



# Parenting during Covid-19

Navigating the global pandemic brings its own set of unique challenges to parenting, and it's completely normal to feel stressed and overwhelmed during this uncertain time. Here are 6 tips to make things easier for you and your children.

## ● Spend quality time together

Spending quality time together presents an incredible opportunity to make your children feel loved and secure. Just 5 minutes every day can make a big difference.

## ● Praise good behaviour

When your child or teen follows your instructions, or are behaving well, tell them. Showing that you notice will reassure them and demonstrate that you care.

## ● Give clear instructions

Instead of telling your children not to make a mess, use positive language and give them a practical task—such as tidying the kitchen or putting away the washing.

## ● Create a daily routine

Having a daily routine and sticking to it as much as possible gives children and teens a valuable sense of security. Factor in meals, activities and free time to give you flexibility.

## ● Manage bad behaviour

Catch difficult or negative behaviour as soon as it starts and encourage a more positive approach by suggesting a fun game or interesting activity to keep your children entertained.

## ● Look after yourself

Remember you are not alone, so seek support. If you feel yourself getting annoyed, take a 10-second pause and focus on slowing breathing in and out. This will help you respond in a calmer way.

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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](#).

