

# 1 COVID-19 PARENTING One-on-One Time

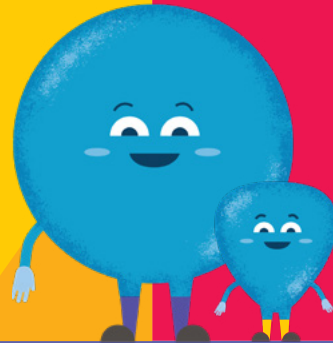
Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

We can also see this as a chance to make better relationships with our children and teenagers.  
One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important.

## Set aside time to spend with each child.



It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.



## Ask your child what they would like to do.



Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this. (see next leaflet)

## Ideas with your baby/toddler.



- Copy their facial expression and sounds.
- Sing songs, make music with pots and spoons.
- Stack cups or blocks.
- Tell a story, read a book, or share pictures.

## Switch off the TV and phone. This is virus-free time.

## Ideas with your teenager.

- Talk about something they like: sports, music, celebrities, friends.
- Cook a favourite meal together.
- Exercise together to their favorite music.

## Ideas with your young child.

- Read a book or look at pictures.
- Make drawings with crayons or pencils.
- Dance to music or sing songs!
- Do a chore together – make cleaning and cooking a game!
- Help with school work.

For more information click below links:

Parenting tips from WHO

Parenting tips from UNICEF

In worldwide languages

EVIDENCE-BASE

Listen to them, look at them.  
Give them your full attention.  
Have fun!



World Health Organization



for every child



WORLD WITHOUT WARMS



End Violence Against Children



PARENTING FOR LIFELONG HEALTH



CENTERS FOR DISEASE CONTROL AND PREVENTION

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