Covid-19 Parenting
Structure Up

COVID-19 has interrupted 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.

> 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.

> Children or teenagers can help plan the routine for the day – like making a school timetable. Children will follow this better if they help to make it.

> Include exercise in each day - this helps with stress and kids with lots of energy at home.

Teach your child about keeping safe distances

> If it is OK in your country, get children outside.

> You can also write letters and draw pictures to share with people.
Put them up outside your home for others to see!

> You can reassure your child by talking about how you are keeping safe. Listen to their suggestions and take them seriously.

Make handwashing and hygiene fun

Make a 20-second song for washing hands. Add actions! Give children points and praise for regular handwashing.

Make a game to see how few times we can touch our faces with a reward for the least number of touches (you can count for each other).

You are a model for your child's behavior.

> If you practice keeping safe distances and hygiene yourself, and treat others with compassion, especially those who are sick or vulnerable – your children and teenagers will learn from you.

At the end of each day, take a minute to think about the day. Tell your child about one positive or fun thing they did.

Praise yourself for what you did well today.
You are a star!

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