

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.

School shutdown is also 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 favorite 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!**

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