Parenting During CoVID-19

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1 on 1 Time

Set aside time to spend with each child

- It can be for just 5-10 minutes, or longer — it’s up to you. But make this time special for your child.

Ideas with your baby/toddler

- Copy their facial expressions and sounds
- Sing nursery rhymes
- Make music with pots and spoons
- Stack cups or blocks
- Tell a story using a book, or draw pictures

Ideas with your teenager

- Talk about something they like: sports, music, celebrities, hobbies
- Cook a favorite meal together
- Exercise together to their favorite music

Ideas with your young child

- Read a book or look at patterns
- Make drawings with crayons or pencils
- Dance to music in unison
- Do puzzles together — make coloring and puzzles simple
- Help with school work

Listen to them, look at them. Give them your full attention. Have fun!
Keep It Positive

Stay Structured

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Structure Up

Come Get It

consistent daily routine

Your child’s health

Look for "intentional"

"It’s all in the delivery"

Get real

Put your child when they are behaving well

Help your child

copy adult story

Make handwashing and hygene fun

Your child’s health

Collect stories, pictures, or other memories

You are doing a great job!

At the end of each day, share the

3 minute to talk about the

number they did

Please remember for what

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4 COVID-19 PARENTING
When Children Misbehave...

Redirect
- Catch bad behavior early and act on it right away.
- Drop it before it starts. When the child feels upset, they can be distracted with something interesting or fun. "Come, let's play a game together."

Use consequences
- Consequences help teach children responsibility for what they do. They also help them understand that actions have consequences. This is most effective when taking a strong, clear, and consistent action.
- Use your child's favorite thing as a reward. For example, taking away a special toy or dessert. Making sure they're calm and comfortable.
- Once the consequence is over, give your child a chance to do something good and praise them for it.

Keep using Tips 1-3
- Your role is to ensure your child's safety, teach them to do something good, and praise them.

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Keep Calm and Manage Stress

You are not alone
- Millions of people have the same fears as you. Find someone who you can talk to about how you're feeling. Listen to them. Avoid social media that makes you feel worse.

Take a break
- When things feel overwhelming, give yourself a moment to relax. This takes some of the pressure off and helps you relax the next time.

Take a Pause
- 3 minutes of breathing every day can help you feel better. This is a simple technique that can help you relax.

Listen to your kids
- Listen to your child's fears and concerns. Help them express their feelings and frustrations.
Talking About COVID-19

Be open and listen
- Allow your child to talk freely and without judgment and talk about how much they understand.

Be honest
- Always answer in a truthful manner. Think about how you tell your child and how much they can understand.

Be supportive
- Your child may fear losing or be unsafe. Give them simple, clear instructions, and let them know you are there for them.

There are a lot of stories going around
- Stories may vary, but try to keep them age-appropriate. See https://www.who.int/emergencies/diseases/novel-coronavirus-2019/resources/public-health-advice for more.

Heroes not bullies
- Explain that COVID-19 has nothing to do with the way someone looks, where they come from, or the language they speak. Tell your child that they can be compassionate to people who are sick and those who are caring for them.

End on a note
- Check in on your child’s worries. Remember that you can talk to them about anything. They can talk to you about what they see.

For more information, see https://www.who.int/emergencies/diseases/novel-coronavirus-2019/resources/public-health-advice

Learning Through Play – Play is Child’s Work

Types of play
- There are many different types of play that can be both fun and educational.
- Language, numbers, objects, doctors, and music games give children opportunities to explore and improve themselves in a safe and fun way.

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Learning through play

Millions of children have school closed and continue to learn at home. This is about learning through play – something that can be fun for all ages!
Keeping Children Safe Online

Dealing with Anger
Family Harmony at Home

Family Budget in Times of Financial Stress

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Family harmony at home

Use positive language. It works!

- Tell stories when you want them to be more on task. If you don’t want them to be on task, then change their “positive” task.
- Practice with them how to express your thoughts. Teach them to say “I want you to be more focused” or “You need to work more focused.”
- Use words like “Do you think you could work more focused?”, “Thank you for working more focused.”

Nice things to do together as a family

- Create a calendar for fun “Do fun actions” – what other activities would you like to do?
- Figure out a way to it is fun. Ask them what they want to do?
- Use positive language when they are doing those?

Feeling stressed or angry?

- Set priorities for the next 24 hours. These may be cleaning, cooking, reading, or even watching TV.
- Call it when you can see the positive in it, and you are feeling more focused.

Share the load

- Look after your children and other household chores. Children and other family members usually have a lot of household chores. Ask them what they want to do?
- Create a schedule for fun and “Do focused actions” – what other activities do you want to do?
- Use positive language when you are doing those.

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Family Budgeting in Times of Financial Stress

Involving children and teens in making a family budget

- Make a budget together to help children understand what they will need to make hard decisions in difficult times.
- It also helps families to plan enough at the end of the month, and how best.

Find out if there is help you can get

- Your government may pay for some shares of financial support for families facing COVID-19.
- Assisted whether plans to get community or government support

Well done! Millions of families find that this helps.
Parenting in Multi-generational and Crowded Homes

Tips for Children with Disabilities

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Parenting in crowded homes and communities

Parenting tips

Keep using Tips 1-6

Keep your child safe.
1. It is strongly recommended that you follow local guidelines for COVID-19 while keeping your child safe as well as accessible to all others.
2. Ask your local school or child care centre if they are planning to be open and plan accordingly.
3. Keep emergency contact numbers where you can easily and quickly access.

Communicating with your child.
1. Set aside time to talk to your child or when communicating with your child.
2. Maintain open communication.
3. Take your child to allow them to communicate.
4. Share stories and invite them to be the one to share.

Be supportive, empathetic, and loving.
1. Your child may not have the same support that family members offer.
2. Your child may not have the support that family members offer.
3. Your child may not have the support that family members offer.
4. Your child may not have the support that family members offer.

Reinforce the positive!
1. Reinforce strengths with actions.
2. Reinforce strengths with words.
3. Keep your child in a positive environment.

Ask for help if you can.
1. Don’t be afraid to seek help from others.
2. If the person can’t help, consider asking another person.
3. Consider asking a professional to help.

Strengthen routines.
1. Routine help children feel secure and safe. For example, “Never let your family know what time you are coming home.”
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Tips for Parenting Teens

Parenting a New Baby?
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