

# THE PARENTING POST

## *Tips for Parenting During COVID-19*

### HOME WITH YOUR CHILDREN?

1. Create a Schedule: loosely have a plan of things you can do during the day with your children.
2. Read a book together: no matter the age of your child, set aside some time to read a good book.
3. With older children: find age appropriate discussion times and topics, cook a meal together, start a new hobby.



4. Make time for exercise: go for a walk, put on your favorite music and have a dance party.
5. Make time for yourself: meditate and take moments, throughout the day to focus on yourself, and your wellbeing,
6. Feeling Frustrated: walk away, take deep breaths, if possible, have some alone time to reflect,



# WORKING FROM HOME?

1. **Create a Schedule:** If you can, create a schedule with your children in order to help manage school time, work time, and family time.

-Place it where everyone can see

2. **Get Up and Move:** Try to get up and move around for at least 30 minutes per day.

- This can be going outside for a walk (while practicing social distancing)

- Dance break with the children throw on your favorite dance songs and get down!

- Maybe do some yoga and meditation with the children

3. **Embrace Technology:** Limiting screen time is great but allowing educational learning experiences can encourage your child to get in "school mode" while allowing you to get your work done.

4. **Take Breaks:** Where possible, take a break and sit with your children, talk with your children, be supportive towards your children.

- Children may be having a hard time as well:

-You can reassure your child by talking about how you are keeping safe.

-Discuss COVID-19 in an age appropriate way, listen to fears and concerns.

-Listen to their suggestions and provide feedback



*Looking for Assistance? Virtual Counseling is Available, Just Call 617-774-0331 to Schedule*