

# CONNECTING WITH YOUR CHILD DURING COVID-19



With school closures, social distancing and working remotely, parenting can become stressful. However, take this opportunity to create closer relationships with your child.

## One-on-One



Find some time to spend with each child. It can be 20-30 min. Ask your child to choose the activity they would like to do with you. Taking time and ensuring they choose the activity helps build a stronger bond and instill confidence in your child. Activities can vary from: reading a book, going through photo albums, sharing stories, cooking together, dancing to songs drawing etc.

## Get structured

Routine is essential to keeping harmony and flow at home. Create a schedule for you and your children. Routine helps kids and teens feel more secure. Ask them to help you choose activities and times for the schedule. They will more likely follow the schedule if they help create it.



## COVID conversation



Kids and teens will have many questions during these times. Do not hesitate to answer their concerns. Be willing to talk it out with them. Being silent about the issue will not protect them, having an open and honest conversation will create a stronger communication line between you and your children as well as create a sense of security and certainty with them. Share to the extent where you feel they will understand.

## Family time

Make sure to create a time where the whole family gets together. Create a family movie night or family games night every Friday. This will give you and your kids something to look forward to at the end of the week. Use this time to get closure as a family.



Available to support you every day between 9 am to 5 pm.

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