Parenting during COVID-19

Parenting during a pandemic isn't easy. Here are some tips to make the most out of a stressful situation, engage in healthy activities and ease your child's anxiety.

Take a Daily Walk

1. Engages our 'sitting' muscles
2. Promotes overall well-being
3. May help develop children's long distance vision
4. Improves endurance and burns calories more efficiently
5. Combats feelings of depression and Seasonal Affective Disorder (SAD)
6. Helps you focus your mind

Reading Time

1. Improves concentration
2. Exercises our brains
3. Teaches children about the world around them.
4. Allows children to develop their imagination
5. Improves children's vocabulary
6. Helps kids develop empathy
7. Children who read independently perform better in school.

Homework Help

1. Help your child set up a pleasant, distraction-free homework environment.
2. Check their homework before they begin and after they finish.
3. Do not give your children the answers. Help them figure out the answer themselves.
4. Do not be afraid of getting off topic.

Managing Stress

1. Teach them quick calming strategies, such as deep-breathing.
2. Start a dialogue about stress. Help your child understand that everyone experiences stress and has different triggers.
3. Simplify your schedule.
4. Find good distractions.
5. Model healthy coping strategies.

Practice Self-Care:

Remember that it's not just your child that is through a stressful event: You are too! The better you are able to care for yourself during this time, the better you can support your child.

1. Build your own support system. Don't be afraid to reach out to family and friends when you need them.
2. Cultivate a variety of interests.
3. Exercise or play sports.
4. Create a quiet place or sanctuary for yourself. You need to take care of yourself too!