



Hello Parents,

Here is another weekly information tip that might be helpful to you and your family during this time.

Get Structured:

COVID-19 has taken away our daily work, our regular daily home routines, and school routines. This is hard for children, teenagers and for you. Making new routines can help.

Create a flexible but consistent daily routine:

- Make a schedule for you and your children that has time for structured activities as well as free time. This can help children feel more secure and better behaved.
- Children or teenagers can help plan the routine for the day – like making a daily home timetable. Children will follow this better if they help to make it.
- Include exercise in each day - this helps you get rid of some stress, and help kids that have lots of energy at home.

Teach your child about keeping safe distances:

- Get children outside where it is safe for them
- You can also write letters and draw pictures to share with family and friends.
- Put them up outside your home for others to see!
- You can reassure your child by talking about how you are keeping safe.
- For example talk about hand washing and hygiene make it fun
- Make a 20-second song for washing hands. Add actions!
- Give children points and praise for regular hand washing.
- Make a game to see how few times we can touch our faces with a reward for the least number of touches (you can count for each other).
- Listen to their suggestions and take them seriously.
- If they have ideas please incorporate them.

You are a model for your child's behavior:

If you practice keeping safe distances and hygiene yourself, and treat others with compassion, especially those who are sick or vulnerable – your children and teenagers will learn from you.

One of the most effective ways to be a good role model for your child is to provide an example of how to properly behave. Here are some examples of ways you can model good behavior for your child

1. Say "please" and "thank you," to your child and to others.
2. Let your child see you sharing things with others, such as a snack or a book.
3. When mediating a conflict between siblings or friends, use a calm tone and discuss the situation rather than shouting.
4. At the end of each day, take a minute to think about the day. Tell your child about one positive or fun thing they did.
5. The phrase "children learn what they live" really is true.
6. Praise yourself for what you did well today. You are a star!