

Parenting in times of stress

Create a happy environment in a small space

Stuck indoors because of wet weather? Children getting bored of sharing a bedroom? Sometimes, we would all like a little more space, but there are things you can do to ensure everyone gets along — even in crowded or cramped conditions.

Rainy day activities

- Being stuck at home can still be entertaining. Create an obstacle course using household objects or set an indoor exercise challenge to find out who can do the most toe touches, jumping jacks or laps around the room in one minute
- Find fun ways to spend your time together — that could be a story-telling evening or a cookery session. Make sure everyone has a chance to get involved, and take it in turns to choose an activity.

Clear away clutter

- Create more space by tidying up together. Rather than being a chore, it's an opportunity to discover old toys, games and clothes
- Tidy away the items you want to keep and make a pile of items that can be donated to charity or given to friends or family members

Share the load

- Looking after children and other family members is difficult, but it's much easier when responsibilities are shared

- Try to divide household tasks, childcare and other responsibilities equally among other family members so that you are not overwhelmed
- Create a schedule for time 'on' and time 'off' with other adults in your household, so everyone has a chance to take a break
- Remember that it's okay to ask for help, especially if you are feeling tired or stressed

Take a pause

- If you feel yourself getting annoyed, take a 10-second pause
- Focus on slowing breathing in and out
- This will help you respond in a calmer way

Stay positive

By coming up with a routine and enjoying some quality time with your child or teen, you can create a happy environment — wherever you are.

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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](#).

