

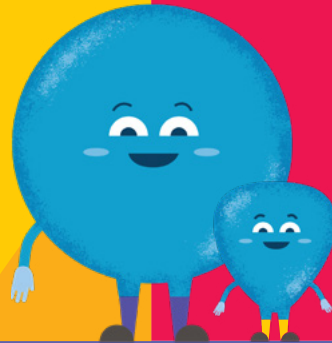
# Covid-19 Parenting One-on-One Time

Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

We can also see this as a chance to make better relationships with our children and teenagers.  
One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important.

## Set aside time to spend with each child.

It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.



## Ask your child what they would like to do.

Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this. (see next leaflet)

### Ideas with your baby/toddler.

- Copy their facial expression and sounds.
- Sing songs, make music with pots and spoons.
- Stack cups or blocks.
- Tell a story, read a book, or share pictures.



### Switch off the TV and phone. This is virus-free time.

### Ideas with your teenager.

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

### Ideas with your young child.

- Read a book or look at pictures.
- Make drawings with crayons or pencils.
- Dance to music or sing songs!
- Do a chore together – make cleaning and cooking a game!
- Help with school work.

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

For more information click below links:

Parenting tips from WHO

Parenting tips from UNICEF

In worldwide languages

EVIDENCE-BASE



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