

# 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

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