

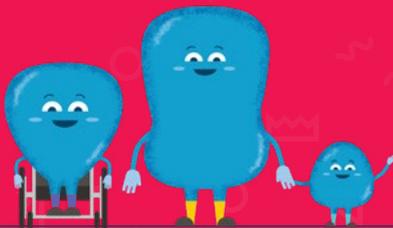
COVID-19 PARENTING

Parenting in crowded homes and communities

Keeping your family healthy and safe from COVID-19 can feel even harder when you live in crowded conditions. There are things you can do to make this easier for your family.

Stay where you are

- Limit those leaving and returning to your immediate living space to as few and as infrequent as possible
- Only leave your household or area for essential reasons like getting food or medical attention



Help your children with physical distancing

- Explain to your children that they have an important job of keeping themselves and their community healthy by temporarily physically distancing from others
- Show them extra positive attention when they make an effort to practice safe physical distancing from others

Make handwashing and hygiene fun!

- It might be hard to find soap and water, but practicing good hygiene is more important now than ever
- Try to wash all family members' hands as often as possible
- Let children teach each other how to wash their hands
- Encourage children to avoid touching their face

Share the load

- Looking after children and other family members is difficult in cramped spaces, but it's much easier when responsibilities are shared
- Try to share household chores, childcare, and other tasks equally amongst family members
- Create a schedule for time "on" and time "off" with other adults in your household
- It is okay to ask for help when you are feeling tired or stressed so that you can take a break

Exercise daily

- Encourage children to think of activities they can do to exercise while avoiding contact with who do not live already in your immediate space
- Jumping activities, dancing or running in circles can be fun!

Take a Pause

- You might not have space to yourself to deal with all the stress and emotions you are feeling
- Notice when you are feeling stressed or upset and take a pause...even three deep breaths can make a difference!

Well done! Millions of families finds that this helps



Keep using Tips 1-6

Keeping positive, having a routine and trying to get some one-to-one time with each child when you can will help you manage your child behaviours and your feelings.

For more information click below links:

TIPS FROM WHO

TIPS FROM UNICEF

OTHER LANGUAGES

EVIDENCE-BASE