

# **COVID-19 PARENTING** Family harmony at home

When we model peaceful and loving relationships, our children feel more secure and loved. Positive language, active listening, and empathy help maintain a peaceful and happy family environment these under stressful times.

#### We are models for our kids

- How we talk and behave in front of others is a big influence on how they behave too!
- Try to talk kindly to everyone in the family, adults and children
- Bad communication between adults in the household can have a negative impact on our children
- The more we practice modelling peaceful, loving relationships for our children the more secure and loved they will feel

#### Share the load

- Looking after children and other family members is difficult. but it's much easier when responsibilities are shared
- Try to share household chores, childcare, and other tasks equally amongst family members
- Create a schedule for time "on" and time "off" with other adults in your household
- It is okay to ask for help when you are feeling tired or stressed (>) so that you can take a break

# **Feeling stressed** or angry?

- (>) Give yourself a 10-second pause. Breathe in and out slowly five times. Then try to respond in a calmer way. Millions of parents say this helps - A LOT
- Call a truce when you can see arguments building up, and go into another room or outside if you can
- See Tip Sheets on "When We Get Angry" and "Keep Calm and Manage Stress"

### **Use positive language. It works!**

- > Tell others what you want them to do instead of what you don't want them to do: Instead of "Stop shouting," try "Please speak more quietly"
- Praise makes others feel appreciated and good about themselves. Simple words like, "Thank you for clearing the dinner," or "Thank you for watching the baby" can make a big difference

# **Nice things** to do together as a family

- Let each family member take turns to choose a whole-family activity each day
- Find ways to spend quality time with your partner and other adults in your home, too!

## Be an empathetic active listener

- Listen to others when they are talking with you
- Be open and show them that you hear what they are saying
- > It can help to even summarise what you have heard before responding: "What I hear you saying is...'





Click HERE for useful resources and support if you are experiencing violence at home

For more information click below links:

TIPS FROM WHO

TIPS FROM UNICEF

OTHER LANGUAGES

EVIDENCE-BASE































The COVID-19 Playful Parenting Emergency Response is supported by the LEGO Foundation, the philanthropic donors to the University of Oxford's COVID-19 Research Response Fund, and the UKRI GCRF Accelerating Achievement for Africa's Adolescents (Accelerate) Hub. Research on Parenting for Lifelong Health is supported by the UKRI GCRF Accelerate Hub, the Oak Foundation, the European Research Council (ERC) under the European Union's Seventh Framework Programme and the Horizon 2020 Research and Innovation Programme, the Global Alliance for Chronic Diseases under the European Union's Horizon 2020 Research and Innovation Programme, UNICEF, WHO, Oxford University Innovation GCRF Sustainable Impact Fund, the Leverhulme the Economic and Social Research Council, CIDA, the National Research Foundation of South Africa, Ilifa Labantwana, the John Fell Fund, the Evaluation Fund, the UBS Optimus Foundation, USAID-PEPFAR, the Wellcome Trust, Grand Challenges Canada and Wellspring Advisors