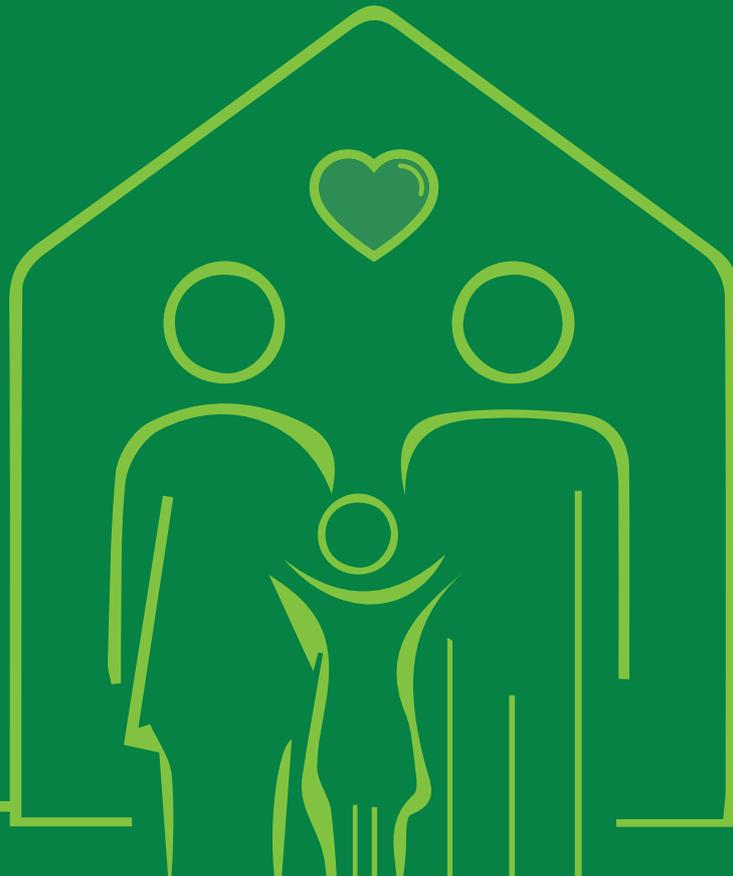
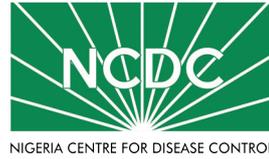


COVID-19



Parenting Tips

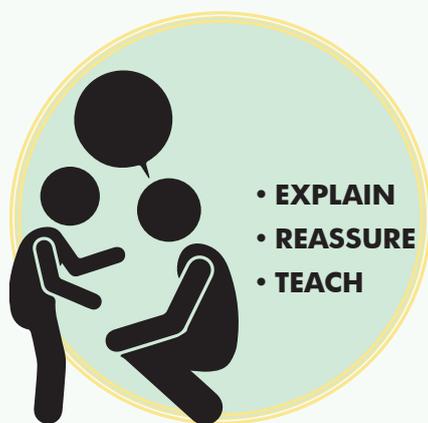
NCDC Toll-free Number: 080097000010

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PARENTING TIPS

Don't panic! Take responsibility.



- Have an honest conversation with your children about why they are at home and cannot go to school or out to places as they usually go to
- Ask them what they know about the coronavirus, how they feel about it and why
- Explain the seriousness of the disease to them
- Explain how the disease is spread to them
- Reassure and teach them how to protect themselves
- Practice what you teach them (Model the behaviours you want them to learn)

Empower your children to safeguard themselves from the virus



Teach them how to protect themselves against the disease by doing the following:

- **Wash their hands regularly** with soap under running water for 20 seconds (practice with them)
- **Maintain physical distance outdoors** of at least 2 meters always to prevent the spread of the virus
- **Cough or sneeze into a tissue** and throw away or into their bent elbow when they cannot find a tissue.
- **Avoid touching their mouth, nose and ears with unwashed hands**
- Avoid going out to play with friends for now
- Avoid visiting neighbours
- **Stay away from large crowd**

Tips to keep children engaged while at home

- Avoid touching, handshakes, hugging or kissing anyone
- Teach them fun new ways to greet people from a distance if they have to.
- Create a flexible but consistent daily routine for them
- Give them age appropriate responsibilities at home
- Help them stay connected with friends and loved ones through phone calls, SMS, and social media platforms
- Make physical exercise with them part of the daily routine
- Encourage them to read books
- Listen to music, sing and dance with the children
- Encourage their creativity (writing, painting, drawing etc)
- Ensure they get enough rest (observe their regular sleeping routine)
- Help them with their schoolwork, but ensure they also work independently
- Play indoor games together as a family (Ayo, Ludo, WHOT, PlayStation)
- Do chores together (cleaning, washing etc)
- Teach them age-appropriate skills (cooking, sewing, photography, drawing, video editing, fixing broken things in the house)
- Plan daily meals together with children
- Take early morning strolls within your community alone

• EXERCISE PHYSICALLY





PARENTING TIPS

Self-help for parents

Staying at home with children at this time can be overwhelming, a few tips on how to manage the stress are:

- Take a break (rest as much as you can, get enough sleep)
- Practice self-care, take care of your mind
- Talk about your concerns – anxiety at this time is normal
- Get enough sleep (at least 8 hours a night)
- Maintain your spirituality (if you are religious)
- Stay connected with friends and family
- Make physical exercise part of your daily routine
- Try to include fruits and vegetables in your daily diet.
- Try new recipes with your family
- Focus on the things that you can control

