

# Pandemic Parenting

## A Short Guide for Parents

01

### What should I tell my kids about the second wave?

Be open, honest, and accurate while discussing the situation. Encourage them to discuss what's on their mind. If you don't have any answers, it's okay to tell them so.



02

### Does having a routine help in this situation?

Having a structured routine for children who are yet to understand the open-endedness of this situation is very important. Create a consistent routine that works for your family. Remember to keep it flexible to include some free time too!



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### What should I do if my child acts out?

When faced with a conflict, take some time out to examine your response. Instead of reacting in anger, explain the consequences of their actions and give them the freedom to choose the way forward.



## How would I get to know if this situation is impacting my children?

COVID-19 has impacted our lives in many ways – particularly our financial, physical, and mental health. Children can sense this too and react negatively to it. Keep an eye out for how they are responding to these changes, and encourage them to discuss any concerns that they have with you. Some common reactions include

- Excessive crying or irritability
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- “Acting out” behaviours in teens
- Difficulty with attention and concentration
- Avoidance of activities they previously enjoyed
- Unexplained headaches or body pain
- Poor academic performance or avoiding school



## What can I do to help them cope better with this pandemic?

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As your children’s immediate role-model, their perception and response to the pandemic will be modeled on yours. Encourage them to follow social distancing protocols and make hygiene a priority. Include a healthy diet and get proper sleep in your routines to maintain immunity.

Also, pay attention to the emotions you experience & how you react to them as children pick on and emulate what their parents experience.

## How do I maintain a positive atmosphere at home?

It can be difficult to be positive given the circumstances, but it’s not impossible. When it comes to children, positive feedback goes a long way. Appreciate your children when they do something right. Inculcate gratitude by focusing their attention on what they have despite the hardships.





## Their screen time has increased, what do I do about that?

At the moment, it's possible that your child is spending more than average time on their screens. Monitor how they are spending this time. Create a schedule with technology-free periods in it where you can bond with them over a shared activity. While using their digital devices, encourage them to use them to connect with friends and loved ones.

## Should I also be mindful about our mental health?

Lastly, but most importantly, observe how this pandemic is impacting both you and your child's mental health. If you feel overwhelmed, it's okay to seek help. Reach out to your support system or seek professional help.

Similarly, have one-on-one check-ins with your child to see how they are coping.



## You words matter: Helpful phrases to calm an anxious child

- *I understand...*
- *I get it...*
- *Tell me how you feel...*
- *It's okay to be scared.*
- *I feel scared too...*
- *Tell yourself, "Yes I can do this!" or "It's going to be okay"*
- *Let me help you feel safe.*

We know times are tough, but we want you to know that what you're doing is enough. Your reassurance and courage will help your children tide over this tough time. Till then stay safe, stay healthy!