

FREE RESOURCE LIST FOR MY SUBSCRIBERS

This list is meant to supplement the article found on [Domsubliving.com](#). I recommend reading that article while going through this list. You can find the article [here](#).

1. Keep up with your Dom/sub routines

- [Routines and rituals](#)
- Submissives should continue to wear their [collar](#)

2. Enjoy BDSM when the kids are home – the right way

- Lesson 6 of my course, [Dom Sub Training](#)

3. Stay connected to your partner if you have to be apart

- Follow my rules and tips in [this article](#)

4. You can still find a partner and meet others in the BDSM community

My exclusive resource guide in Lesson 7 of [Dom Sub Training](#) includes:

- The best websites for meeting new people
- Online events and groups I love to hang out at
- Kink friendly online therapists and educators
- My favorite websites for Dom/sub help

And if you don't have a partner currently, be sure to also check out this [free article](#).

5. Find ways to serve your partner even if you get sick

For the Dominant:

- Assign your sub tasks to complete
- Enjoy simple [bondage](#), like tying your sub's hands together
- Give your sub [journal prompts](#)
- Reassure them of your approval

For the submissive:

- Prioritize your self-care
- Adapt your duties if necessary
- Communicate with your Dom through your [journal](#)
- Express to them that they are still needed and wanted

6. Wash your toys (and hands)

1. Wash with hot water and soap after each use
2. Rinse with a solution of at least 70% alcohol OR 2% bleach (1 tsp per 1 cup water)
3. Use alcohol wipes on items you can't submerge
4. Some items can also be sanitized by boiling them
5. Allow to air dry thoroughly before using

7. Avoid the vanilla rut while you're stuck at home together

- Shop for new toys and gear, even if you don't buy ([Luxurious Bliss](#) and [KinkyCloth](#))
- Take an online BDSM course like [Dom Sub Training](#)
- Watch a BDSM movie ([here's my favorite](#))
- Make time for regular scenes ([Free sample scene](#))

Feel free to leave me a message at [Domsubliving.com/contact](https://domsubliving.com/contact) if you're looking for any specific resources or support! ♥