



Parenting Tips During This COVID -19 Pandemic

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Big Love | CHILD PROTECTION SPECIALIST CENTRE

A Programme by MontfortCare

The COVID-19 pandemic is an unexpected situation that the world is trying to cope with today. We understand you may be having issues adjusting. We hope that the parenting tips will give you some information on how you can cope as a parent.





Practice some BIG LOVE to start your day



Breathe slowly

I need a pause statement

Good behaviour focused

Learn to praise yourself when you have done well

Open to apologise

Volume self-check (am I getting too loud?)

Eat and play together too



Keep Calm and Manage Stress



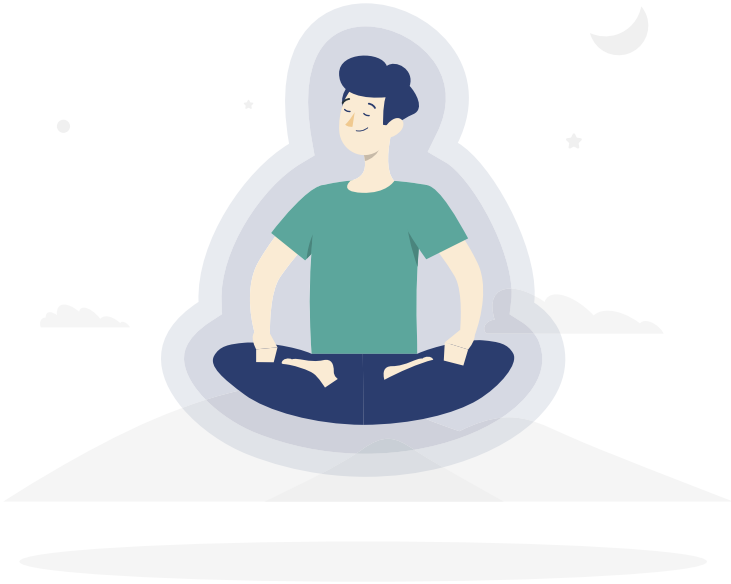
Your child will be on home-based learning. You are working from home, your business may have been affected and that you are worried about money, about food, about family members falling sick. It is normal to feel stressed and overwhelmed.

You are not alone. Find someone you can talk to over the phone. Talk about how you are feeling. Listen to them too. If watching the news and reading news about the pandemic makes you feel helpless or cause sleeplessness, decrease the exposure or avoid them for a while.

When your child is asleep, do something relaxing that you enjoy such as watching a nice movie, listening to music, joking with your spouse, having a warm bath. You deserve a break



1-minute Relaxation Exercise!



When kids and work get to you, take a minute off and learn to relax in 6 easy steps.

1. Sit comfortably on a chair with your hands resting on your lap, your back and head resting against your seat, and your feet flat on the floor.
2. Close your eyes and fix your mind on an image that is safe and relaxing (e.g. sitting at the beach, looking towards the sea).
3. Take a deep breath in through your nose and count to 7 and breathe out through your mouth.
4. You can put your hand on your stomach/chest and feel it rise and fall.
5. Continue to breathe in and out slowly (do about 6 rounds). Listen to the sound of your breathing.
6. When you are ready, open your eyes!



Talking about the Pandemic



Your child may be feeling the tension from you without talking about it and it may cause them to feel afraid. Hence, it is not helpful to keep silent. Instead, encourage them to ask questions and hear from them. It is okay not to have the answers and let them know that they can also check with teachers or that you can find out and learn together with your child. Use information to help share about this virus and use the opportunity to teach them about handwashing and hygiene. Teach them to keep a safe distance. Model to your child good hygiene practice and safe distancing.



Have a daily routine



Make a schedule for you and your child. If you need help, seek your social workers or check online on how to create a simple structure. This will help to occupy your child so that they have lesser time to misbehave when they have something to do. It also helps them feel more secure. You can also include some fun time, tv time, art and craft time, as well as exercise time apart from doing school work. There are also many online resources that help your child to have fun learning at home.



Managing misbehaviour



Children can drive us crazy when they are stuck at home. All children will misbehave at one point or another. It is normal for children to misbehave when they are tired, hungry, afraid, or learning independence.

Managing misbehaviour



Redirect

- a. Catch misbehavior early and redirect your child's attention from a bad to a good behavior
- b. Stop it before it starts! When they start to get restless, you can distract with something interesting or fun. For eg, "Come let's play this game or toy. Let me show you how to play this new game".

Managing misbehaviour



Take a pause!

When you feel like screaming or hitting your child, give yourself a 10-second pause. Breathe in and out slowly 5 times. Try to respond in a calmer way. Or call someone to talk about your difficulties or struggles to ground yourself before you lose it.



Managing misbehaviour



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.

- a. Give your child a choice to follow your instruction before giving them the consequence. For eg, “Do you want to keep your toys properly or leave it there?” “If you leave it there, I will have to keep it away from you.”
- b. Try to stay calm when giving the consequence. For eg, take a deep breath in and out, or get yourself a nice cup of drink.
- c. 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 an hour is more realistic.
- d. Once the consequence is over, give your child a chance to do something good, and praise them for it. “Good job for keeping your books away”

Keep positive



It's hard to feel positive in times like these, especially in moments when our children misbehave. We might often end up saying "Stop doing that!" However, children are more likely to do what we ask if we give them positive instructions and lots of praises for what they have done right.



Keep positive



Say the behaviour you want to see

Use positive words when telling your child what to do for eg, "Please put your clothes away" (instead of don't be so untidy)



Keep positive



Don't shout

Shouting at your child make you and them angrier and stressed. Get your child's attention by calling out their name in a calm voice.



Keep positive

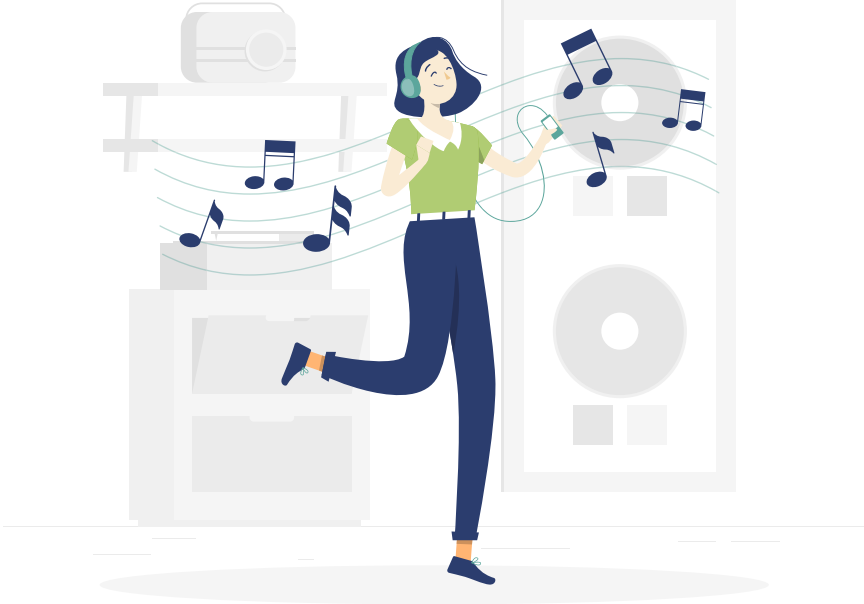


Give them positive attention

Make an effort to spend some time alone with your child, praise them when he/she is doing good. Give them the attention when they are behaving instead of giving attention only when they are misbehaving. A consistent routine will reduce their bad behavior.



Keep positive



Occupy them and help them to feel good about what they can do

Give your children and teens simple jobs with responsibilities. Just make sure it is something they are able to do. Praise them when they do it.



Keep positive



Be realistic

Can your child actually do what you are asking them to do? For eg, it is very hard for a child to keep quiet inside the house whole day. It's easier for them to keep quiet for 15 mins to half an hour if they could be occupied with an activity such as watching tv or reading a book while you attend a phone call or an video call work meeting.



Keep positive



Help your child stay connected

Your child or teenagers need to be able to communicate with their friends. Encourage your child to get connected through social media or other safe distancing ways. Video call friends and relatives to catch up and catch over virtual snacks or coffee. Share about an interesting movie or cartoon or activities that you can do at home.

If you see, hear or sense something dangerous,
SEEK HELP!

Help us to help them

HOTLINES/EMAILS:

CHILD ABUSE

MSF Child Protective Services
1800 777 0000

Big Love Child Protection Specialist Centre
6445 0400

Heart@Fei Yue Child Protection Specialist Centre
6819 9170

INTERPERSONAL VIOLENCE/CHILD ABUSE

intake@pave.org.sg

FAMILY VIOLENCE

Trans Safe Centre
6449 9088

Project Start
6476 1482

AWARE
1800 777 5555

If you sense immediate danger, call the Police



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