

Parenting in the Time of Covid-19

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Adapted from "Managing Stress During a Pandemic" by Dr. Heidi Radunovich,
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BE A GOOD EXAMPLE

During times of crisis, children look to the adults in their life as examples of how to cope. They will be watching how you handle disappointment, fear, and uncertainty.

BE A GOOD COMMUNICATOR

Use simple language when discussing world events, and remember that children do not need to have all the information that adults have. Resist the urge to vent to, or in front of, your child and do not use them as a sounding board for your own anxieties. Be open to answering questions that your children might have and be willing to talk about rumors and misunderstandings that may have them worried.



BE AWARE OF THEIR FEELINGS



Children sometimes have a hard time identifying and talking about stress. Their anxiety may manifest as tummy aches, head aches, or nightmares. Be aware of the non-verbal ways that your child may be broadcasting their stress so that you can help them better cope.

BE EASY ON YOURSELF

These are trying times for all of us. Take care of yourself so that you can take care of your children. This may mean loosening screen time restrictions so you can take a breather or letting your house keeping slide a little. Be gentle with yourself.



BE POSITIVE

Try to reframe the disappointment that comes with events being canceled as opportunity to spend time together as a family. Remind children that we are in this together and that we will get through this together.