

COVID-19 PARENTING

Parenting in crowded homes and communities

Keeping your family healthy and safe from COVID-19 can feel even harder when you live in crowded conditions. There are things you can do to make this easier for your family.

Stay where you are

- Limit those leaving and returning to your immediate living space to as few and as infrequent as possible
- Only leave your household or area for essential reasons like getting food or medical attention



Help your children with physical distancing

- Explain to your children that they have an important job of keeping themselves and their community healthy by temporarily physically distancing from others
- Show them extra positive attention when they make an effort to practice safe physical distancing from others

Make handwashing and hygiene fun!

- It might be hard to find soap and water, but practicing good hygiene is more important now than ever
- Try to wash all family members' hands as often as possible
- Let children teach each other how to wash their hands
- Encourage children to avoid touching their face

Share the load

- Looking after children and other family members is difficult in cramped spaces, but it's much easier when responsibilities are shared
- Try to share household chores, childcare, and other tasks equally amongst family members
- Create a schedule for time "on" and time "off" with other adults in your household
- It is okay to ask for help when you are feeling tired or stressed so that you can take a break

Exercise daily

- Encourage children to think of activities they can do to exercise while avoiding contact with who do not live already in your immediate space
- Jumping activities, dancing or running in circles can be fun!

Take a Pause

- You might not have space to yourself to deal with all the stress and emotions you are feeling
- Notice when you are feeling stressed or upset and take a pause...even three deep breaths can make a difference!

Well done! Millions of families finds that this helps





Keep using Tips 1-6

Keeping positive, having a routine and trying to get some one-to-one time with each child when you can will help you manage your child behaviours and your feelings.

For more information click below links:

TIPS FROM WHO

TIPS FROM UNICEF

OTHER LANGUAGES

EVIDENCE-BASE































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, JNICEF, WHO, Oxford University Innovation GCRF Sustainable Impact Fund, the Leverhulme 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-PEPFAR, the Wellcome Trust, Grand Challenges Canada and Wellspring Advisors