COVID-19 PARENTING
Parenting in crowded homes and communities

Keeping your family healthy and safe from COVID-19 can feel even harder when you live in crowded conditions. There are things you can do to make this easier for your family.

Keep using Tips 1-6

Stay where you are
- Limit those leaving and returning to your immediate living space to as few and as infrequent as possible
- Only leave your household or area for essential reasons like getting food or medical attention

Help your children with physical distancing
- Explain to your children that they have an important job of keeping themselves and their community healthy by temporarily physically distancing from others
- Show them extra positive attention when they make an effort to practice safe physical distancing from others

Make handwashing and hygiene fun!
- It might be hard to find soap and water, but practicing good hygiene is more important now than ever
- Try to wash all family members’ hands as often as possible
- Let children teach each other how to wash their hands
- Encourage children to avoid touching their face

Share the load
- Looking after children and other family members is difficult in cramped spaces, but it’s much easier when responsibilities are shared
- Try to share household chores, childcare, and other tasks equally amongst family members
- Create a schedule for time “on” and time “off” with other adults in your household
- It is okay to ask for help when you are feeling tired or stressed so that you can take a break

Exercise daily
- Encourage children to think of activities they can do to exercise while avoiding contact with who do not live already in your immediate space
- Jumping activities, dancing or running in circles can be fun!

Take a Pause
- You might not have space to yourself to deal with all the stress and emotions you are feeling
- Notice when you are feeling stressed or upset and take a pause... even three deep breaths can make a difference!
- Well done! Millions of families finds that this helps

For more information click below links:
- TIPS FROM WHO
- TIPS FROM UNICEF
- OTHER LANGUAGES
- EVIDENCE-BASE

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