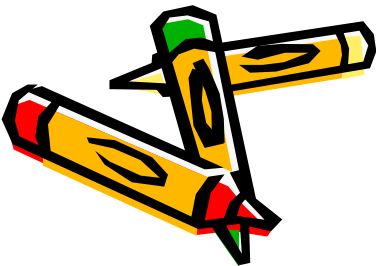


Helpful Parenting Hints during Covid 19

(Adapted from Chadsky, 2014 +SHES counseling staff)



- Start with your child's questions-let them be the guide on what they wish to know
- Be concrete and keep it simple-a few lines at a time then wait for additional questions
- Discuss the accuracy of media sources as a critical thinking skill



Helpful Parenting Hints for Covid 19



- Identify people who are working to make things better- scientists at NIH and CDC, FCPS, SHES staff
- Talk about steps to take to be healthier- wash hands, social distancing, wear masks
- Be truthful and present information in small chunks - too much information at one time may overwhelm many children



Helpful Parenting Hints during Covid 19



- State the obvious
"We don't have all the information on Covid 19 yet. The scientists across the world are working to find treatments and a cure."
- Focus on what you *CAN* do during this time- think about learning a new skill or focus on a life skill (cooking, organization, etc) that will benefit your child long term
- Take care of yourself and let unimportant things go undone



Helpful Parenting Hints during Covid 19



- Limit exposure to media
- Try to keep routines as much as possible
- Family Time/Family Dinner-Many research studies support family dinners as a prevention technique for at risk behaviors
- Go outside often with safety measures and exercise/play with your children
- Board and card games and other fun activities away from screen time



Parenting Hints During Covid 19



- Show confidence we can live with uncertainty-
"We do not have the answers YET, but am feel confident we will find some answers soon"
- Help children find answers through reliable sources
- Discuss that a virus caused this and use the opportunity to discuss health prevention activities

