



Parenting Tips for COVID-19

All our coping strategies are being tested, examined, judged and mimicked. As tough as these times are, this is also an opportunity for personal growth for the whole family.

- Call a family meeting. Make it a safe place to be honest and open. Parents who are working from home will need this even more. It is your tone of voice and facial expression that will often determine how safe it is to be open and honest.
- All feelings are Okay! It's what we do with the feelings that is good or bad. Create a way to capture what's going on. It can be a chart, a calendar, or a journal. It could even be a mural your family adds to each day that reflects how each person saw the world that day. Art is a great therapy tool.
- Bring everyone together to set up a schedule. Figure out when the children can be noisy and have your attention. Decide when will home schooling occur, as well as when everyone can have time to themselves.
- Play board games and cards, work on solving puzzles and color pictures. Build a fort or make up a play and perform it.
- Challenge the family to do at least one nice thing for another family member each day.
- Be diligent about limiting electronic exposure.
- Be aware of how much you have the news on. Tension will increase exponentially if it is consistently on.
- Explain to your children this is a very unusual time and we will be back to normal as soon as we can. Let them know you don't have answers to all their questions because people are still figuring them out. Assure them that you will keep them safe. You will handle the grownup business because that is your job.
- You and your children will be stressed, angry, clingy, whiny, hyper, oversensitive, sad, mean, frightened, confused, hurt, lonely and miserable at times. It could be all at the same time. There will also be times of empathy, joy, happiness and love. Creating a safe place to talk about them openly and honestly is a huge gift this crisis may give you and your family.
- It's okay to admit you are learning, too. Helping children learn how to handle their feelings in a healthy manner is tough.

