

TOP 10 Parenting Tips during the COVID 19 Crisis

1. **YOU** are the adult that children look to for guidance. Keeping your stress in check, can help manage kids' anxiety.
2. **ENCOURAGE** children to ask questions and talk about their fears. This gives parents the opportunity to understand what's on their minds and give age appropriate information about their wellness.
3. **NOW** is the perfect time to teach children prevention strategies like (handwashing, covering coughs etc...). This gives children a sense of control, reduces risk of infection, and can also help reduce anxiety.
4. **ROUTINE** and structure are your friends! Kids needs their routine restored. Involve them in creating their daily (or weekly plan) that includes: hygiene, daily topics to learn about, reading, exercise, play, mindfulness, nutrition and leisure. Monitor use of technology and wipe it down often.
5. **KEEP CONNECTED!** Help kids address isolation and social distancing by writing cards and letters, making crafts for friends and loved ones, and telephoning or Face timing friends and family.
6. **FAMILY TIME!** Play board games, cards, checkers and fun crafts and trivia games. This can be a great time to help kids feel secure while keeping connected and engaged. Involve kids in sanitizing these items daily.
7. **USE THE WEB RESPONSIBILY.** Monitor use of social media. There are many online resources for kids learning and exploration. Plan which web sites your child will visit each day and which web-based resources are appropriate for your children.
8. **SELF CARE!** Teach children about staying well. Build in time daily for rest and mindfulness activities like movement, yoga or meditation. Go for a walk, practice deep breathing and model relaxation techniques like enjoying cup a tea, reading a book or magazine or a watching a movie.
9. **BE ACCESSIBLE!** Children will need reassurance as days and weeks of the crisis progress. Manage expectations and be honest. Let children know that you are there, will help keep yourself and the family well.

10. BE HONEST! There are many things we are learning about COVID 19. Daily our community's response to the crisis evolves. Do not panic or blame. Know where to get help or answer questions about COVID 19, and the mental wellness of your children and family.

Sources:

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

National Association of School Psychologists and School Nurses - Talking to Children About COVID-19
(Coronavirus) A Parent Resource

https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf

American Academic of Pediatrics

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

American Psychological Association

<https://www.apa.org/helpcenter/talking-about-stress>