

COVID-19 PANDEMIC PARENTING PROTECTING CHILDREN FROM VIOLENCE

1



1. HEALTHY PARENTS

- **HEALTHY PARENTS** – You can attend your child’s emotional needs more effectively when you’re in good psychological & physical health yourself.
- **MANAGING YOUR EMOTIONS** – self-awareness is a fundamental of emotional management.
- **COMMUNICATIONS** – good communications are important in helping your child feel secured and supported during the pandemic.

2. STAY CONNECTED IT CAN TAKE ONLY JUST 20 MINUTES OR LONGER IN OFFLINE ACTIVITIES.

TURN OFF YOUR MOBILE PHONE / TV



Take advantage of this quarantine time to bond with your child. Even short periods playing, going outdoors, and talking can bolster child’s sense of safety and security during uncertain or scary times like this.



3. POSITIVE DISCIPLINE IT’S HARD TO FEEL POSITIVE WHEN OUR KIDS ARE DRIVING US CRAZY. TRY TO GIVE THEM POSITIVE INSTRUCTIONS AND LOTS OF PRAISES FOR WHAT THEY DO RIGHT.



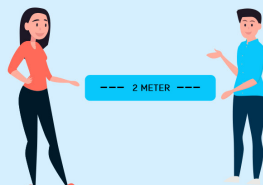
- Say the behavior you want to see
- Speak in calm voice. Get your child’s attention by using their name.
- Praise your child when they are behaving well
- shouting at your child will just make you and them more stressed and angrier

4. CREATE A FLEXIBLE BUT CONSISTENT DAILY ROUTINE

MAKE A SCHEDULE FOR YOU AND YOUR CHILD THAT HAS TIME FOR STRUCTURED ACTIVITIES AS WELL AS FREE TIME.



Include exercise in each day this helps with stress and child with lots of energy at home.



Teach your child about keeping safe distances



Make handwashing and hygiene. make sure your child wash their hands for at least 20 seconds.



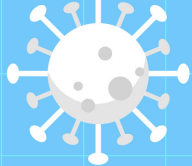
Be a role model for your child’s behavior good practice in keeping safe distance hygiene yourself – your child will learn from you.

Courtesy information from <https://www.end-violence.org/protecting-children-during-covid-19-outbreak#children>

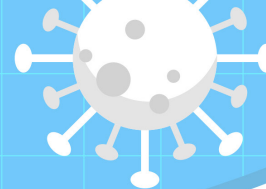
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2

5. HANDLING YOUR CHILD'S BAD BEHAVIOR.

Avoid attributing your child's emotions to his negative intent. Take a break and stay calm when you are angry or overwhelmed. Parental stress can lead to disruption of parenting.



• DISTRACTION

is a simple but yet effective strategy when behavior might be a problem. For example; change the scene.



• TAKE A BREAK

Breathe in and out slowly 5 times as the result you will be calmer and better position to respond.



• REWARD GOOD BEHAVIOR

to motivate and inspire good behaviors of your children.



• SPENDING TIME WITH YOUR CHILDREN

praising them, and positive discipline are important in handling your child's negative behaviors.

6. MANAGING STRESS This is a stressful time. Take care of yourself, so you can take care of your children.



• YOU ARE NOT ALONE

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



• TAKE A BREAK

We all need a break. Do something fun or relaxing for yourself. Make a list of healthy activities that you can do. For example: walking, gardening or meditating.



• LISTEN TO YOUR CHILD

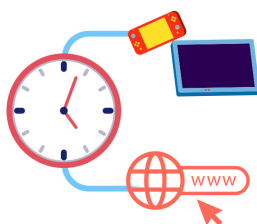
Be open and listen to your child when they share how they are feeling. Accept how they feel and give them comfort.

7. TALKING ABOUT COVID-19 Be willing to talk about it. Silence and secrets do not protect your child. Honesty and openness do.



Be open and listen – allow your child to talk or draw to find out how much they know about the covid-19
Be supportive – give them space to share how they are feeling and let them know you are there for them.

8. KEEPING YOUR CHILDREN SAFE ONLINE



Set screen time limits to balance online and offline activities
Especially, children aged under 2 years old should not be exposed to online media



They are at higher risk of sexual exploitation, cyberbullying or other online threats. Teach your kids how to detect fake news, photo and cyberbullying.

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