

Positive Parenting during COVID

With the current situation of COVID when everyone is at home, there is bound to be increase in the amount of time spent on digital technologies like computer, I-pads and TV for children.

As the outdoor time has reduced and they are bound to spend their energies on these, it also comes with an additional challenge of parents to keep them engaged throughout the day. Some of these simple things can be helpful.

1. Set up a routine and timetable: As there is a disruption in the daily routine and activities of children, they are bound to seek for alternatives like watching tv or playing computer games. But with a proper structure and a timetable in place it is easier for them to follow.
2. Setting boundaries: This can be particularly helpful in managing the screen time for kids, which could be after they finish the homework, they can watch tv or play a computer game. But again, the timings are specified and can be reminded when it's getting over.
3. Children like lots of activities and variety: As their attention span is less, they will not be able to sit for long hours to do one activity. So, parents can be creative and give them a lot of activities spread over the span of the day. After the schoolwork they can space out the activities so that they are occupied throughout the day.
4. Just listen and be present with their small joys: Sometimes kids just want some time with their parents and want to tell their stories and want company so that they can share their joys. So, it can be just being around with them for that time which can make them happy.
5. Giving them some time to play alone. As per research kids learn the most and become more socially active when they are left unsupervised. Which means they will explore themselves, imagine and learn new things. So its good to set out time for them where they can play all by themselves.