

Social-Emotional Health

Special Education Services

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The Value of Undivided Parental Attention

These are challenging times for families! Parents are anxious about the uncertainty related to the pandemic, and children are feeling their parents' anxiety as well as the stress of the restrictions on their usual activities. The challenge at this time is to find activities that will offer reassurance and a sense of security to our children, while also respecting the public health orders regarding social distancing and staying home.

Time spent with parents is one of the best ways of helping children feel secure. While you may not have the whole day to spend playing with your children, your undivided attention for even a short period can be very reassuring.



A few things to consider when planning time with your child:

- Set aside one hour of dedicated time (per day if possible) for an activity with your child. Try to choose a time and place where there won't be distractions (e.g. television, cell phones, video games).
- Let your child know that this is your special time together and that it is very important to you.
- Let your child choose the activity. The most important thing is that the children have your exclusive attention. Board games, shared reading, or a nature walk all lend themselves to closeness and the opportunity to talk about anything and everything.
- Use this time to focus on your child. Do not talk about problems. Let your child know that you are interested in his or her thoughts and feelings. Listen, and show interest in whatever comes up in conversation. Talk about whatever your child wants to talk about.
- Finally, enjoy the time connecting! There is no gift more valuable to our children than quality time spent together.