

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



- 1 Sing songs, make music with pots and spoons
- 2 Copy their facial expression and sounds
- 3 Stack cups or blocks
- 4 Tell a story, reading a book or showing pictures

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

Ideas with your teenager

- 1 Talk about something they like: sports, T.V. show, friends
- 2 Go for a walk – outdoors or around the home
- 3 Do a workout together

Ideas with your young child

- 1 Read a book or look at pictures
- 2 Go for a walk – outdoors or around the home
- 3 Play dance and freeze!
- 4 Do a chore together – make cleaning and cooking a game!
- 5 Help with school work

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

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Say the behaviour you want to see!

- > Use positive words when telling your child what to do; - like 'Please put your toys away' (instead of 'don't make a mess!')

It's all in the delivery!

- > Shouting at your child will just make you and them more stressed and angrier. Get your child's attention by using their name. Speak in a calm voice.

Praise your child when they are behaving well!

- < Try praising your child or teenager for something they have done well. They may not show it, but you'll see them doing that good thing again. It will also reassure them that you notice and care.

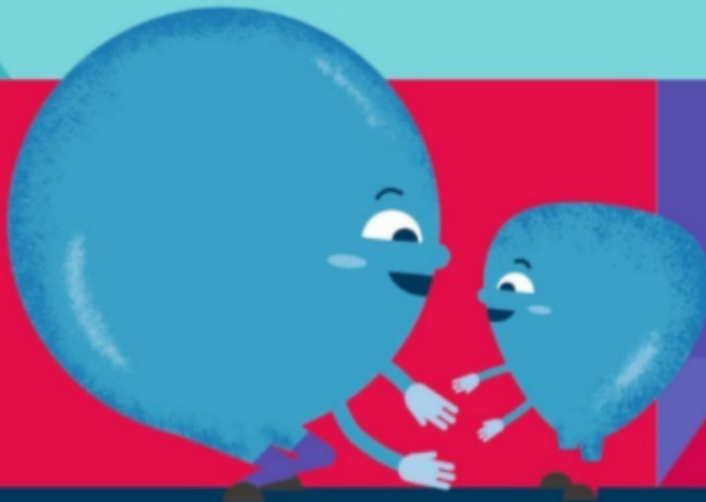


Get real

- > Can your child actually do what you are asking them? It is very hard for a child to keep quiet inside for a whole day but maybe they can keep quiet for 15 minutes while you are on a call.

Listen to your child's needs!

- > Teens especially need to be able to communicate with their friends. Try to give them the space to express themselves – especially if they are wanting to talk about their own fears and concerns.



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