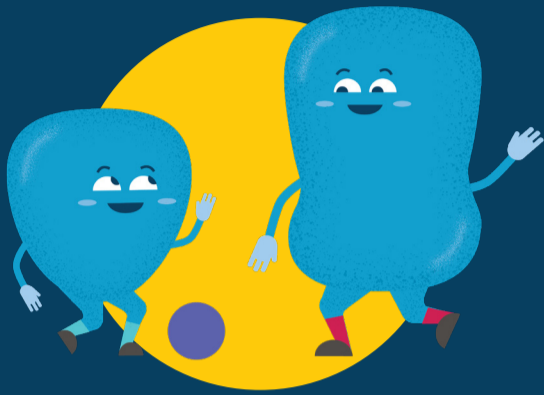


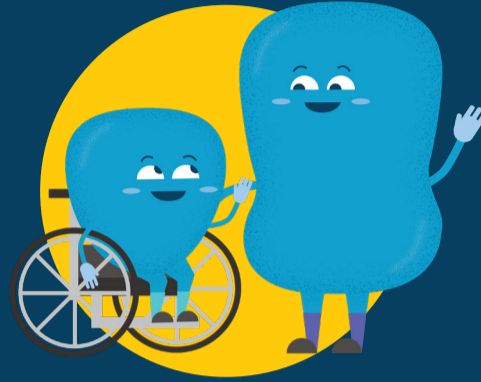
# Covid-19 Parenting

Parenting during COVID-19 can be extra hard. It's normal to feel stressed and overwhelmed. Here are 6 tips to make things easier for you and your children.



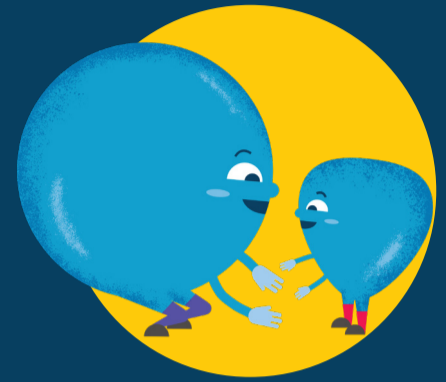
## Spend quality time with your children.

Just 5 minutes every day can make a big difference. It helps children feel loved and important.



## Praise your child when they are behaving well.

Try praising your child or teenager for something they have done well. They may not show it, but you'll see them doing that good thing again. It will also reassure them that you notice and care.



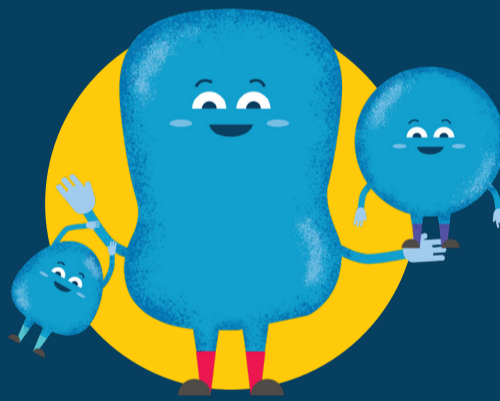
## Say the behaviour you want to see.

Use positive words when telling your child what to do; like "Please put your clothes away" (instead of "Don't make a mess").



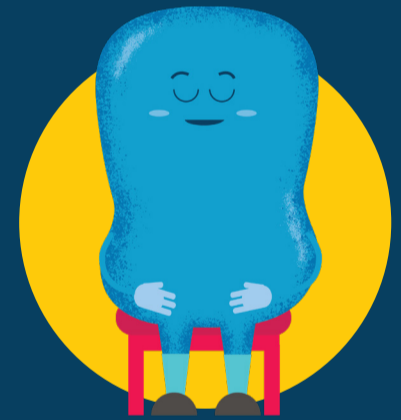
## Create a flexible but consistent daily routine.

Make a schedule for you and your children that has time for structured activities as well as free time. This can help children feel more secure and better behaved.



## When children misbehave.

Catch difficult behaviour early and redirect your children with something interesting or fun.



## Take care of yourself.

Talk to someone when you feel lonely. Take 5 deep breaths when you feel stress or anger. You are not alone.

For more information click on the following links:

TIPS FROM WHO

TIPS FROM UNICEF

OTHER LANGUAGES

EVIDENCE-BASE



Scan the QR code for more information from [www.covid19parenting.com](http://www.covid19parenting.com)



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