

Parenting in times of stress



Quality time

Stressful times might feel challenging to navigate, but there is plenty you can do to support your children. Spending quality time together presents an incredible opportunity to make your children feel loved and secure. Show them how important they are with these tips.

Enjoy time together

Set aside time to play with or talk to your child or teenager, and make it a part of your routine by doing it at the same time each day.

Ask what they would like to do

Boost your child or teenager's confidence by letting them decide how you will spend your quality time together. Listening to their answer shows that you care.

Fun ideas for your baby or toddler

Entertain your little one during your quality time together by:

- Copying the expressions and sounds they make
- Singing songs and playing music with pots and spoons
- Stacking stones or cups
- Telling them a story or showing them pictures

Don't let distractions like the TV or your phone get in the way of quality time together.

Activities to do with your young child

- Read a book together or write your own story to share with your child
- Create a collage or mosaic using colourful pieces of paper
- Sing and dance to your favourite songs
- Turn a task like tidying or cleaning into a fun game
- Help them with their homework

Spend quality time with your teenager

Even if your child is a little older, there are still plenty of rewarding ways to enjoy your time together:

- Sport, music, films—talk to them about things that really interest them
- Prepare a delicious meal or bake bread together
- Do some exercise together. You could go for a jog or play a game of catch

By asking questions and coming up with a few activities, you can ensure your time together is rewarding for both of you.

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These evidence-based parenting resources were developed by Parenting for Lifelong Health in collaboration with [UNICEF, WHO, and other international agencies](#).

