



10 Tips for Parenting in Turbulent Times

- 1. Stay up-to-date:** Learn about COVID-19 in your community but AVOID the oversaturation of information that can add to stress.
 - Manage alerts and disconnect regularly.
 - Identify a few trusted sources for accurate updates and limit social media.
 - *Give yourself and others some grace.*
- 2. Prioritize self-care and be gentle with yourself:** Focus on what will help you feel restored. From music and meditation to watching animal videos - give yourself a brief mental break.
- 3. Connect with others virtually:** Keep up social ties with others. Plan regular times to call family and friends. Engage others with email, texting, video chatting and social media.
- 4. Foster calm:** In times of change, opportunities to engage in calming behaviors are important. Schedule coping and calming activities daily and introduce new calming behaviors.
- 5. Demonstrate deep breathing:** This is a valuable tool for calming the nervous system. Use Fitbits, Apple watches, breathing apps or a simple timer. Just 2 minutes of less shallow breathing and deep breathing instead helps tremendously.
- 6. Be a role model:** Children learn by example and will react to and follow your reactions.
 - *Remember that frustrated or bored children are more likely to act out.*
- 7. Seek some positive:** Read good news, sing, laugh, dance, go outside and allow older kids to connect virtually with friends. Help younger children do the same.
- 8. Establish and maintain a daily routine:** A written posted schedule is EXTREMELY important. Toddlers can even benefit from a schedule with pictures. They may not know exact times, but it will provide a sense of control and it helps family members respect other's need for quiet or uninterrupted time.
 - *Establish routines – with a mix of physical activity, togetherness, and alone time.*
- 9. Identify projects that might help others:** This could include letters to the neighbors, healthcare workers, creating positive social media or reading a favorite book on a social media platform.
- 10. Be alert to the signs of struggle even if a child can't verbalize:** Continue to offer support, reassurance and understanding and seek help from your EAP if your child is still struggling after 2 weeks.

PRACTICE GRATITUDE:

What 3 good things happened today?

Write those down or BEFORE LIGHTS OUT at least try asking - what was the best part of your day?