Northeast & Caribbean (HHS Region 2)
MHTTC
Mental Health Technology Transfer Center Network
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Parenting During a Pandemic: Tips for Success

Establish Routines

Children who can predict scheduled activities are:

- *Less likely to engage in inappropriate behavior*
- *More likely to engage in school work*

Tips:

1. *Make sure children are getting up each day and showering and changing clothes just like they would if they were going to school in-person.*
2. *Build-in breaks for children as well as yourself if you are working from home. Especially the little ones. Children typically have recess at school, so it's important to offer recess during remote learning.*
3. *Establish a start and end time for school activities. Children need to shut down from remote learning.*

Maximize Choice

Tips:

1. *Remember to provide options you can live with.*
2. *For example, "Would you like to do your math or English homework first?"*
3. *Have children help you create their schedule with you so you both know the expectations. Build-in school time, homework time, playtime, relaxation time, and family time.*

Model Positive Coping Strategies

Tips:

1. *Children learn how to deal with difficulties by watching adult behavior. Model healthy coping. strategies such as deep breathing, meditation, exercise, etc. Consider doing these things together as a family.*
2. *Learn a new skill. Challenge children to find a new hobby by looking at Pinterest or YouTube. You can do this also.*
3. *Challenge children (and yourself) to find a way to be of service in the world despite all the safety restrictions.*

Label Emotions

Tips:

1. *Help your child identify how they are feeling.*
   a. *Example:"I feel _____ because _____.*
2. *Help provide emotional vocabulary if necessary. Emojis can be a great emotional vocabulary tool!*
3. *Reframe the mistakes children make as opportunities to learn and involve them in planning to improve their work.*

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Reinforce Positive Behavior

Tips:

1. *Less nagging, more praise.*
2. *Positive praise increases positive behavior.*
    a. *Example: "Great job washing the dishes without me asking, Kevin!"*
3. *Involve children in planning timelines for completing learning tasks and allow them to monitor their own progress in meeting their timelines.*
4. *Involve children in giving themselves small rewards for working on tasks that are important.*
    a. *Example: A child finishes memorizing terms. "What could you reward yourself with? A favorite book, phone a friend, a small snack, a few minutes of gaming, etc."*
5. *Lower your expectations just a little during this time. Acknowledge that children are having a difficult time as well.*

Additional Resources:

HELLO, MY NAME IS CORONAVIRUS

A fun a free downloadable book to support children under the age of seven.

mindheart.co/descargables

MAGINATION PRESS FAMILY

Tools and strategies to manage stress and anxiety in children and tips on mindfulness.

maginationpressfamily.org

MOVEMENT/EXERCISE ACTIVITIES

Resources and guides for movement, exercise, and health activities to do at home.

bit.ly/39J7YbS

SESAME STREET

A Moment to Yourself: Parent PSA

youtu.be/aEmaWIxyhj8

COSMIC KIDS YOGA

Yoga, mindfulness, and relaxation for kids

youtube.com/c/CosmicKidsYoga/

FIRST AID FOR FEELINGS

A workbook to help kids cope during the Coronavirus pandemic.

teacher.scholastic.com/education/coronavirusworkbook/index.html

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