

# Therapeutic Parenting during Covid-19

- Adjust expectations towards yourself and your child during this unprecedented time of crisis
- Any previous traumatic experiences are likely to be retriggered and your child is likely to regress and display her/his survival coping strategies.
- Allow yourself time to find the right fit for your family situation and create a manageable routine.
- Try to identify:

1. meaningful **nurturing rituals** for your family (e.g. cook your child's favourite meal together, play UNO or bingo, re-connect as part of the bed time routine)



2. a **safe space** (e.g. build and decorate a den in the garden or under the stairs where you can snuggling up, make up stories or have special snacks/drinks together)



3. opportunities to **express feelings** (e.g. create an upside down or house of feelings picture, talk about how the lockdown impacts on everybody and answer questions)



4. **movement breaks** (e.g. create a silly dance/some ball or movement games/go for a walk/run or make use of a trampoline/rope/blanket swing)



5. ways to **connect with nature** (caring for pets or soft toys, making use of craft activities using sticks and pebbles, spotting birds/bugs/stars/satellites, )



6. space and time for messy **sand, water and dough play** (relax through pouring water and sifting sand or release some energy through pounding clay or dough)



7. ways to **re-anchor in our bodies** and **using our breath** (play bubbles, blow up balloons, stretch to the sky and feel the ground with you bare feet, try a pizza/car wash back massage, create a relaxing bath time or try some mindfulness activities)



8. ways to **hold onto hope** (create rainbows drawings for windows, make a wishing jar for activities during and after the lock down)

