

# Tips for Parents during COVID-19

This is a challenging time to be a parent. There are many questions with no answers. You are being faced with a number of demands while managing your own stress and anxiety as well as your child's. Here are some tips to make it a little easier.

Share only age-appropriate information. Keep to the facts. Keep your language simple.

Reassure them that they're safe. Children do best when they feel safe and in control.

Turn off the news when your child is around. There's a lot of scary and sometimes false information being shared. This can add to their anxiety.

Remind them that there are things they can do to keep the virus away. Stress the importance of thorough hygiene routines and social distancing.

Unstructured time can lead to increased anxiety and unhealthy habits. Sit down with your child and create a schedule. Here are free educational [subscriptions](#) and [activities](#).

Encourage your child to stay connected with friends and family online or by video, as staying at home all day can be isolating. Plan time for younger kids to connect with others.

Encourage a healthy habits to decrease stress and anxiety. Get your children to exercise in the house or backyard.

Relaxation is key. Encourage your child to practice deep breathing and meditation. Use apps: [Stop, Breathe, and Think](#); [Headspace](#); and [Calm](#).

Remember yourself! In order to care for your children through this challenging time it's important for you to get enough rest, eat well, and practice your own relaxation. Remember to take breaks and, if possible, switch off caregiving responsibilities. Stay socially connected and look to others for support.