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

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”

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…”

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