

# Parenting through challenging times

## Try to stay calm, listen and reassure

- Do your best to be a role model for your child(ren)
- Try to make life in your home predictable (since we can't control the world outside)
- Understand that children's challenging behaviour may be due to their worries
- Provide lots of love and affection. Take time to talk with your children
- Try to live in the moment...take things one day at a time
- Remember and reassure your child(ren) that this situation is temporary

## Managing life at home

- Try to maintain a normal routine as much as you can with bedtimes, meals and exercise
- Try to make time to do things with your family
- Encourage bedtime routines, limit stimulating activities before bed
- Monitor (and limit) the information children are receiving about the situation
- Adjust your expectations and priorities. Find what works for you and your family
- Do your best to help children with distance learning (see Board Distance Learning document)
- Reach out for support from teachers, school support staff or the community if you need it

## Self-care for parents

- Feelings like loneliness, boredom, anxiety, stress, and panic are normal given our situation
- Breathe (inhale pause, exhale pause). Accept the emotions you are feeling. Let them pass
- Take a break. Do something kind for yourself
- Take time for yourself when you can (when children are sleeping or busy)
- Give yourself compassion for your own struggles. We are all in this together
- Remember you are doing your best!

## Activities for children at home

### Preschool

- Get musical. Dance, sing songs or create your own instruments out of household items
- Tell simple stories, read a book or look at pictures, watch movies together
- Practice skills such as holding crayons, drawing and making simple crafts

### Young Children

- Read books and look at pictures, watch movies together
- Go for a walk
- Make a gratitude chart

### Teenagers

- Be open to talking about their likes such as sports, music, social media
- Go for a walk or find a way to exercise together
- Play cards and board games, bake, watch movies together, laugh

