TIPS FOR PARENTS
in the time of COVID-19

English

Explain and inform

- **Use age-appropriate, honest and clear language**
- Do not hide or force information on children
- **Only use verified sources of information** (government, World Health Organization, major media, hospitals)

Secure

- **Reassure your child, remain realistic**
- Manage his/her emotions without sharing too much of yours
- **Show how you are protecting yourself, teach them to do it**

Stronger together

- **Pay attention to everyone at home - we are stronger together!**
- Schedule positive 1:1 time with each child per day (~20 mins)
- Stay connected with family and friends who are not with you (grandparents and other older relatives, in particular)

Pace daily life

- Create a basic structure to the day, but keep some moments of "surprise" and fun
- **Organize activities, including games, exercise, cooking, etc.**
- Moderate the usual requirements (e.g. tidying up)
- Make sure there are times for people to be on their own too

Manage screen time

- **Maintaining contact through social networks is good, but knowing how to distance yourself from them is also important**
- Manage the amount of time spent on movies, series or video games
- Make sure you don't always have news on in the background that can be anxiety-provoking