19 started taking over everything. One of my biggest worries during this pandemic is not being able to give my baby a good summer and first year, she gets more mobile every day and I feel like she is missing out on all the things me and my partner had planned for the three of us. I have realised that my mood has been low multiple times during the last two months, I have struggled with this since high school but try to stay on top of it as best I can.

During lockdown I:

- made a list of things to do after covid-19
- made a day to day to do list (can even be just to have a shower, get changed and basic care)
- bake once a week with my partner, his mum and brother bake too, and we compare (a little competition between us four)
- take a daily walk with my partner and our daughter
- make time each day to do something on my own that I enjoy (watch YouTube, Netflix, read, study subjects I'm interested in or listen to music) just an hour or so to sit back and not be caught up in the outside world
- call a family member or a friend every day

I hope this was helpful to some of you, we all have our ups and downs and that's okay!

## Jade

*Hi, I'm Lucy-Teen  
Parent Worker for  
Dunfermline.*

*I met Jade and  
Lyla back in  
January, we were  
getting into a  
great routine with  
all our groups and  
weekly home visits  
and then lockdown  
happened! I am in  
contact with Jade  
every other day  
and she keeps me  
updated on Lyla's  
developments and  
adventures! I'm  
really proud of her  
sharing her tips  
on coping with  
lockdown.*



*follow us*



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