

# 1 COVID-19 PARENTING One-on-One Time

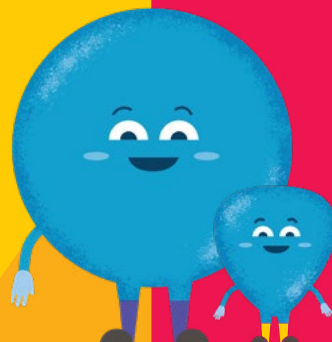
Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

School shutdown is also a chance to make better relationships with our children and teenagers.  
One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important.

## Set aside time to spend with each child



It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.



## Ask your child what they would like to do



Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this. (see next leaflet)

## Ideas with your baby/toddler



- > Copy their facial expression and sounds
- > Sing songs, make music with pots and spoons
- > Stack cups or blocks
- > Tell a story, read a book, or share pictures

## Switch off the TV and phone. This is virus-free time

## Ideas with your teenager

- > Talk about something they like: sports, music, celebrities, friends
- > Cook a favorite meal together
- > Exercise together to their favorite music

## Ideas with your young child

- > Read a book or look at pictures
- > Make drawings with crayons or pencils
- > Dance to music or sing songs
- > Do a chore together – make cleaning and cooking a game
- > Help with school work

**Listen to them, look at them.  
Give them your full attention.  
Have fun!**

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