

COVID-19 PARENTING

Family harmony at home

When we model peaceful and loving relationships, our children feel more secure and loved. Positive language, active listening, and empathy help maintain a peaceful and happy family environment these under stressful times.

We are models for our kids.

- How we talk and behave in front of others is a big influence on how they behave too!
- Try to talk kindly to everyone in the family, adults and children.
- Bad communication between adults in the household can have a negative impact on our children.
- The more we practice modelling peaceful, loving relationships for our children the more secure and loved they will feel.

Use positive language. It works!

- Tell others what you want them to do instead of what you don't want them to do: Instead of "Stop shouting," try "Please speak more quietly".
- Praise makes others feel appreciated and good about themselves. Simple words like, "Thank you for clearing the dinner," or "Thank you for watching the baby" can make a big difference.

Nice things to do together as a family.

- Let each family member take turns to choose a whole-family activity each day.
- Find ways to spend quality time with your partner and other adults in your home, too!

Be an empathetic active listener.

- Listen to others when they are talking with you.
- Be open and show them that you hear what they are saying.
- It can help to even summarise what you have heard before responding: "What I hear you saying is...".

Share the load.

- Looking after children and other family members is difficult, 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.

Feeling stressed or angry?

- Give yourself a 10-second pause. Breathe in and out slowly five times. Then try to respond in a calmer way. Millions of parents say this helps - A LOT.
- Call a truce when you can see arguments building up, and go into another room or outside if you can.
- See Tip Sheets on "When We Get Angry" and "Keep Calm and Manage Stress".



Click [HERE](#) for useful resources and support if you are experiencing violence at home

For more information click below links:

TIPS FROM WHO

TIPS FROM UNICEF

OTHER LANGUAGES

EVIDENCE-BASE