

# Tips for Parenting During COVID-19

## Work with your child to identify activities that you can do together each day.

התאמה לשינויים במצב החיים של הילדים והוריהם. חשוב להבין את הצרכים והרגשות של הילדים, ולתמוך בהם. ניתן לעשות זאת באמצעות שיחה פתוחה, שמיעה אקטיבית, וצדקה. חשוב גם לזכור שהילדים הם יצורים רגישים, ולכן יש להיזהר במיוחד עם המילים וההתנהגות.

## Set aside at least 15 minutes to spend individual time with your child each day.

יש להקדיש זמן אישי לילד, גם אם זה רק 15 דקות. זה יכול להיות זמן לשיחה, קריאה, או פשוט להיות יחד.

## Take multiple breaks from electronics together each day.

יש להפחית את השימוש בטלפונים, טישוואות וטלוויזיה. זה יכול לעזור לילדים להרגיש יותר קשורים ולהפחית את החרדה.

## Keep a daily routine.

יש לשמור על קצב יומיומי. זה יכול לעזור לילדים להרגיש יותר בטוחים ולתמוך בהם.

## Praise your child immediately and frequently.

יש לתמוך בילדים באמצעות שבחים. חשוב לתמוך בהם גם אם הם עושים טעות, ולתמוך בהם גם אם הם לא עושים כלום. זה יכול לעזור להם להרגיש יותר בטוחים ולתמוך בהם.

## Direct carefully.

יש להדריך את הילדים בצורה חכמה. זה יכול לעזור להם להבין את המצב ולהתמודד איתו.

## Take exercise breaks.

יש לעשות הפסקות תרגילי גוף. זה יכול לעזור לילדים להרגיש יותר אנרגטיים ולתמוך בהם.

## Practice listening and reflecting back what you think your child is saying.

יש להקדיש זמן לשמוע את הילדים ולהחזיר להם את מה שהם אומרים. זה יכול לעזור להם להרגיש יותר נשמועים ולתמוך בהם.

## Use social and emotional coaching.

יש להשתמש בשיטות הדרכה חברתיות ורגשיות. זה יכול לעזור לילדים להבין את רגשותיהם ולהתמודד איתם.

**Ignore minor misbehavior.**

☐ Don't respond to minor misbehavior. Instead, ignore it.

**Use consequences as a last resort.**

☐ Use consequences as a last resort. Only use them when you have tried other strategies and they haven't worked. Consequences should be immediate, consistent, and fair. They should be related to the behavior. For example, if a child has a tantrum because they don't want to go to bed, the consequence could be that they have to go to bed without any toys or books. If a child has a tantrum because they don't want to eat, the consequence could be that they have to eat what's on their plate. Consequences should be used sparingly and should not be used as a punishment. They should be used to teach the child that their behavior has consequences. Consequences should be used consistently and should be the same every time. Consequences should be used immediately after the behavior. Consequences should be used in a calm and firm voice. Consequences should be used as a last resort, only when other strategies have failed. Consequences should be used to teach the child that their behavior has consequences. Consequences should be used consistently and should be the same every time. Consequences should be used immediately after the behavior. Consequences should be used in a calm and firm voice. Consequences should be used as a last resort, only when other strategies have failed.

**Choose at least one relaxation activity per day.**

☐ Choose at least one relaxation activity per day. Relaxation activities can help reduce stress and anxiety. Examples of relaxation activities include deep breathing, meditation, yoga, and listening to music. Relaxation activities can help improve sleep and overall well-being. Relaxation activities can help reduce stress and anxiety. Examples of relaxation activities include deep breathing, meditation, yoga, and listening to music. Relaxation activities can help improve sleep and overall well-being.

**Remember to be patient with yourself, engage in self-care, and identify as a family one positive aspect to each day.**

☐ Remember to be patient with yourself, engage in self-care, and identify as a family one positive aspect to each day. Self-care is important for maintaining mental health. It involves taking time for yourself to do things that you enjoy and that help you feel good. Self-care can include activities like taking a bath, reading a book, or spending time with friends. Self-care is important for maintaining mental health. It involves taking time for yourself to do things that you enjoy and that help you feel good. Self-care can include activities like taking a bath, reading a book, or spending time with friends.