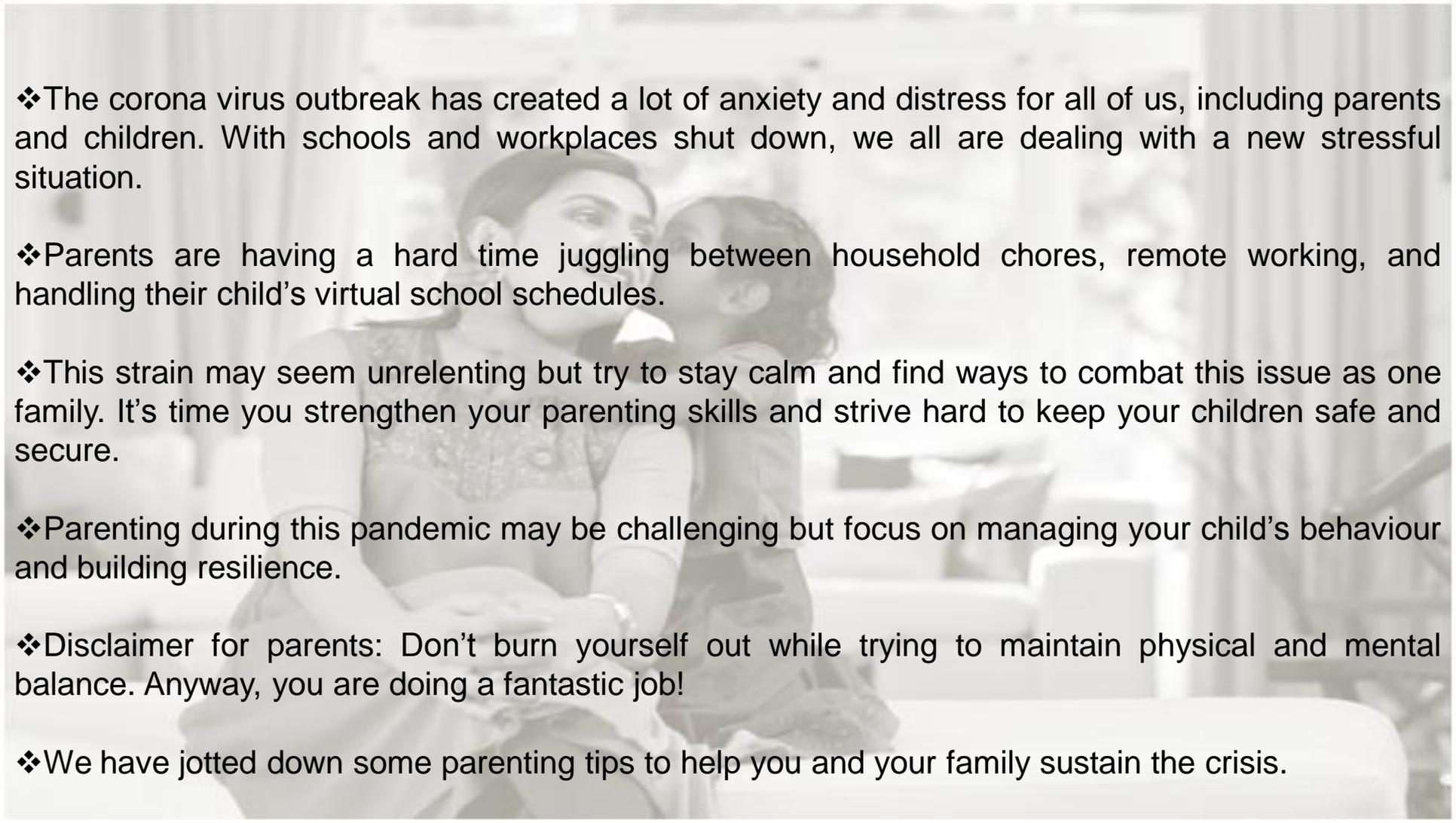


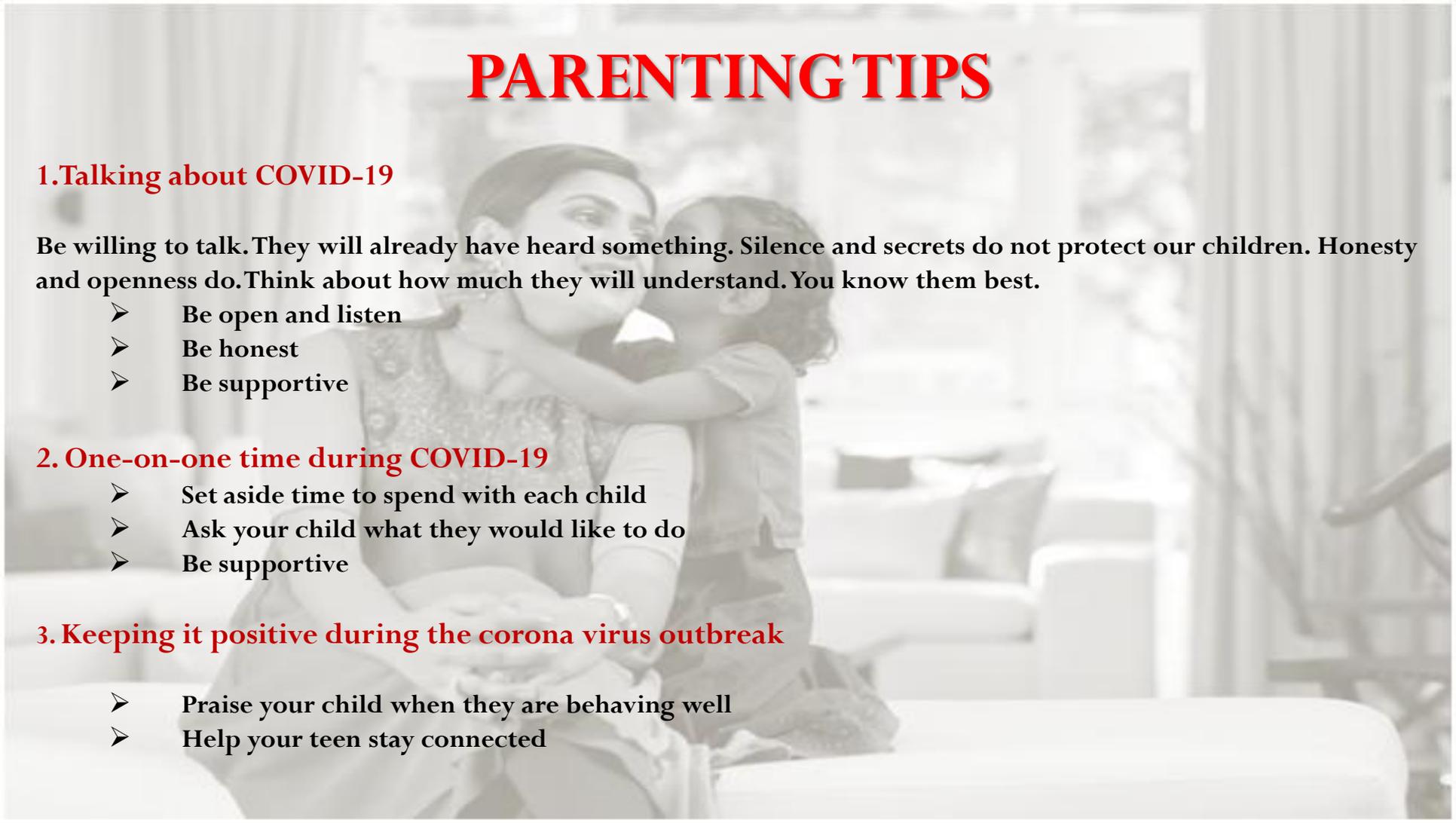
# Healthy Parenting During COVID and Beyond



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- ❖ The corona virus outbreak has created a lot of anxiety and distress for all of us, including parents and children. With schools and workplaces shut down, we all are dealing with a new stressful situation.
  - ❖ Parents are having a hard time juggling between household chores, remote working, and handling their child's virtual school schedules.
  - ❖ This strain may seem unrelenting but try to stay calm and find ways to combat this issue as one family. It's time you strengthen your parenting skills and strive hard to keep your children safe and secure.
  - ❖ Parenting during this pandemic may be challenging but focus on managing your child's behaviour and building resilience.
  - ❖ Disclaimer for parents: Don't burn yourself out while trying to maintain physical and mental balance. Anyway, you are doing a fantastic job!
  - ❖ We have jotted down some parenting tips to help you and your family sustain the crisis.

# PARENTING TIPS



## 1. Talking about COVID-19

Be willing to talk. They will already have heard something. Silence and secrets do not protect our children. Honesty and openness do. Think about how much they will understand. You know them best.

- Be open and listen
- Be honest
- Be supportive

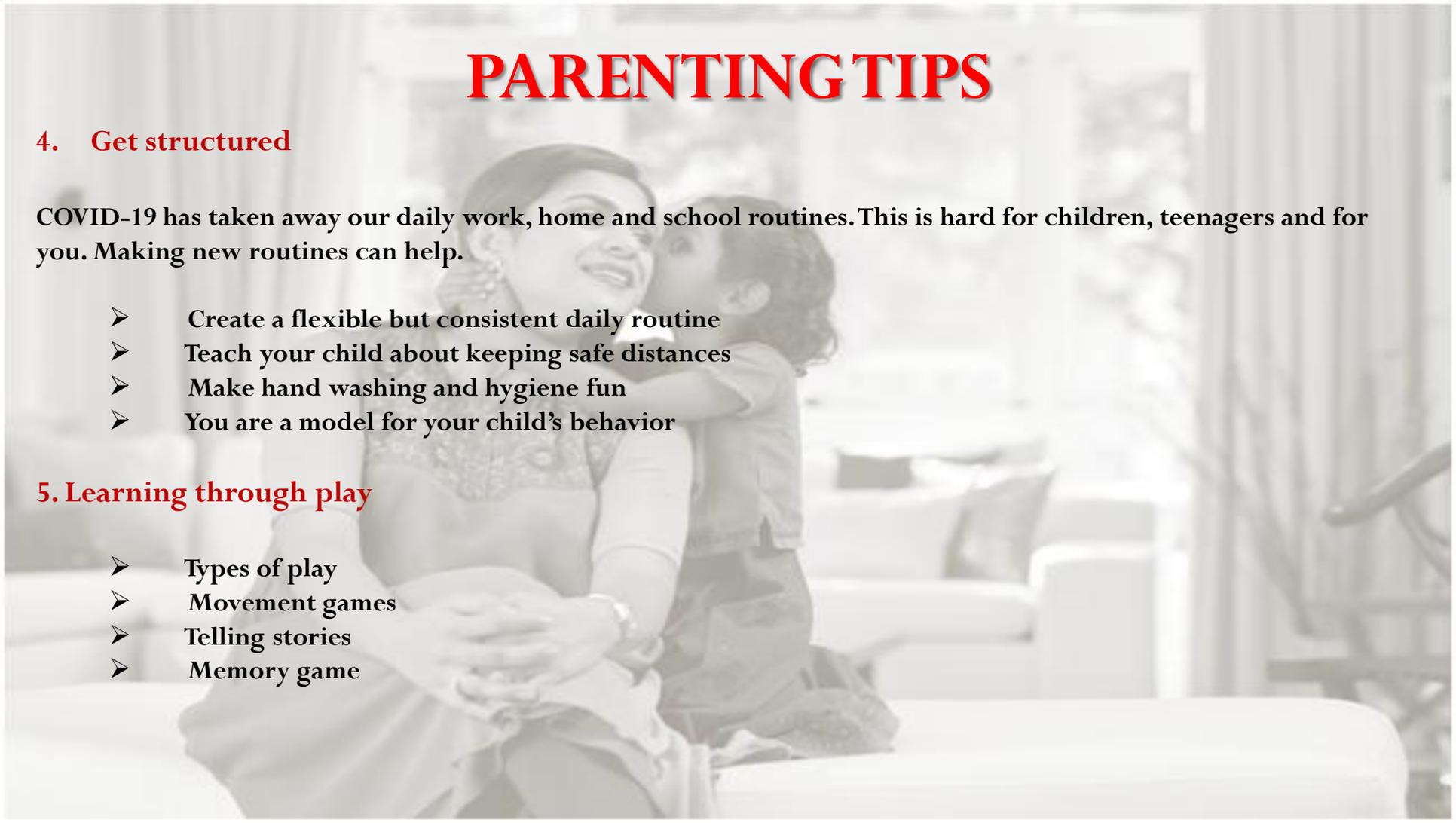
## 2. One-on-one time during COVID-19

- Set aside time to spend with each child
- Ask your child what they would like to do
- Be supportive

## 3. Keeping it positive during the corona virus outbreak

- Praise your child when they are behaving well
- Help your teen stay connected

# PARENTING TIPS

A woman in a patterned top is smiling and holding a young child in a living room. The background shows a sofa and a window with curtains.

## 4. Get structured

COVID-19 has taken away our daily work, home and school routines. This is hard for children, teenagers and for you. Making new routines can help.

- Create a flexible but consistent daily routine
- Teach your child about keeping safe distances
- Make hand washing and hygiene fun
- You are a model for your child's behavior

## 5. Learning through play

- Types of play
- Movement games
- Telling stories
- Memory game

# PARENTING TIPS

## 6. Keeping children safe online during COVID-19

- Online risks
- Adults targeting children for sexual purposes on social media, gaming, and messaging platforms.

### Tech fixes to protect your children online

- Set up parental controls.
- Turn on Safe Search on your browser.
- Set up strict privacy settings on online apps and games.
- Cover webcams when not in use.

### Create healthy and safe online habits

- Involve your child or teen in creating family tech agreements about healthy device use.
- Create device-free spaces and times in your house (eating, sleeping, and playing, schoolwork).
- Help your children learn how to keep personal information private, especially from strangers – some people are not who they say they are!

# PARENTING TIPS

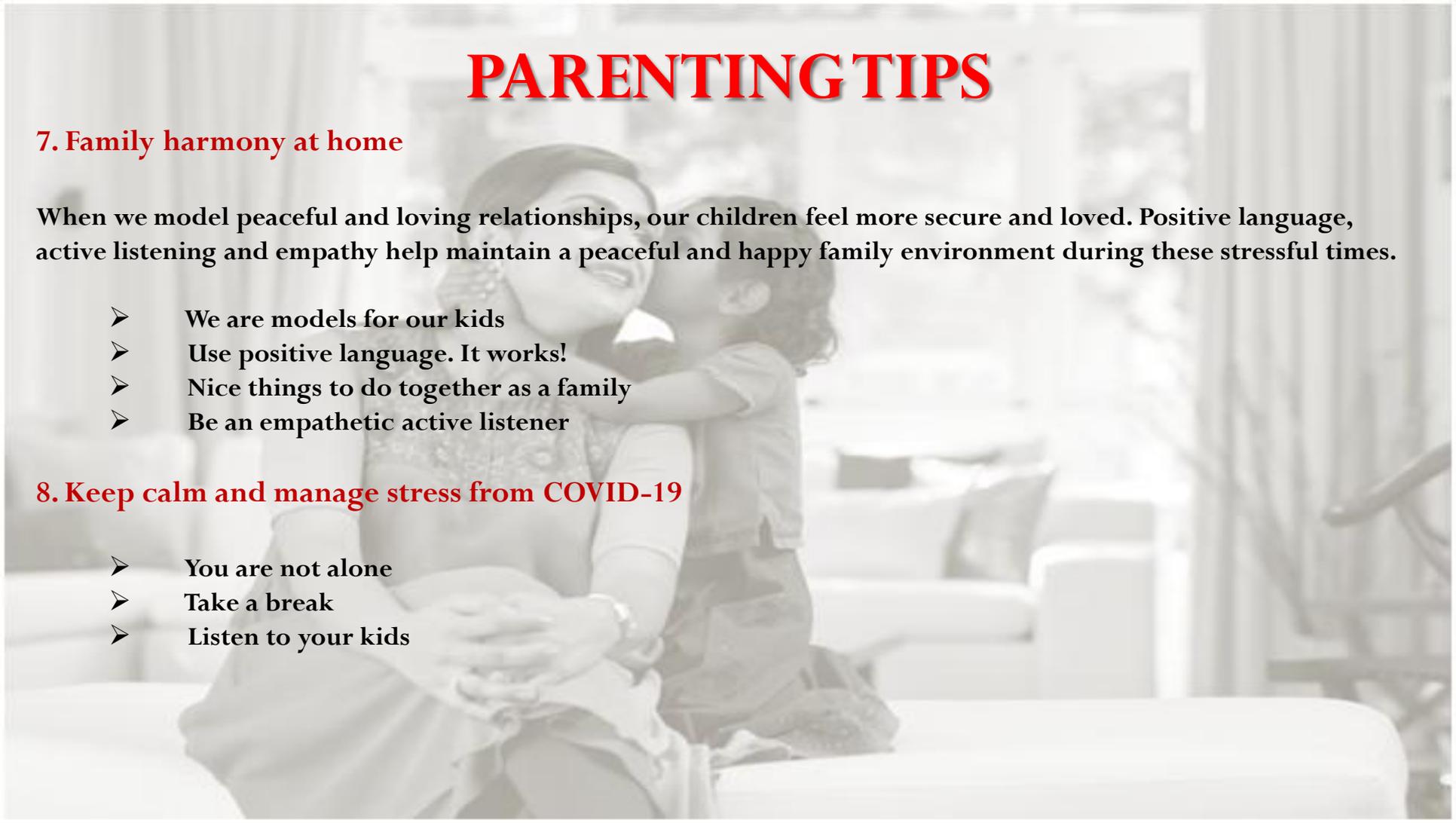
## **Spend time with your child or teen online**

- Explore websites, social media, games, and apps together.
- Talk to your teen on how to report inappropriate content (see below).

## **Keep your children safe with open communication**

- Tell your children that if they experience something online that makes them feel upset, uncomfortable, or scared, they can talk to you and you will not get mad or punish them.
- Be alert to signs of distress. Notice if your child is being withdrawn, upset, secretive, or obsessed with online activities.
- Create trusting relationships and open communication through positive support and encouragement.
- Note that every child is unique and may use different ways to communicate. Take time to adjust your message for your child's needs. For example, children with learning disabilities, may require information in simple format.

# PARENTING TIPS

A grayscale photograph of a woman in a patterned top hugging a young child from behind. They are sitting on a light-colored sofa in a bright, modern living room with large windows in the background.

## 7. Family harmony at home

When we model peaceful and loving relationships, our children feel more secure and loved. Positive language, active listening and empathy help maintain a peaceful and happy family environment during these stressful times.

- We are models for our kids
- Use positive language. It works!
- Nice things to do together as a family
- Be an empathetic active listener

## 8. Keep calm and manage stress from COVID-19

- You are not alone
- Take a break
- Listen to your kids

# PARENTING TIPS

## 9. Bad behaviour

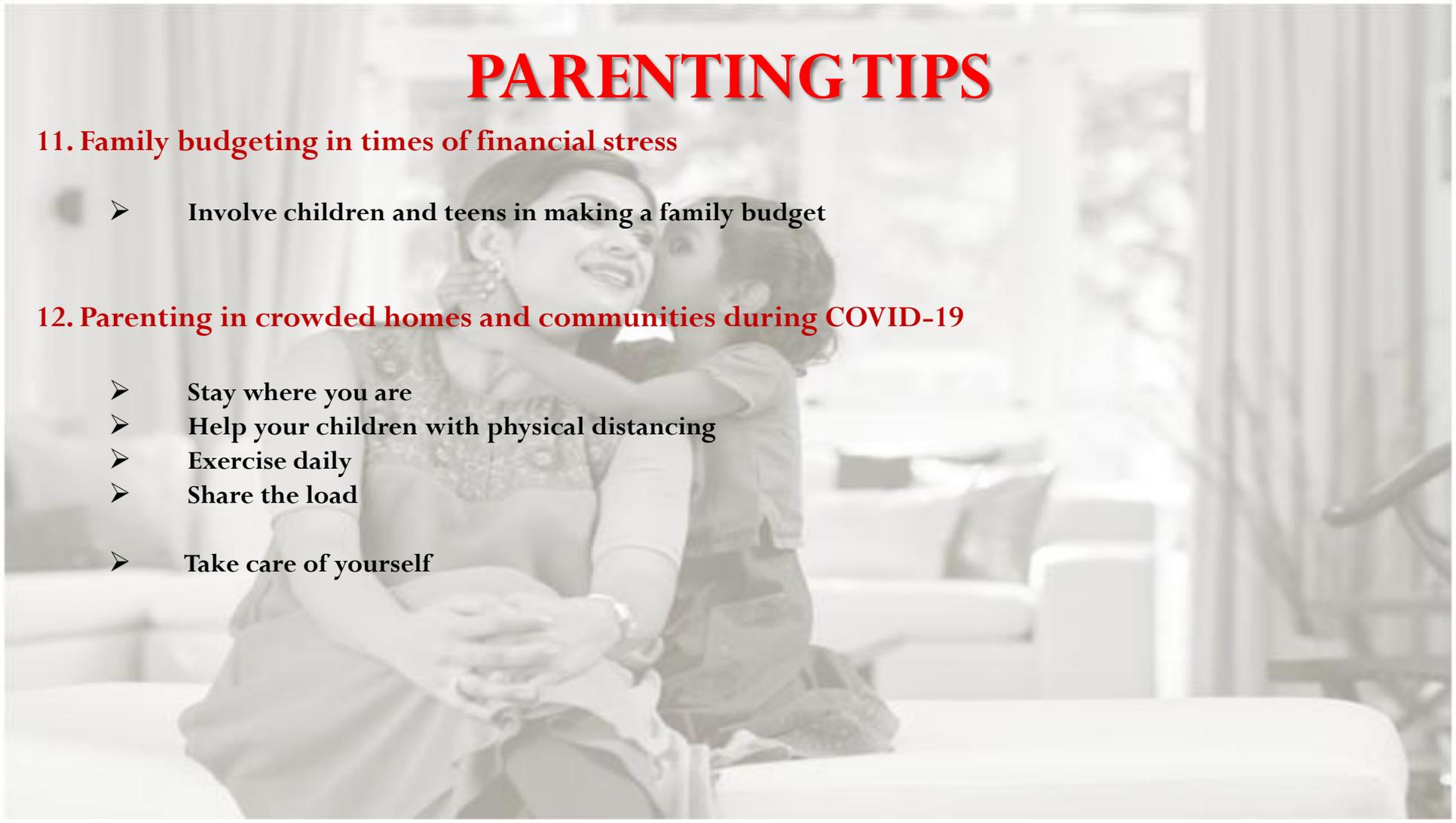
All children misbehave. It is normal when children are tired, hungry, afraid, or learning independence. And they can drive us crazy when stuck at home.

- Give your child a choice to follow your instruction
- Try to stay calm
- Make sure you can follow through with the consequence. For example, taking away a teenager's phone for a week is hard to enforce. Taking it away for one hour is more realistic.
- Once the consequence is over, give your child a chance to do something good, and praise them for it.

## 10. When we get angry

- Stop the river at the source
- Take care of yourself

# PARENTING TIPS

A grayscale photograph of a woman in a patterned top hugging a young girl from behind. They are sitting on a light-colored sofa in a bright, modern living room with large windows and a lamp in the background.

## 11. Family budgeting in times of financial stress

- **Involve children and teens in making a family budget**

## 12. Parenting in crowded homes and communities during COVID-19

- **Stay where you are**
- **Help your children with physical distancing**
- **Exercise daily**
- **Share the load**
  
- **Take care of yourself**

## Conclusion

The coronavirus pandemic (COVID-19) is profoundly affecting the life of people around the globe. The time of the pandemic is difficult for everyone. It is significantly challenging for children. Positive parenting approach is sensitive to children's individual needs and address the challenges in daily life with empathy and respect. Positive parenting techniques with compassion and kindness will give better outcomes in child's behaviour during the stressful period of the pandemic. Positive discipline will also lead to better emotional growth and make the children happy and better adjusted in life. Through positive parenting, the energy of kids can be channelled appropriately for the better development of intellectual, emotional, academic and social skills. By adopting the positive parenting skills, parental stress can also be reduced. Children can be made more resilient, emotionally stronger and better equipped to emerge out of the crisis of pandemic towards a successful future life.

