We spend a lot of time indoors with a young baby, and Covid-19 makes it much more intense. It is completely normal to feel isolated, overwhelmed, anxious, and scared for you and your baby.

**Sharing is caring.**
- Use social media, phone calls, and anything at your disposal to reach out and connect with others.
- Take turns with others to care for your baby. Take time for YOU.
- Sleep when your baby sleeps so you have energy.

**Babies learn through play!**
- Get to your baby’s level and make sure they can see and hear you.
- Play peek-a-boo, sing songs or lullabies, stack blocks or cups.
- Make music together: buzzing on pots, playing with rattles, shaking jars with beans.
- Share books together - even at a very early age! Describe what is happening in the pictures. Let your baby explore books with all of the senses.

**Communicating with your baby.**
- Follow your baby’s lead by copying or mirroring.
- Repeat and react to their babble or words.
- Use your child’s name when you speak to your baby.
- Use words to describe what your baby is doing.

**When babies cry.**
- Respond to your baby immediately.
- Check to see what is making your baby cry.
- Swaddling or gently rocking can help calm your baby.
- Singing a lullaby or playing soft music can be soothing.
- Keep calm and take a break! You can place your baby in a safe place on their back, and then walk away. Be sure to check on your baby every 5 to 10 minutes.
- If you think your baby is injured or ill, call a health service provider or visit a clinic.

**Learning with your baby.**
- Make their environment interesting!
- Babies respond to stimulation.
- Let your baby explore the world through the 5 senses!

**Be gentle with your children as they learn, but also with yourself as the parent!**

Just because something didn’t go well today, or you lost your temper, this doesn’t define who you are as a parent. Remind yourself of the things you did well today, even if they may seem small.

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