

Healthy parenting (Pre-schoolers) during COVID 19 pandemic and beyond

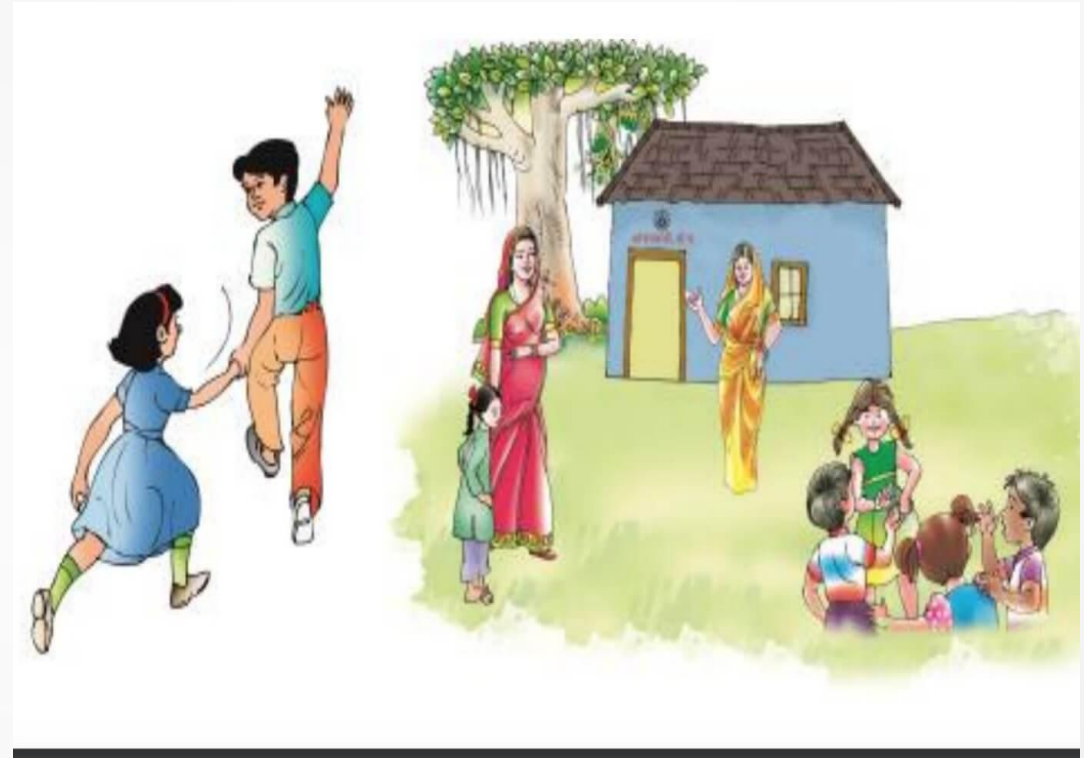
Dr. K. Arockia Maraichelvi

Associate Professor
Department of Human Development
Avinashiligam Institute for Home Science and Higher Education
for Women

<https://www.youtube.com/watch?v=WCpya9000KY>

ECCE affected most

UNICEF (June 2020) - 28 million children in India, who otherwise could have gone to anganwadis, but for their closure due to the pandemic health risk and have been at home for the past nine months



Children belong to the

- Economically disadvantaged sections of society
- Children enrolled in private institutions such as nursery or KG schools
- Children of urban and semi-urban areas, are not better off either.

Polish their communication skills

Teach them to be good listeners

Encourage teamwork

Teach them to follow instructions



Help toddlers to work with stationery

Encourage them to be independent

Have a set routine

Try not to be too strict

15 Effective Parenting Tips for Parents of Pre-schoolers

Don't give in to their tantrums

Don't treat them like an adult

Don't be a "no" person all the time



Praise them for being good

Don't put too many things on their plate

Be a role model to them

Create a strong bond

15 Effective Parenting Tips for Parents of Pre-schoolers

Common Mistakes Parents Make With Pre-schoolers

Setting a Bad Example



Comparing With Siblings



Saying Yes Always

YES



Bribing Them



Being Overprotective



Pandemic and children

- Kids as young as three can understand complex medical issues
- Covid 19 Pandemic has produced radical changes in our lives
- While engaging in physical distancing what has happened to our social connections? Without social connections how can we build resilience in the face of adversity?
- We need to make sure that children receive the necessary supports in order to cope



Parenting in a Pandemic: Tips to Keep the Calm at Home

1 Address children's fears

2 Keep healthy routines

3 Use positive discipline

4 Take care of yourself

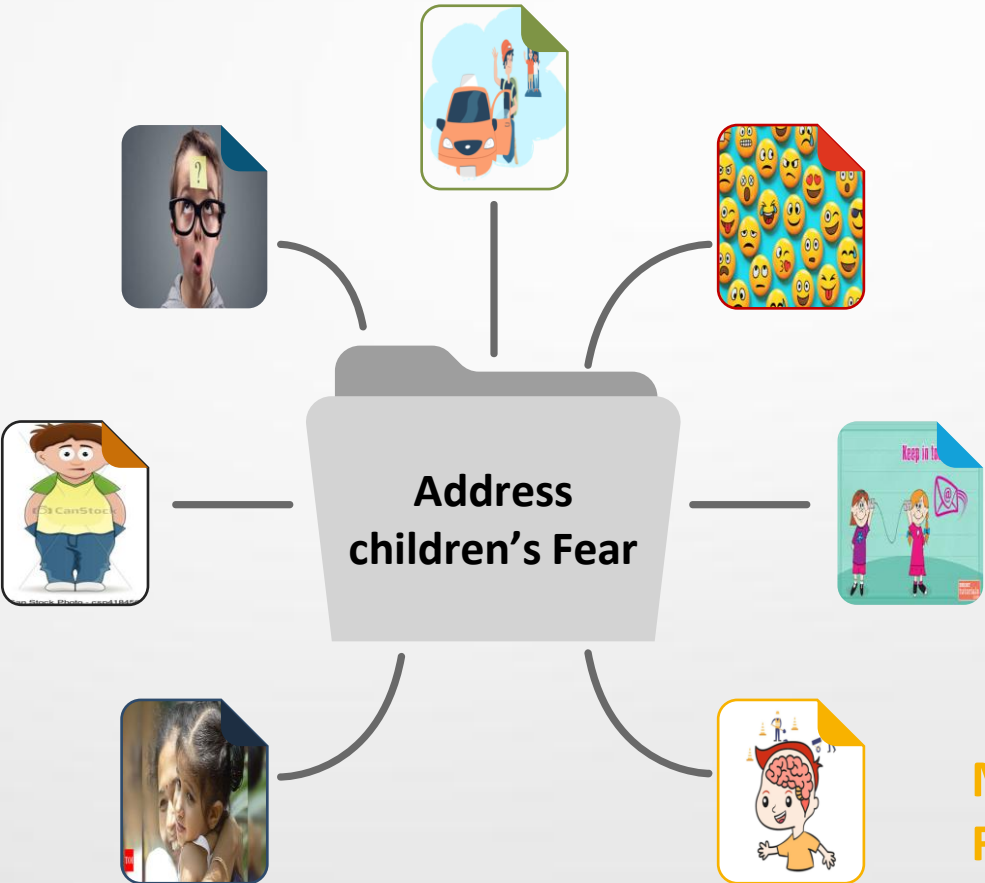
Address children's fear

TELL YOUR CHILD BEFORE YOU LEAVE

ANSWER QUESTIONS ABOUT THE PANDEMIC SIMPLY & HONESTLY

LOOK FORWARD

OFFER EXTRA HUGS

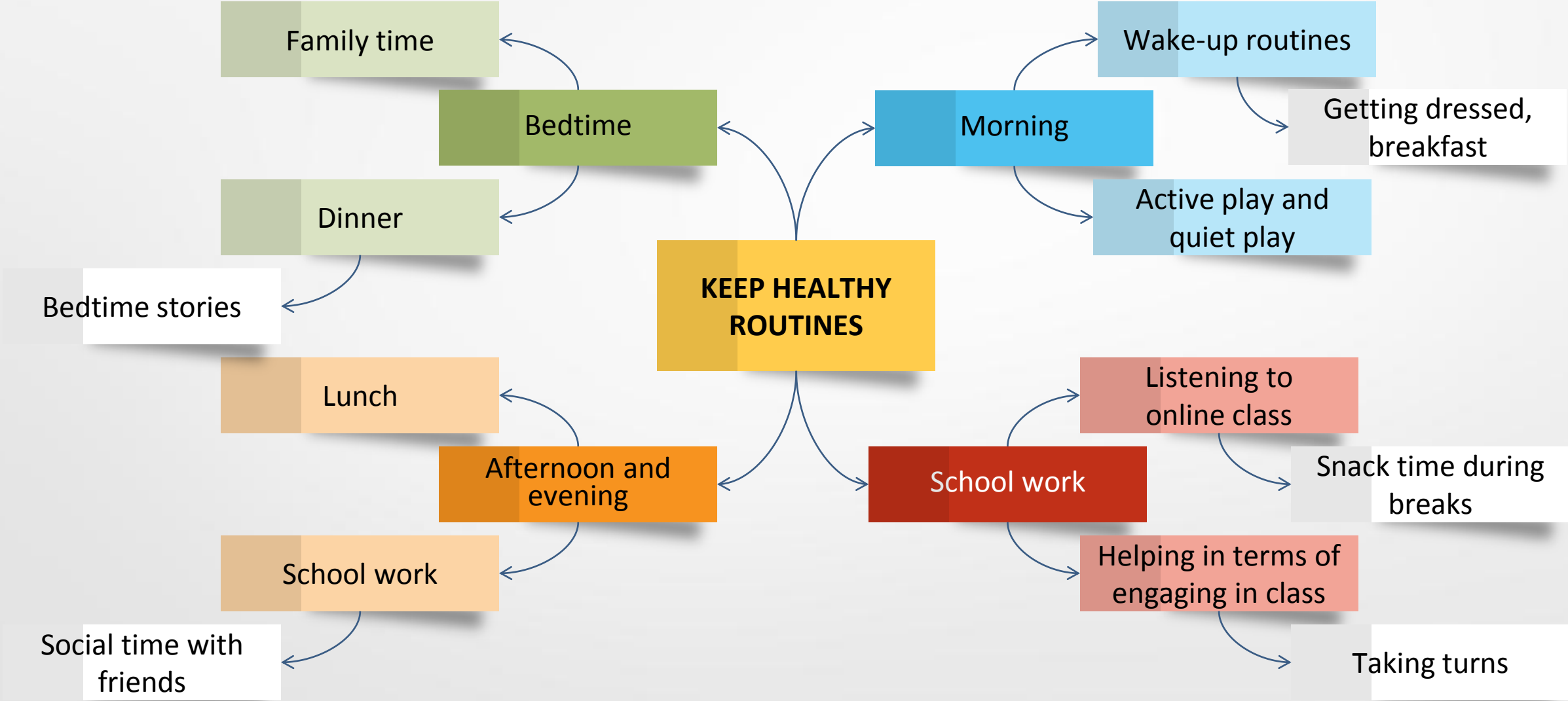


RECOGNIZE YOUR CHILD'S FEELINGS

KEEP IN TOUCH WITH LOVED ONES

MODEL HOW TO MANAGE FEELINGS

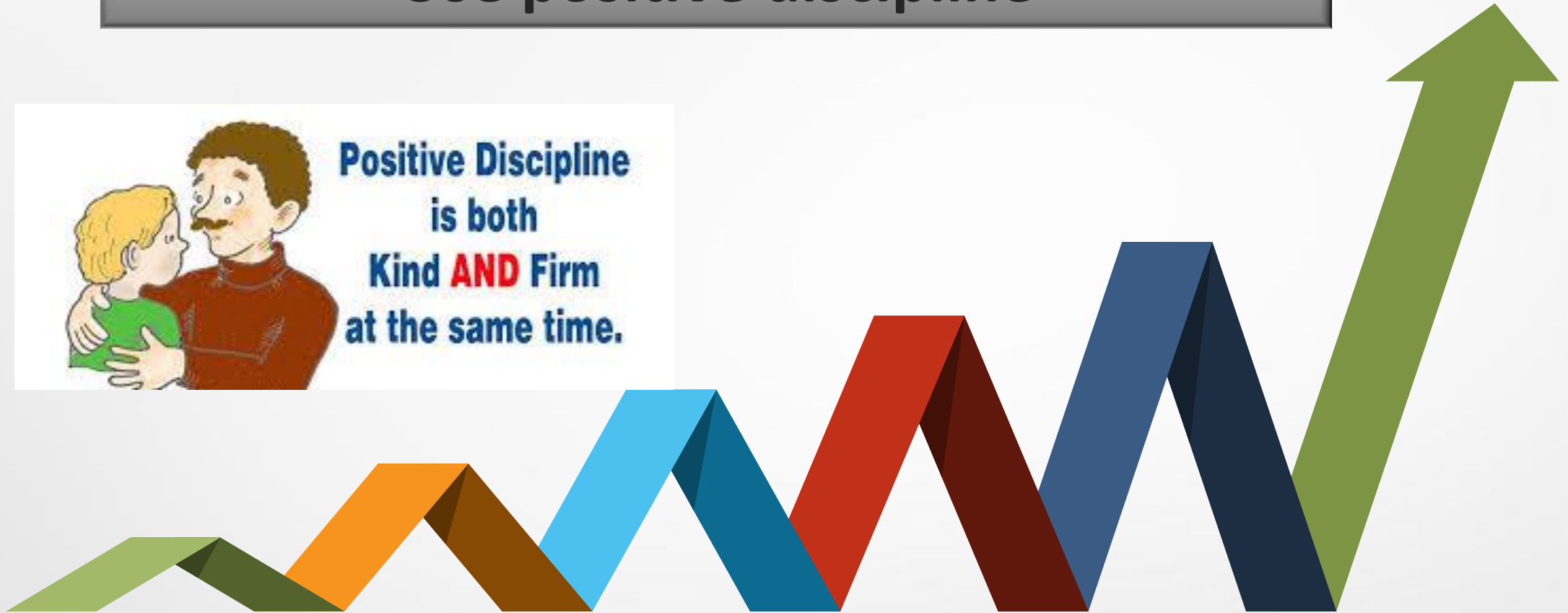
Keep healthy routines



Use positive discipline



Positive Discipline
is both
Kind AND Firm
at the same time.



**Redirect bad
behaviour**

**Avoid physical
punishment**

**Use rewards &
privileges**

**Know when
not to respond**

Use time-outs

Take care of yourself



Does the problem represent an immediate danger?
How will I feel about this problem tomorrow?
Is this situation permanent?

Young children are at risk of developing misconceptions during a crisis. Children are like sponges, and they can absorb the anxiety around them

Demonstrate to children the importance of the 'collective we' and our shared responsibility to keep everyone healthy and safe

A decorative graphic in the bottom-left corner of the slide. It consists of several thick, overlapping lines. One line is a vibrant orange, another is a dark charcoal grey, and they intersect to form a stylized, angular shape that suggests a corner or a frame.

Thank you
Time for interaction...