

# TIPS FOR PARENTING DURING COVID-19 OUTBREAK

Children process traumatic events at their own pace. It is normal for children to have strong reactions or become fearful about what is happening. So parents and caregivers should be available to discuss what is going on in more than one occasion, as children’s interest in and questions about what happened will change over time. So here are a few things you can do to help children pass through this time.

## How to help your child?

- Set a minimum quality time to spend everyday with children and listen to them.
- Speak kindly, reassure them and make them feel safe.
- Encourage children to express and communicate their feelings through different ways.
- Listen to how they are feeling.
- Play together.
- Show them your love and give them extra attention.

## Give children appropriate information

- Talk to your child about the situation according to their age and stage of development.
- Try to be as honest as possible about what has happened and the current situation.
- Accept how they feel and give them comfort.

## Set a daily routine and spend quality time with your children

- Create a flexible but consistent daily routine.
- Depending on their age and if they are doing any school work, make a schedule for your children with structured activities as well as free time. This can help children feel more secure and help manage their stress and energy.
- Ask them to help with family tasks to give them a feeling of security and control.
- Ask your child what they want to do, to help with building their self-confidence.
- Listen to your child’s needs. Your children will look to you for support and reassurance.
- Appreciate your child’s success and contributions.

Suggested daily schedule*		
Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	Daily Schedule	Family walk or outdoor play
10:00-11:00	Academic Time	No Electronics! reading, homework, study, puzzles, journal
11:00-12:00	Creative Time	Creative play, drawing, Legos, crafts, music, cooking, baking
12:00-12:30	LUNCH	
12:30-1:00	Home Chores	Clean rooms, put away toys, take out garbage, pet care
1:00-2:30	Quiet Time	Reading, nap, puzzles, yoga
2:30-4:00	Academic Time	Electronics OK! Educational games, online activities, virtual museum tours
4:00-5:00	Outdoor Time	Family walk or outdoor play
5:00-6:00	Dinner Time	Family dinner, help with clean up and dishes
6:00-7:00	Bath Time	Bath or shower
7:00-8:00	Reading/TV Time	Relaxing before bedtime
9:00 PM	Bedtime	Put on PJs, brush teeth, clothes in laundry

\* The schedule will be adapted depending on the age of your child and movement restrictions in your town.

## Ideas for quality time with your child, can include:

- o Singing songs
- o Making music with pots and spoons
- o Telling stories
- o Reading books or looking at pictures
- o Making puzzles together

## Stay healthy and showcase prevention

You can encourage your child to help stop the spread of COVID-19 by teaching them how to stay healthy:

- Clean hands often using soap and water or alcohol-based hand sanitizer.
- Make handwashing and hygiene fun, give children points and praise them for regular handwashing and drying.

- Make a game to see how children will avoid touching their face and reward them for the least number of touches.
- Teach them the coughing and sneezing etiquette.
- Teach your child about keeping safe distances.
- Avoid those coughing and sneezing.
- You are a model for your child's behaviour, you practice keeping safe distances and hygiene yourself so your children learn from you and follow you.

## Be positive and avoid criticizing and blaming

- If your children misbehave, never shout or beat them. Talk to them and understand the reason behind their behaviours. Build your relationship with them on mutual trust and respect.
- Do not criticize / blame your children for changes in their behaviour, these are normal reactions to exceptional events.

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## References:

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for every child

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