



CORONAVIRUS

Coping Hacks for Parents and Children

The Tobago House of Assembly
The Division of Education, Innovation and Energy
Student Support Services Unit



WHAT A TIME TO BE ALIVE!



- During this time of the Coronavirus pandemic, it is easy as parents, to feel overwhelmed, stressed and ready to give up.
- Your everyday routines have changed drastically. You are now forced to adjust to this “new normal” but, with the right support, adjustments to these changes may be easier.

COVID-19 COPING HACKS

This presentaton will offer guidance on:

1. Having one-on-one time with your child/children.
2. Keeping positive during the pandemic.
3. Creating structure (routine).
4. Maintaining good hygiene and physical distancing.
5. Dealing with your child/children's inappropriate behaviour.
6. Keeping calm and managing stress.

HAVING ONE-ON-ONE TIME WITH THE CHILDREN

One-on-one time with your child/children during this time is very important because:

- It makes relationships better.
- It reinforces love and security.
- It's free and fun.
- It's a time that you and your child/children can get to do activities that are enjoyable.



KEEPING POSITIVE

Positive words and actions towards your child/children during this time can make a HUGE difference in how they deal with the changes taking place around them. So:

- Keep it positive even when instilling discipline.
- Keep calm - speak in a calm, stern voice where possible.
- Praise appropriate behaviour.
- Be mindful of your thoughts and actions.



CREATE STRUCTURE

Having a structure at home helps to significantly reduce feelings of frustration and anxiety.

- Make sure your routines are consistent and flexible.
- Routines should include both structured activities and free time.
- Get the child/children involved in planning the routines.



MAINTAINING HYGIENE AND PHYSICAL DISTANCING

In order to reduce the spread of the Coronavirus, proper hygiene and physical distancing are very important.

- Teach your child/children proper hygiene (washing hands, using hand sanitizers, wearing masks) and keeping a safe distance (6 feet) from others when in public.
- Hand washing could be turned into a fun activity for younger children.

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

⌚ Duration of the handwash (steps 2-7): 15-20 seconds
⌚ Duration of the entire procedure: 40-60 seconds

0 Wet hands with water.

1 Apply enough soap to cover all hand surfaces.

2 Rub hands palm to palm.

3 Right palm over left dorsum with interlocked fingers and vice versa.

4 Palm to palm with fingers interlocked.

5 Backs of fingers to opposing palms with fingers interlocked.

6 Rotational rubbing of left thumb clasped in right palm and vice versa.

7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.

8 Rinse hands with water.

9 Dry hands thoroughly with a single use towel.

10 Use towel to turn off faucet.

11 Your hands are now safe.

World Health Organization | Patient Safety | SAVE LIVES Clean Your Hands

COPING WITH INAPPROPRIATE BEHAVIOUR



All children misbehave. Children may also be feeling stressed and overwhelmed and this may be causing them to start lashing out. What can be done to help?

- Redirect inappropriate behaviour early. When restlessness sets in, distract them with something interesting and fun.
- Be mindful of your response. Give yourself a 10-second pause and breathe slowly (5x), then try responding in a calmer way.
- Apply consequences for appropriate and inappropriate behaviour. Be consistent with them.
- TALK IT OUT!

KEEPING CALM AND MANAGING STRESS

- Take care of yourself as parents, so that you can take care of your child/children.
- Talk to someone about how you feel.
- Listen to your child/children, support and reassure them.
- Avoid social media and the news if they make you feel panicked.
- Make time for 'alone time.'
- Get involved in activities that you and your child/children enjoy.

NEED MORE INFORMATION?

Here are some sites from which you can access additional information or support:

- www.thadeie.org
- www.health.gov.tt
- www.learn.moe.gov.tt
- www.childmind.org
- www.unicef.org
- www.healthychildren.org

