

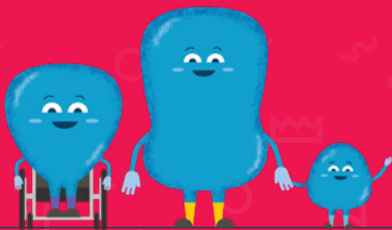
COVID-19 PARENTING

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.

Keep staying safe.

- Limit those leaving and returning to your immediate living space to as few and as infrequent as possible.
- Know the COVID-19 rules about what you can and can't do in your area.



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