



AT HOME WITH KIDS DURING COVID-19

Helpful Skills for Talking to Your Kids About
What's Going On

LESSON 1: SETTLE DOWN

Ground yourself first...then them. As a parent be sure to stay grounded yourself. It's not just viruses, anxiety is contagious too.

LESSON 2: PRACTICE CALM

Be mindful. Collect your mind and don't ruminate! Create opportunities for quiet time. Reduce stimulation and extensive screen and/or social media time. Look for healthy distractions and then help them learn to meditate, sit quietly and relax

LESSON 3: BE POSITIVE

Expect emotion. Emotions are natural. Parents must identify and validate emotions. Expect children will have a range of emotions: anger, sadness and fear. They are natural and normal given the circumstances.

LESSON 4: KEEP TALKING

Listen to your emotions. If you can't tolerate your own emotions, your child won't be able to tolerate theirs! Emotions aren't scary. They are important and relevant information. Listen to them.



LESSON 5: SELF CONTROL

Don't act out! Resist impulsively acting on emotions. Parents must be able to to refrain from acting on their emotions. Talk them out. Put your feelings into words, not actions!

LESSON 6: TEACHING AWARENESS / EXPLANATION

Find meaning, don't just gather information! Parents have to have greater awareness and perspective than their children. They have to put things in proper context and talk about things in a reasonable way. Stop watching the news 24 / 7!

LESSON 7: RESPECT PERSONAL FREEDOM

Everyone needs space! There is a fine line between mothering and smothering! It is important to maintain control but also allow some freedom. Age appropriate of course!

LESSON 8: EMPATHIZE AND UNDERSTAND EACH OTHER

Stay connected! Parents are responsible to model healthy relationships for their kids! Reach out to your neighbours and friends - they will do the same.



More info at www.air-institutes.com