

KEEPING IT 
POSITIVE

 **ONE-ON-ONE
TIME**

STRUCTURE 
ROUTINES

 **COVID-19
PARENTING
TIPS**

CHALLENGING 
BEHAVIOUR

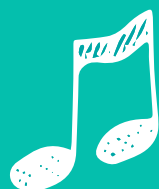
 **KEEP
CALM**

 **BE WILLING TO
TALK**

ORIGINAL CONTENT FROM WORLD HEALTH ORGANIZATION



IDEAS WITH YOUR TEENAGER



- › Talk about something they like: sports, music, celebrities, friends
- › Go for a walk around the home
- › Exercise together to their favourite music

IDEAS WITH YOUR BABY & TODDLER



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

IDEAS WITH YOUR YOUNG CHILD

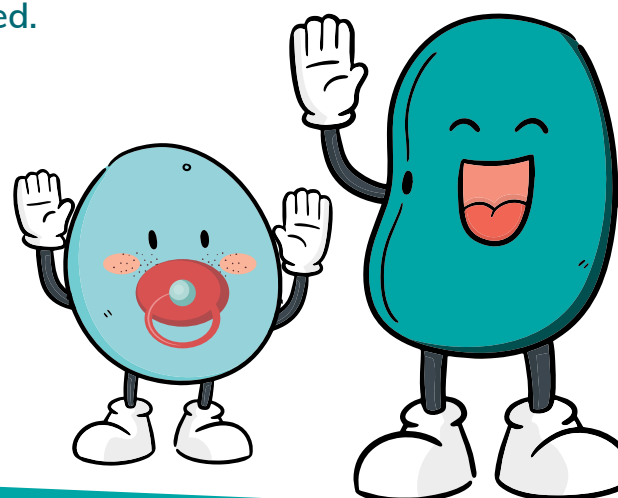
- › Read a book or look at pictures
- › Go for a walk
- › Dance to music or sing songs!
- › Make cleaning and cooking a game!
- › Help with school work



ONE-ON-ONE TIME

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

School closure is also a chance to improve our relationships with our children and teenagers.



SET ASIDE TIME TO SPEND WITH EACH CHILD



It can be for just 20 minutes, or longer – it's up to you. 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

Making their own choices builds a child's confidence. If their choices break physical distancing [or curfew] rules, take this chance to talk things over.



SWITCH OFF THE TV AND PHONE



This is virus-free time. Listen to them, look at them. Give them your full attention. Have fun!



SAY THE BEHAVIOUR YOU WANT TO SEE



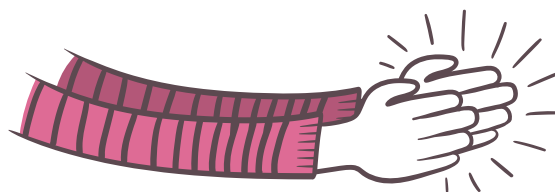
Use positive words when telling your child what to do; like 'Please put your clothes away' (instead of 'Don't make a mess')

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.

KEEPING IT POSITIVE



IT'S ALL IN THE DELIVERY

Remember your child models behaviour he or she sees. Get your child's attention by using their name. Speak in a calm voice.



It's hard to feel positive when our kids or teenagers are driving us crazy. Children are much more likely to do what we ask if we give them positive instructions and praise when they get it right.



HELP YOUR TEEN STAY CONNECTED

Teens especially need to be able to communicate with their friends. Help your teen connect through social media and ways that are socially-distant and safe. This is something you can do together, too!



GET REAL

Can your child actually do what you are asking them? It is hard for anyone to stay indoors and be quiet all day, but maybe your child can be quiet for 15 minutes while you make a call.

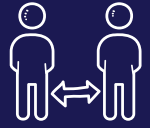


MAKE HANDWASHING AND HYGIENE FUN



Make a 20-second song for washing hands. Add actions! Give children points and praise for regular handwashing. Make a game to see how few times you can touch your faces with a reward for the least number of touches.

TEACH YOUR CHILD ABOUT KEEPING SAFE DISTANCES



You can write letters and draw pictures to share with people. Put them up outside your home for others to see! You can reassure your child by talking about how you are keeping safe. Listen to their suggestions and take them seriously.

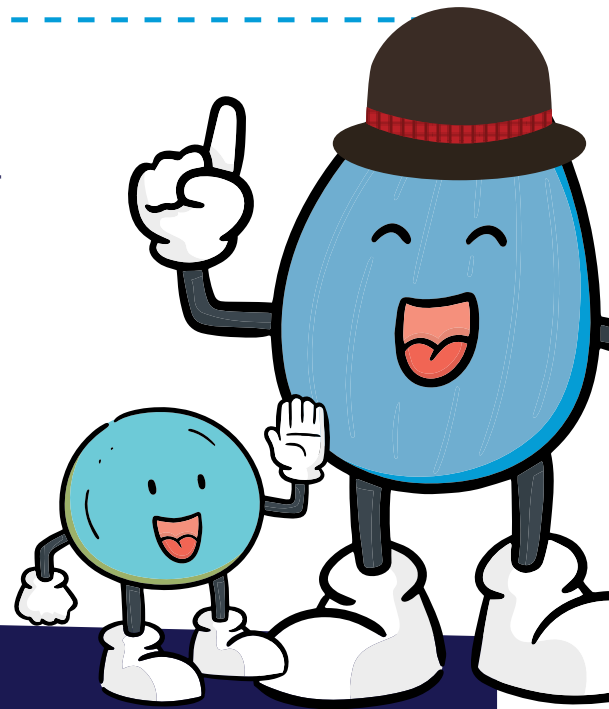
STRUCTURE ROUTINES

BE A ROLE-MODEL



If you practice keeping safe distances and hygiene yourself, and treat others with compassion, especially those who are sick or vulnerable – your children and teenagers will learn from you.

COVID-19 has taken away our daily work, home and school routines. This is hard for children, teenagers and for you. Making new routines can help.



DAILY ROUTINES



Make a schedule for you and your children that has time for structured activities as well as free time. This can help children feel more secure and improve behaviour. Children or teenagers can help plan the routine for the day – like making a school timetable. Children are more likely to follow the schedule if they help you write it. Include physical exercise every day- this helps with stress and kids with lots of energy at home.



USE CONSEQUENCES

Consequences help teach our children responsibility for what they do. They also allow discipline that is controlled. This is more effective than hitting or shouting. Give your child the choice to follow your instruction before giving them the consequence. Try to stay calm when giving the consequence.



Make sure you can follow through with the consequence. For example, taking away a teenager's phone for a week is hard to enforce. Taking it away for one hour is more realistic. Once the consequence is over, give your child a chance to do something good, and praise them for it.

CHALLENGING BEHAVIOUR

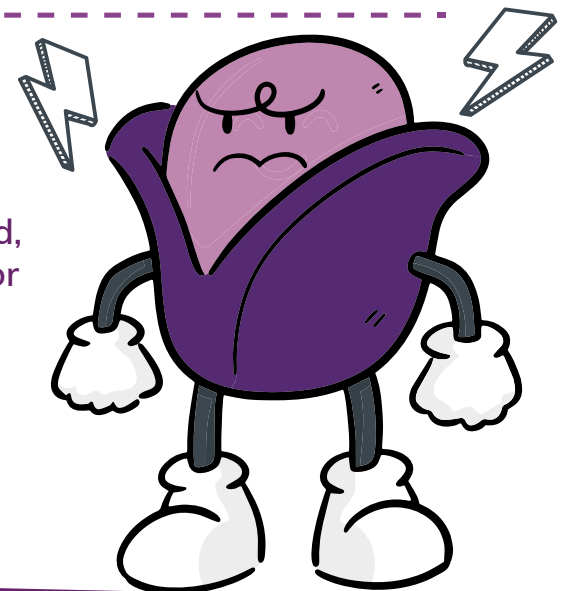


TAKE A PAUSE



Feel like screaming? Give yourself a 10-second pause. Breathe in and out slowly five times. Then try to respond in a calmer way. Millions of parents say this helps - A LOT.

All children misbehave. It is normal when children are tired, hungry, afraid, or learning independence. And they can drive us crazy when stuck at home.



REDIRECT

Stop it before it starts! When they start to get restless, you can distract with something interesting or fun. Catch bad behaviour early and redirect your kids' attention from a bad to a good behaviour.



KEEP USING TIPS 1-3

One-on-One time, praise for being good, and consistent routines will reduce bad behaviour. Give your children and teens simple jobs with responsibilities and praise them when they do them!



YOU ARE NOT ALONE

Millions of people have the same fears as you. Find someone who you can talk to about how you are feeling. Listen to them. Avoid social media that makes you feel stressed.



SELF CARE

TAKE A BREAK

We all need a break sometimes. When your children are asleep, do something fun or relaxing for yourself. Make a list of healthy activities that YOU like to do. You deserve it!



LISTEN TO YOUR KIDS

Be open and listen to your children. Your children will look to you for support and reassurance. Accept how they feel and give them comfort.

KEEP CALM

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This is a stressful time. Take care of yourself, so you can support your children.

1-MINUTE RELAXATION ACTIVITY

★ Step 1: Set up

- Find a comfortable sitting position. You could even just stop where you are and do this standing up - sometimes even having to find somewhere to sit seems hard!



Step 2: Think, feel, body

- Ask yourself, "What am I thinking now?"
- Notice your thoughts. Notice if they are negative or positive.
- Notice how you feel emotionally. Notice if your feelings are happy or not.
- Notice how your body feels. Notice anything that hurts or is tense.

★ Step 3: Focus on your breath

- Listen to your breath as it goes in and out.
- You can put a hand on your stomach and feel it rise and fall with each breath.
- Say to yourself "It's okay. Whatever it is, I am okay."
- Then just listen to your breath



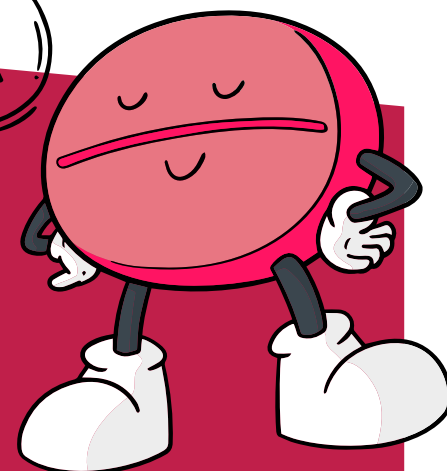
Step 4: Coming back

- Notice how your whole body feels.
- Listen to the sounds in the room.



Step 5: Reflecting

- Think 'do I feel different at all?'.
- When you are ready, open your eyes.





HEROES NOT BULLIES



Explain that COVID-19 has nothing to do with the way someone looks, where they are from, or what language they speak. We can be compassionate to people who are sick and those who are caring for them.

BE OPEN AND HONEST



Allow your child to talk freely. Ask them open questions and find out how much they already know. Always answer their questions truthfully. Think about how old your child is and how much they can understand.

IT IS OK NOT TO KNOW THE ANSWERS



It is fine to say "We don't know, but we are working on it; or we don't know, but we think." Use this as an opportunity to learn something new with your child!

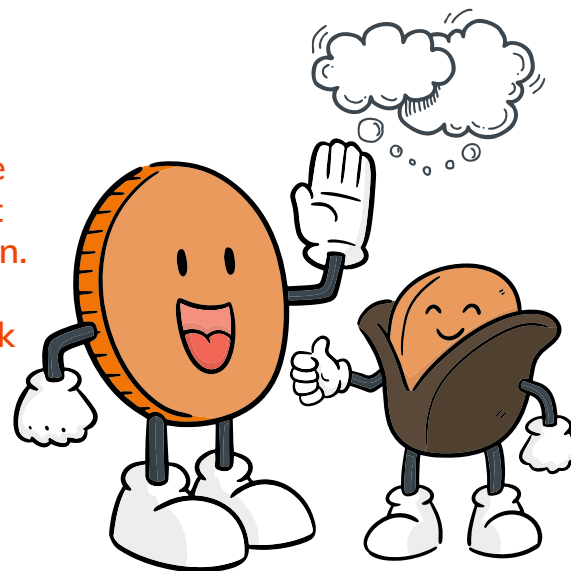
BE SUPPORTIVE

Your child may be scared or confused. Give them space to share how they are feeling and let them know you are there for them.



BE WILLING TO TALK

Be willing to talk. They will already have heard something. Silence and secrets do not protect our children. Honesty and openness do. Think about how much they will understand. You know them best!



END ON A GOOD NOTE

Check to see if your children are okay. Remind them that you care and that they can talk to you anytime. Then do something fun together!



THERE ARE A LOT OF STORIES GOING AROUND

Some may not be true. Use trustworthy sites like gov.ky/coronavirus



COVID-19 PARENTING TIPS

IN COLLABORATION WITH:



CAYMAN ISLANDS
GOVERNMENT



MINISTRY OF
HEALTH, ENVIRONMENT,
CULTURE & HOUSING
CAYMAN ISLANDS GOVERNMENT



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