

1 COVID-19 PARENTING One-on-One Time

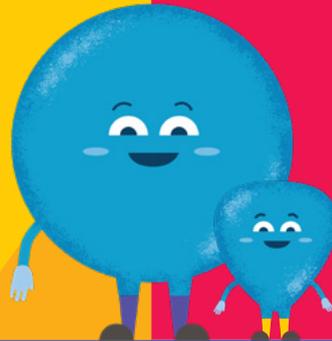
Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

We can also see this as a chance to make better relationships with our children and teenagers.
One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important.

Set aside time to spend with each child.



It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.



Ask your child what they would like to do.



Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this. (see next leaflet)

Ideas with your baby/toddler.



- Copy their facial expression and sounds.
- Sing songs, make music with pots and spoons.
- Stack cups or blocks.
- Tell a story, read a book, or share pictures.

Switch off the TV and phone. This is virus-free time.

Ideas with your teenager.

- Talk about something they like: sports, music, celebrities, friends.
- Cook a favourite meal together.
- Exercise together to their favorite music.

Ideas with your young child.

- Read a book or look at pictures.
- Make drawings with crayons or pencils.
- Dance to music or sing songs!
- Do a chore together – make cleaning and cooking a game!
- Help with school work.

**Listen to them, look at them.
Give them your full attention.
Have fun!**

For more information click below links:

Parenting tips
from WHO

Parenting tips
from UNICEF

In worldwide
languages

EVIDENCE-BASE



unicef
for every child



The mark "CDC" is owned by the US Dept of Health and Human Services and is used with permission. Use of this logo is not an endorsement by WHO for CDC of any particular product, service, or enterprise.

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 Trust, 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-PEPPAR, the Wellcome Trust, Grand Challenges Canada and WellSpring Advisors.

