



Want to help us to spread our 12 tip sheets?
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1. 子どもと一对一の時間

Set aside time to spend with each child

It can be for just 10 minutes, or longer. It's up to you. It can be at the same time each day, or children or teenagers can take forward it.

Ask your child what they would like to do

Choosing activities will sometimes be easier to do something that isn't too physically demanding, then this is a chance to talk with them about this (see next sheet).

Ideas with your baby/toddler

- Sing songs, make music with pots and spoons
- Copy their facial expressions and sounds
- Make signs or words
- Tell a story, reading a book or showing pictures

Ideas with your teenager

- Talk about something they like, usually TV shows, films
- Go for a walk – outdoors or around the house
- Do a meal together

Ideas with your young child

- Read a book or look at pictures
- Do the wash – indoors or around the house
- Play games and board
- Do a craft together – make something and looking at your
- Help with school work

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

Listen to them, look at them. Give them your full attention.

2. いつも前向きに

Say the behaviour you want to see!

Use positive words when telling your child what to do. Use "Please put your feet down" (instead of "Don't make a mess!")

It's all in the delivery!

Smiling at your child will put them at ease and they'll more relaxed and happy. Put your child's attention by using their name. Smile in a calm voice.

Praise your child when they are behaving well!

To praise your child or teenager for something they have done well. They may not show it, but you'll see their doing that good thing again. It will also reassure them that you notice and care.

Get real!

Can your child actually do what you are asking them to do? Is it a whole day that needs to be done? Can you give them 10 minutes while you are on a call?

Listen to your child's needs!

Teenagers especially need to be able to communicate with their friends. Try to give them the space to express themselves – especially if they are wanting to talk about their own fears and concerns.

3. ルーティンを作る

Create a flexible but consistent daily routine

- Make a schedule for you and your children that has time for educational activities as well as their play. You can help children that have autism and better behaviour.
- Children or teenagers can help plan the routine for the day – the making a school timetable. Children will follow the better if they help to make it.
- Include exercise in each day. It helps with stress and anxiety with lots of energy on hand.

Teach your child about keeping safe distances

- It is OK to give rewards and stickers to children.
- You can also use letters and draw pictures to show with people – make taking a photo of them and sending it.
- You can measure your child's talking about how you are keeping safe. Listen to their suggestions and take them seriously.

Make handwashing and hygiene fun

- Make a 10-second song for washing hands. Add pictures to show how to wash with a reward for the best number of bubbles. You can reward the person who washes the most.
- Make a game to see how long they can hold their hands with a reward for the best number of bubbles. You can reward the person who washes the most.

At the end of each day, take a minute to think about the day. Tell your child about one positive or fun thing they did. Praise yourself for what you did well today. You are a star.

You are a model for your child's behaviour

• You can practice helping with hygiene and hygiene. Reward and treat often with encouragement.

4. もし「悪い子」になったら

Redirect!

Could your behaviour early and without your help? Attention that is given to good behaviour. For example, when they start to get restless, you can distract with something interesting or fun. "There's a game available for a while!"

Take a Pause

Has the parenting? Give yourself 10 second pause. Breathe in and out slowly for 10 seconds. Then speak. Millions of parents say this helps. It's OK!

Use consequences

Consequences help teach our children responsibility for what they do. They also show children that consequences. They are more effective than talking or shouting.

- Give your child a choice to follow your instructions before giving them the consequence.
- Try to stop calm when giving the consequence.
- Make sure you can follow through with the consequence. Don't give a manager's phone for a week. It's hard to enforce. (You can't give the phone to a child's mother.)

Keep using Tips 1-3

Quality time, praise for being good, and consistent routines will reduce the problem.

5. 落ち着いて、ストレスと向き合おう

You are not alone

Millions of people have the same fears as you. Find someone who you can talk to about how you are feeling. Listen to them. Read about things that make you feel confident.

Try to avoid alcohol!

When families are crowded together, it's better to find other ways of relaxing or do nothing. Include an individual space that is about 10 feet each other and feel angry.

Listen to your kids

Be open and listen to your children. Your children will talk to you for support and reassurance. Listen to your children when they share feelings and feelings. Encourage them to talk and give them confidence.

Take a Pause

- Step 1: Set up**
 - Find a comfortable sitting position, your feet flat on the floor, your hands resting on your lap.
 - Close your eyes if you feel comfortable.
- Step 2: Think, feel, body**
 - Ask yourself, "What am I thinking about?"
 - Notice your thoughts. Notice if they are negative or positive.
 - Notice how you feel emotionally. Notice if your feelings are happy or sad.
 - Notice how your body feels. Notice anything that feels in or tense.
- Step 3: Breathing in Breath**
 - Listen to your breath as it goes in and out. You can put a hand on your stomach and feel it rise and fall with each breath.
 - You may want to say to yourself "In-Breath. Whatever it is, I can stop."
 - Then just listen to your breath for a while.
- Step 4: Counting back**
 - Notice how your whole body feels. Listen to the sounds in the room.
- Step 5: Re-focusing**
 - Think "Is that all over or not?" (Pause) When you are ready, open your eyes. (Pause)

6. 新型コロナウイルス感染症について話そう

Tell them early and talk clearly to them

Make time for them to listen, understand and ask questions

There are a lot of stories going around

It is important to know the facts about the coronavirus (COVID-19). Please visit the website: <https://www.gov.uk/government/coronavirus/coronavirus-and-covid-19> from WHO and UNICEF.

Children may ask the same question many times

It is important for them if you can repeat your explanations in a calm and supportive way.

Questions children ask

- Why is my school closed?
- What is a virus?
- What does it look like?
- Why do I have to stay at home?
- Why can't I go?
- Why do I have to wash my hands?
- Why can't you go out with my friends?
- What does that mean?

Thanks to World Without Orphans for their translation



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