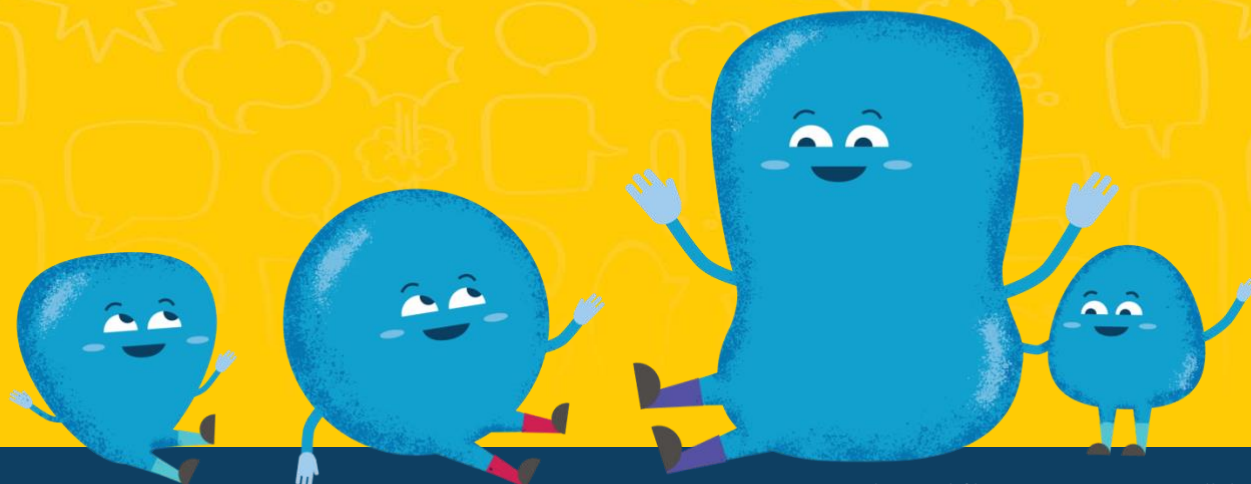


# COVID-19 PARENTING

## Sound Bite Tip Sheets

- 1 ▶ One on one time
- 2 ▶ Keeping it positive
- 3 ▶ Structure up
- 4 ▶ Bad Behaviour
- 5 ▶ Keep calm and manage stress
- 6 ▶ Talking about Covid-19
- 7 ▶ Learning through play
- 8 ▶ Parenting in crowded homes and communities
- 9 ▶ When we get angry
- 10 ▶ Family harmony
- 11 ▶ Keeping children safe Online
- 12 ▶ Family budgeting



# 1 COVID-19 PARENTING One-on-One Time

[Back to index](#)

[Click here for xxx](#)

[Click here for xxx](#)

[Click here for xxx](#)

## Tips of the day:

- One-on-one time is the best gift you can give
- Remember the three steps: Listen Look and Laugh

Set aside time - give it a name "our time". Give it a timeline "20 minutes is fine" Plan activities in this time. Remove all distractions – switch off the TV, turn off your phone, turn off the radio, This is your time – virus free time.

### Ideas with your baby or toddler

Copy their expressions. Smile back to them, pretend you are a mirror.

Copy their sounds back to them.

Sing songs, make music with anything in the house, spoon on a pot, rattle some stones in an empty can

### Ideas with your young child

Read stories, look at the pictures and tell them about it.

Make drawings – use any paper such as old newspaper, crayons or colours from mud, berries and crushed flower petals.

Dance to music or to your own songs.

Make household chores a game – sweeping, cleaning, and cooking.

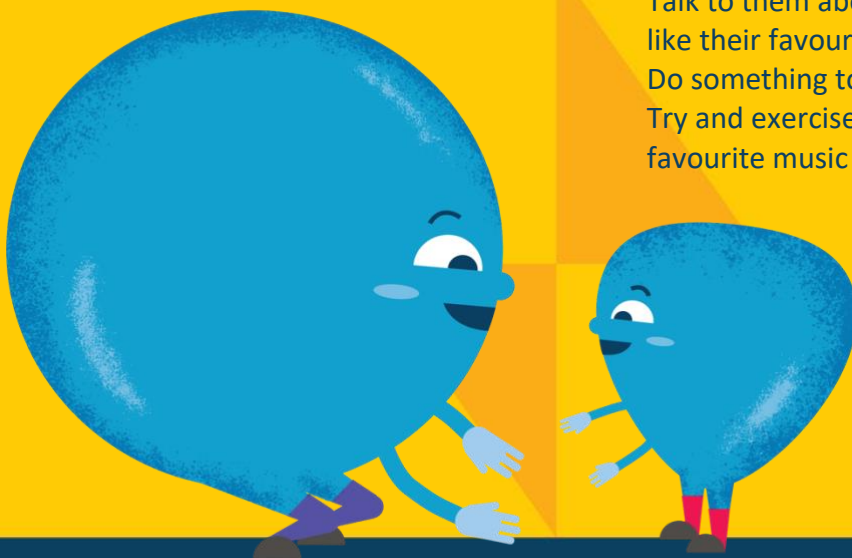
Help with school work.

### Ideas with your teenager

Talk to them about something they like. Let them suggest like their favourite sport, celebrities, friends or games.

Do something together like cooking dinner.

Try and exercise together – make up a dance to their favourite music and try and learn new steps from them.



# 2 COVID-19 PARENTING

## Keeping it positive

[Back to index](#)

[Click here for xxx](#)

[Click here for xxx](#)

[Click here for xxx](#)

### Tips of the day:

- Keep it positive
- Say “go” rather than “stop”
- Praise goes a long way
- Ask yourself – did I say something good each day?
- Get real – get clear – get kind

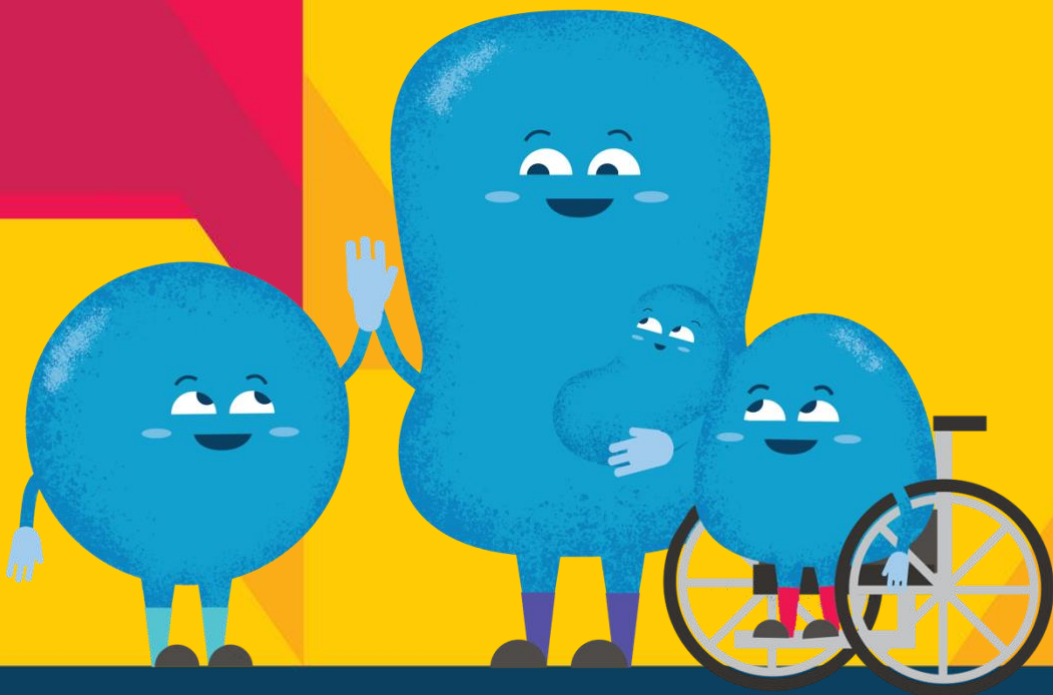
It’s so easy to be harsh but being positive may get you further. Tell them something they can follow – so “put your things away” they know what to do! “Don’t make a mess” is vague and just makes everyone feel bad – say the behaviour you want to see.

Remember to praise. When they do good things tell them! They will be more likely to do good things again and will also know that you are noticing them and that you care. So important in this difficult times.

Being connected is very important. Help teens connect in safe ways – social media, social distancing, sending messages.

Check that they can actually do what you are asking them to do?

Say their name, speak calmly, shouting increases stress, smiles decrease stress. Be smart, choose the smile.



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# 3 COVID-19 PARENTING Structure Up

[Back to index](#)

[Click here for xxx](#)

[Click here for xxx](#)

[Click here for xxx](#)

## Tips of the day:

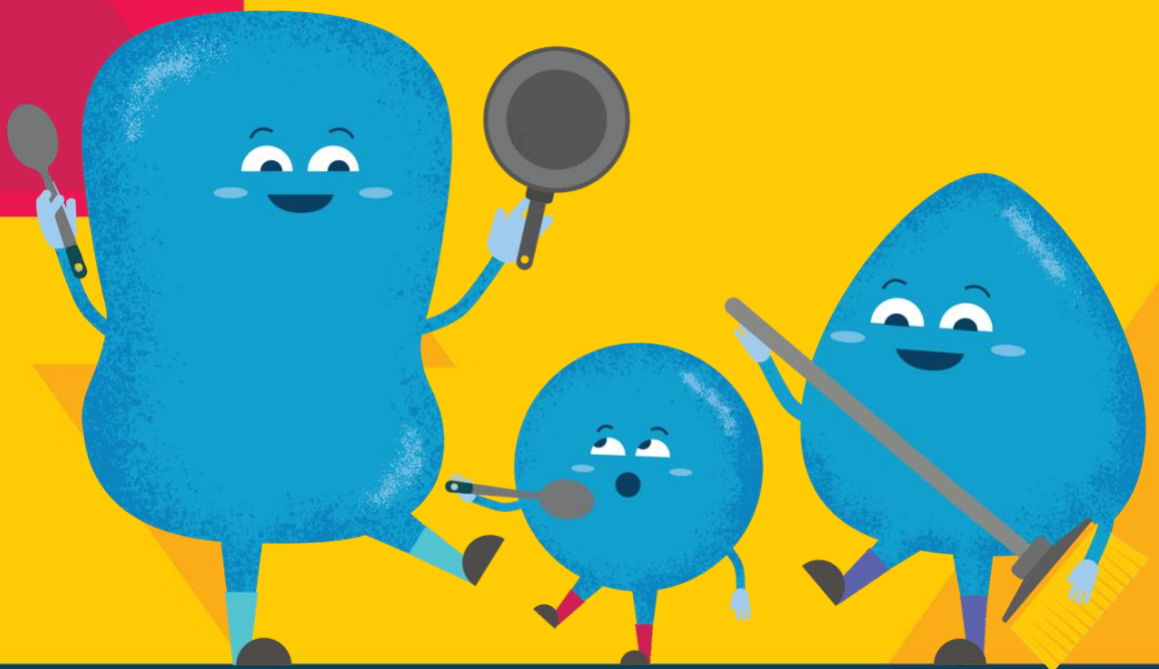
- ▶ Get routines going
- ▶ Structure the day into work and play
- ▶ A bite size slice makes the day very nice

COVID-19 has taken away our routines, and forced many to stay at home.

But having a structure to your day can help you and your children and teens manage stress and stay positive.

You can structure your day to include time for exercise, household chores, school work, play – and of course some free time. Children and teens can help plan the routine (like making a school timetable).

At the end of each day, take a minute to think about the day. Tell your children one positive or fun thing they did and praise yourself for what you did well today. You are a star!



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# 4 COVID-19 PARENTING Bad Behavior

[Back to index](#)

[Click here for xxx](#)

[Click here for xxx](#)

[Click here for xxx](#)

## Tips of the day:

- Bad behaviour is just around the corner to good behaviour. Help kids turn
- Prevent, protect and praise
- Children express their feelings through their behaviour

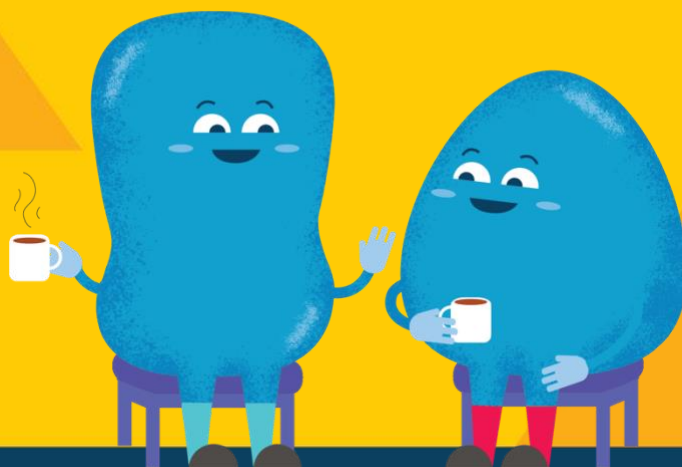
All children misbehave, particularly when they are tired, hungry or afraid. And being stuck at home can make it much harder to behave well!

Be positive. Talk about what you would like them to do, rather than what they are doing wrong. You could say, 'Please pick up your clothes' rather than 'Don't make a mess'.

Catching bad behaviour early can help. If they are getting restless, distract them something interesting or fun to do. Having a structure to the day helps. Children and teens know what is coming next and have something to look forward to.

Use consequences when children misbehave. It helps them take responsibility for what they do and is more effective than hitting or shouting. But make sure you can follow through with the consequence. Taking away a teenager's phone for a week is hard to enforce. Taking it away for one hour is more realistic.

And give your child a chance to do something good and praise them for it. Frequent praise will reinforce their good behaviour and reduce bad behaviour.



# 5 COVID-19 PARENTING

## Keep Calm and Manage Stress

[Back to index](#)

[Click here for xxx](#)

[Click here for xxx](#)

[Click here for xxx](#)

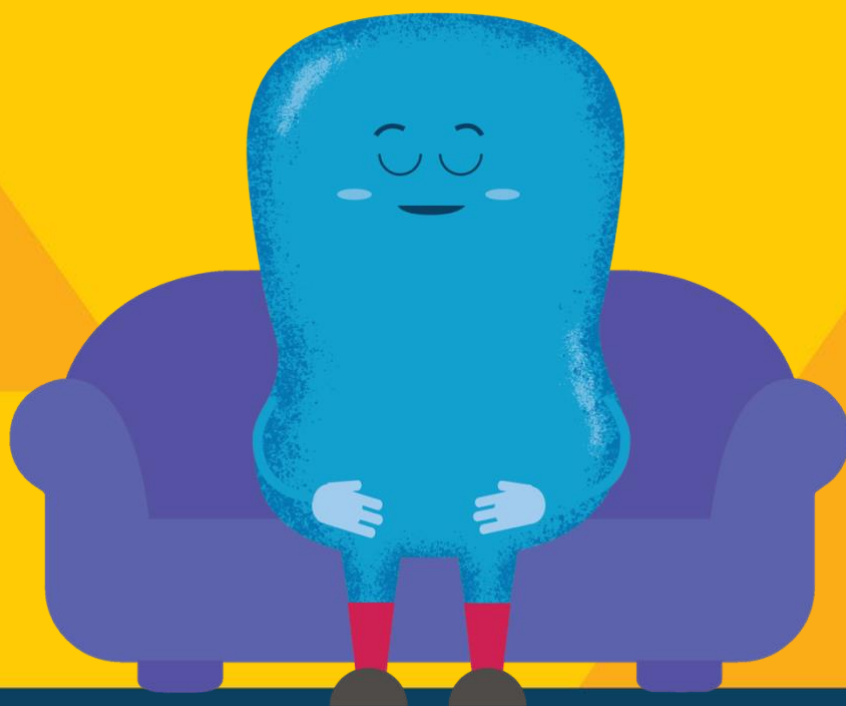
### Tips of the day:

- 1 This is a stressful time. Take care of yourself, so you can support your children
- 2 You may be isolated but you are not alone
- 3 Try a quick relaxation moment
- 4 Pamper yourself
- 5 Listen to your kids

Remember you are not alone. Millions of people have the same worries. Even if it is difficult find someone to talk to. Try and seek out information that makes you feel good rather than stories that panic.

Pamper yourself by taking a break – doing something you enjoy, recharge your batteries and be kind to yourself. Try a one minute relaxation exercise. Find a comfortable position, close your eyes and notice your thoughts and feelings. Focus on your breath, and slowly tell yourself “Its okay. Whatever it is, I am okay”. Bring yourself back into the room and when you are ready open your eyes. The one minute relaxation gift can make you feel wonderful.

Listen to your kids. Your children will look to you for support and reassurance – give them their moment. Share feelings and teach them to accept how they feel.



# 6 COVID-19 PARENTING

## Talking about Covid-19

[Back to index](#)

[Click here for xxx](#)

[Click here for xxx](#)

[Click here for xxx](#)

### Tips of the day:

- ▶ Covid-19 the new word on the block
- ▶ Knowledge is power – talk openly and honestly

**Many children will have heard about Covid-19 and be worried or anxious.** Be willing to talk to them about their thoughts and feelings. Silence and secrets do not protect our children. Honesty and openness do.

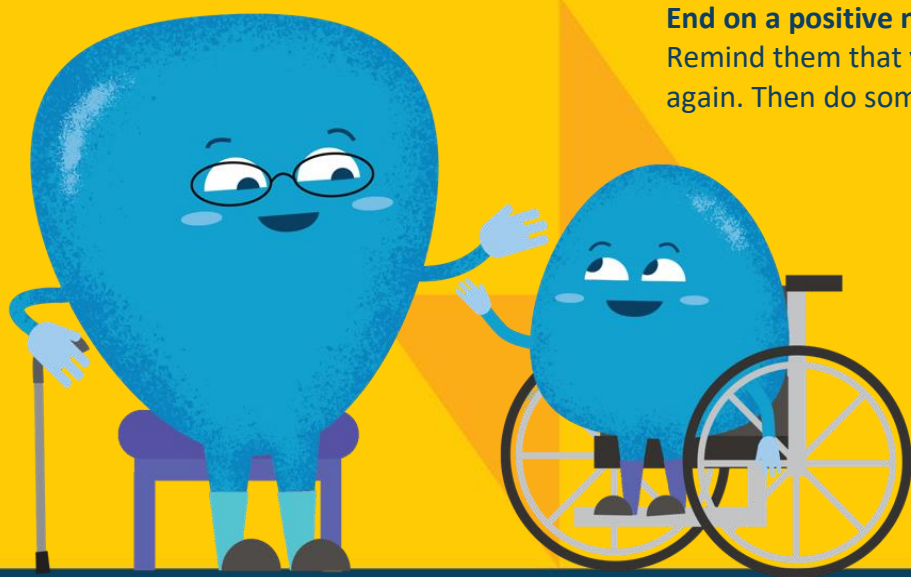
**Be open and listen.** Allow your child to talk freely. Ask them open questions and find out how much they already know.

**Be honest.** Always answer their questions truthfully. Think about how old your child is and how much they can understand. You know them best.

**Be supportive.** Your child may be scared or confused. Give them space to share how they are feeling and let them know you are there for them.

**It's OK not to know the answers to all their questions.** You can try to find out together, using reliable sources. Where there is no answer, you can say 'the scientists don't know yet but are working on it' or 'we don't know the answer but we think...' Look for stories of people who are working to stop the outbreak and are caring for sick people.

**End on a positive note.** Check to see if your child is okay. Remind them that you care and that they can talk to you again. Then do something fun together!





# 7 COVID-19 PARENTING Learning Through Play

[Back to index](#)

[Click here for xxx](#)

[Click here for xxx](#)

[Click here for xxx](#)

## Tips of the day:

- ▶ Play is serious stuff
- ▶ Play is a good way to learn
- ▶ Play is fun for all ages
- ▶ Even in the smallest space, you can create time and space to play

## Some play ideas:

**Telling stories.** Adults and children alike love stories. They can transport you to a different place. Tell stories from long ago. Ask children to create a story. Give them lead in clues to start the story. Once upon a time... and then get everyone to add a sentence and watch the story grow. Turn the story into a play.

### Transform the object

Use everyday objects around you to help with play. Brooms turn into airplanes or guitars, socks can become puppets, stones can be people.

### Singing games

Sing to little children, teach them the words and tunes. Sing a song and turn it into a guessing game – what is the title, what are the next lines?

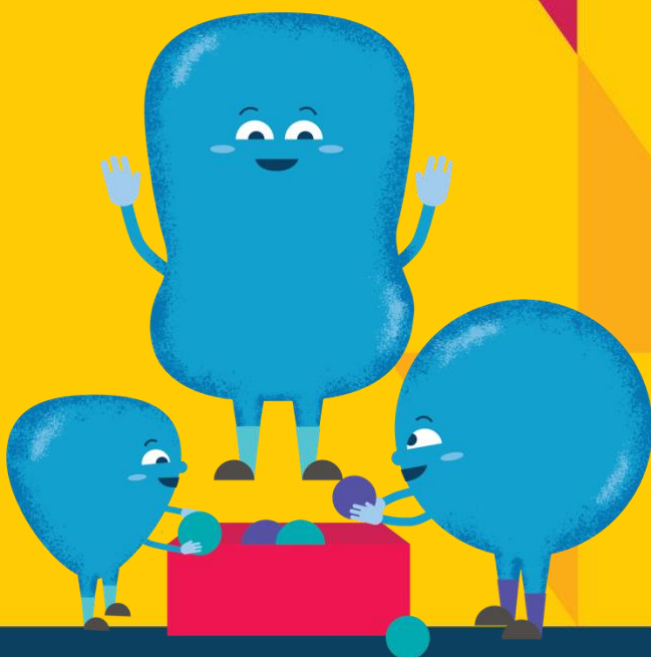
Make up a song about washing hands, keeping at home or physical distancing. Dance to the songs.

### Memory games

Get a first line of a song going and then everyone can add a new line. See how many lines can be remember. So the first person can sing “When CCOVID-19 lockdown ends, I am going to...”

### Movement games

Make a challenge and a goal. Toe touches in a minute, round a ring. Try to dance to tunes and everyone has to stop when the music stops. The last person still dancing then has to be the judge for the next round. Call out an animal name and everyone has to dance like that animal.





# 8 COVID-19 PARENTING

## Parenting in crowded homes and communities

[Back to index](#)

[Click here for xxx](#)

[Click here for xxx](#)

[Click here for xxx](#)

### Tips of the day:

- It is so hard when you live in crowded conditions
- Remember the rules and help children understand them
- Make it fun
- Exercise time is good for your body and your mind
- Share the load – make a schedule and stick to it.

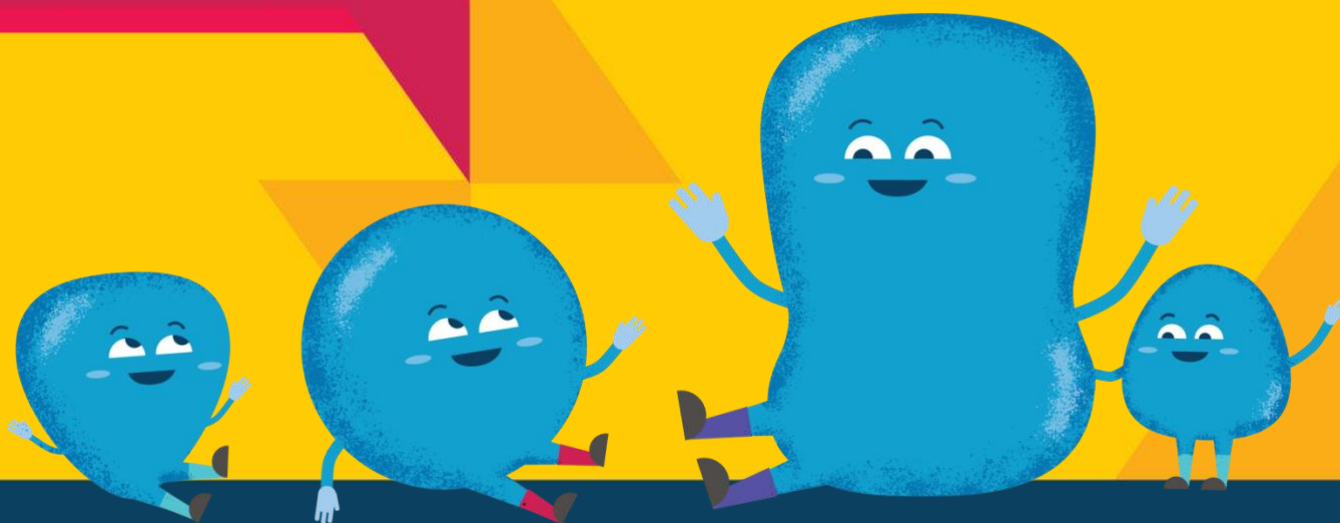
Physical distancing is new to so many of us. So use the three step approach – describe it, do it, dance to it.

Describe it to the children and tell them how to do it. Help them with distancing by using sticks or string to mark out areas and distances. Praise children when they do it.

Do it is all the new things we need to do. Like washing hands. Make a song to sing while washing hands. This will make it fun and also ensure hands are washed for long enough. Get children to teach each other.

Exercise is so important. Be creative with jumping dancing or running in circles.

Sharing and pausing from duties may lighten the load.



# 9 COVID-19 PARENTING When We Get Angry

[Back to index](#)

[Click here for xxx](#)

[Click here for xxx](#)

[Click here for xxx](#)

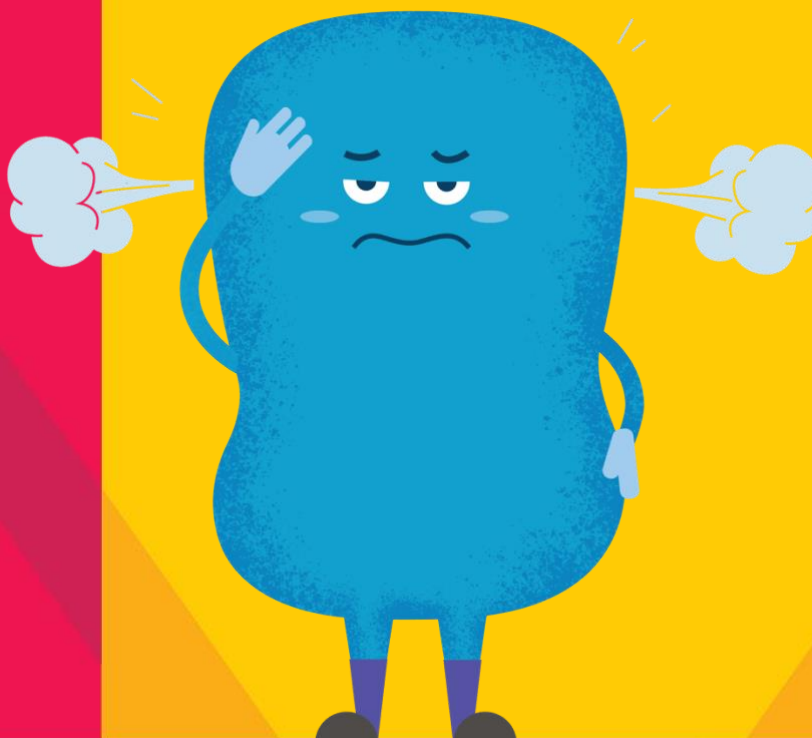
## Tips of the day:

- ▶ Covid-19 can make you angry
- ▶ Take control and manage your anger
- ▶ For everything that makes you angry, there is something that can make you smile – challenge yourself to find the smiles
- ▶ Take each day one at a time
- ▶ Be in charge of your emotions – don't let them be in charge of you

**Stop the river at the source.** Know what makes you angry and try to help yourself. Rest if tiredness makes you angry. Be sure to eat or drink water if hunger makes you angry.

**Care for yourself.** Connect to others in any safe way. Cut back on drinking when the kids are awake. Remove anything that can be used to hit others. If home is not safe for the kids, it is ok for them to go out to get help or stay somewhere else for a while.

**Take a break.** Take that anger and let it out of your body by breathing and pausing. Go somewhere else so you can regain control of your emotions. Be in charge of your emotions – don't let them be in charge of you. Remember the Covid-19 crisis is not forever – we just have to get through it now. Take things one day at a time.



# 10 COVID-19 PARENTING Family Harmony

[Back to index](#)

[Click here for xxx](#)

[Click here for xxx](#)

[Click here for xxx](#)

## Tips of the day:

- ▶ If isolation is inevitable – lean in and enjoy
- ▶ If everyone can play a tune, the family can create great music

Getting on together is hard when everyone is stuck at home! But how we behave will affect how everyone in the family behaves.

### Use positive language with everyone in the family.

Tell others what you want them to do instead of what you don't want them to do: Instead of "stop shouting," try, "please speak more quietly."

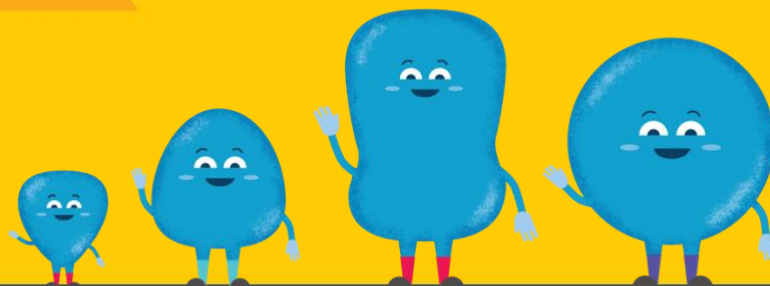
Praise makes others feel appreciated and good about themselves. Simple words like, "Thank you for clearing the dinner," can make a big difference.

**Share the load.** Try to share household chores, childcare, and other tasks equally amongst adult family members. You can create a schedule for time "on" and time "off" with other adults in your household to give yourselves some breaks. Ask children and teens to help out too. This will give them a sense of responsibility.

**Plan nice things you can do together as a family.** Let each family member take turns to choose a whole-family activity each day, such as going outside or playing a game. Try to find ways to spend time with your partner and other adults in your home, too!

**Remember,** it's hard for all of us to be at home with the same people all the time. When things get difficult, give yourself a 10-second pause. Breathe in and out slowly five times and try to respond in a calmer way.

**It's a very challenging time,** but more we can model peaceful, loving relationships the more secure and loved our children will feel – and the better everyone will get on.



# 11

# COVID-19 PARENTING

## Keeping Children Safe Online

[Back to index](#)

[Click here for xxx](#)

[Click here for xxx](#)

[Click here for xxx](#)

### Tips of the day:

- 1 Know the benefits, know the risks
- 2 Online child safety is in your hands – control, check, create good habits and use common sense.
- 3 Monitor your child and be the bot – it helps a lot

Children and teens are now spending a lot more time online – through the internet, social media, gaming and messaging platforms. Being connected helps them to keep busy and continue with their lives... but it also presents risks and dangers that adults should be aware of.

Being online may expose children and teens to adults who are targeting them for sexual purposes. It can also expose them to harmful content you don't want them to see, such as violence or extreme views. And some children and teens may share personal information or sexual photos.

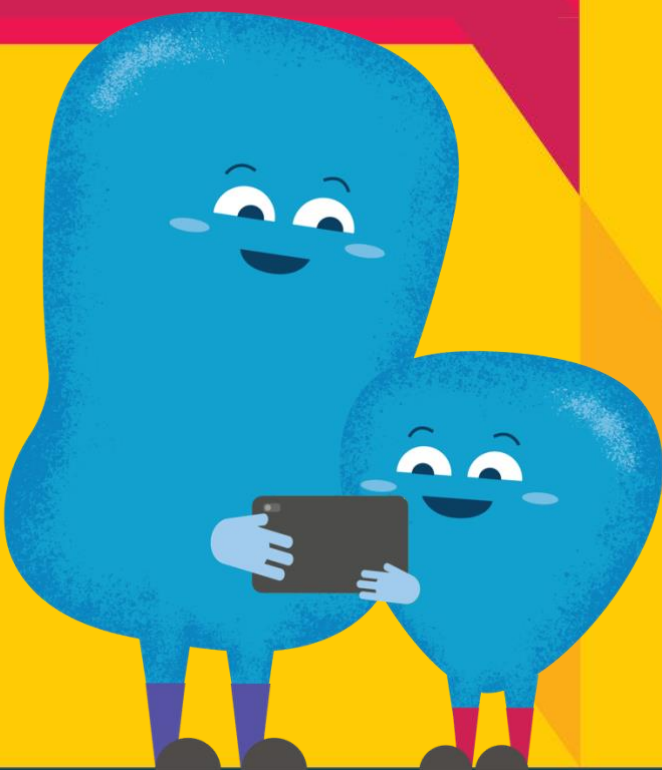
Keeping children safe online when they are spending so much time at home is really important.

Involving your child in making agreements about how often they go online and what they do they can help them understand your concerns and stick to the agreements.

Spending time online with them will also encourage positive use of the internet and help you understand what they are doing.

There are also lots of technical fixes which can help such as setting parental controls and privacy settings on computers, online apps and games, and covering webcams when they are not in use.

But the most important thing will be to keep talking to your children and teens about staying safe online. Let them know they can talk to you about their experience online, and look out for signs of distress or over use. And keep plenty of off-line time and plan family activities that don't involve the internet, as much as you can.



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# 12 COVID-19 PARENTING Family Budgeting

[Back to index](#)

[Click here for xxx](#)

[Click here for xxx](#)

[Click here for xxx](#)

## Tips of the day:

- ▶ Build a budget and wrap it around your family like a blanket
- ▶ No surprises – plan your needs and wants
- ▶ When covid-19 knocks on your door you will have to plan your resources for sure

Millions are stressed at the moment about money because of COVID-19. It can make us feel exhausted, angry and distracted. Children or teenagers asking for things can add pressure and cause arguments. But there are things we can do to help.

### The first thing is to find out if there is help you can get

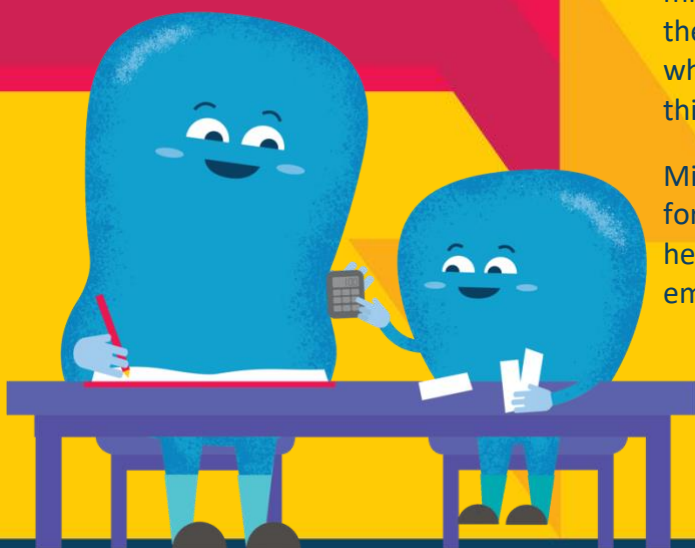
- Your government or another agency may be giving money, food parcels or other help to families
- Your community and local organisations may also be able to help.

Look for announcements on radio or TV, notices in the local area, or information sent to your household.

**Secondly, careful budgeting can also help the money you have go further.** You can make a family budget with your children or teenagers. It will help them feel involved and understand why you are spending money on some things and not others.

You can make this a fun activity by discussing the things that you need (such as food and soap etc), and the things you might want. Draw these on old newspaper or card and put the cost next to them. Have a bag of stones or counters, which is your money for the month. Put stones on the things you agree to spend money on.

Millions of families find that budgeting can help them pay for what they need each month and borrow less. It can even help them save money for the future or for other emergencies. Why not give it a go?



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