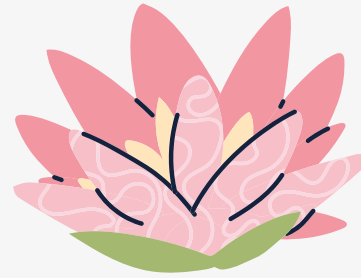


PARENTING TIPS

KEEP CALM

Avoid distressing behaviour in front of your children

Speak to them in a gentle voice



LISTEN

Take time to stop and listen to how they are feeling and to answer their questions.

Let them know it is ok to feel worried.

REASSURE

Explain that your top job is to look after your family.

Explain how your family can stay safe.

Give each other lots of hugs and cuddles.



BE TRUTHFUL

Explain what is happening and why simply.

Answer questions honestly. It's ok not to know all the answers.

Only get information from trusted sources

DEVELOP A ROUTINE

Keep to your usual rising times, mealtimes, bedtimes.

Create school time and play time.

Create times to go for a walk or play family games.

Create times for social media and TV.



DO FAMILY ACTIVITIES

As a family, come up with a daily activity plan.

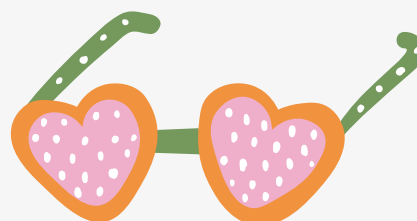
Each family member could take turns to choose activities for that day.

Share household tasks and chores.

FOCUS ON THE GOOD

Notice when your children do something well.

Praise them for being helpful, kind or taking turns



TAKE CARE OF YOURSELF

Eat well, exercise daily, get enough sleep.

Limit how much news you watch or listen to.

Take time to pray or mediate or use relaxation strategies

CONNECT

Stay in touch with family, friends and neighbours.

Help others who are going through a tough time.

