

TIPS FOR PARENTING DURING COVID-19



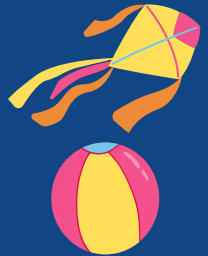
Evidence informed advice



Engage children in conversations about COVID-19. It may be helpful to include kid-friendly media such as a comic or video.

Consider these ideas for answering COVID-19 questions from children aged 0-3 years old.

Encourage outdoor play while maintaining a 6ft/2m distance from neighbours or friends. Bring your own balls, toys, surface, and sports equipment and clean them after each use. Wash children's hands after playtime.



Add fun to activities that prevent COVID-19 such as making your own (~20 second) song for handwashing or creating a contest to see who touches their face the least.

Anxiety or fear in young children may present as changes in behaviour such as: thumb sucking, bedwetting, clinging to parents, sleep disturbances, tantrums, agitation, loss of appetite, complaining of headache or stomach ache, fear of the dark, regression in behavior, and withdrawal.



Helpful tools to address fear and anxiety in children include: creating/maintaining routines, limiting screen/social media time, having calm conversations, and identifying a safe space in your home where children can retreat to when stressed.