

## Six Common Challenges (and Solutions!) When Parenting During COVID

<https://discoveries.childrenshospital.org/covid-parenting-challenges/>

1. Struggling with schedules...Solution: Create structure. Eat well, have regular sleep and waking times and exercise daily, with outdoor breaks that adhere to physical distancing guidelines.
2. Constant togetherness...Solution: Balance together time and alone time. Make meals together, play games or watch movies. It's also important for each family member to recharge with time alone.
3. News overload...Solution: Manage media consumption. Staying informed is important but too much information can be overwhelming.
4. Different personalities...Solution: Strive for a mix of social connection, physical activity, and individual projects.
5. Helping an immunocompromised child...Solution: Focus on factors within our control, like healthy hygiene and social distancing.
6. Navigating shared custody...Solution: Establish a regular routine. Remind your child that even though you aren't together physically, you are still there for them.

"A little progress each day adds up to big results"



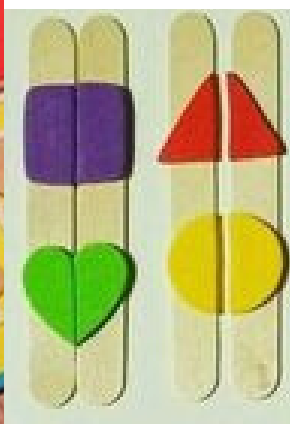
## STICKS

For a younger toddler, cut holes in the top of an empty egg carton, cardboard box, or oatmeal container. Encourage your child to push popsicle sticks through the holes. Count as your toddler puts each stick in a hole. Color the sticks with markers or paint and have your child put all of the green sticks in first, then the red...



## POPSICLE

For older toddlers, use markers to color shapes across 2-5 popsicle sticks to create a simple puzzle. This is a great way to introduce colors and shapes to your child! Create a triangle using three popsicle sticks and decorate it as a fish with paper, pom-poms and eyes. Or trace your hand and your child's hand, cut them out and decorate them as a fish family!



**Make a baby drum circle using pots & pans**



**Create a Chalk Obstacle Course for your child on the sidewalk or driveway!**



**CAN YOU HEAR ME NOW?**

Your baby's ears begin to grow around your 8th week of pregnancy. Around 18 weeks, your baby begins to hear his or her first sounds. Baby's ears are completely formed by about 24 weeks. By 25 weeks, your baby can hear your voice and your partner's voice. Pregnancy is a great time to begin reading, singing, and talking to your child each day. Research shows that not only can baby recognize your voice, he or she is often calmed by it.



**Child and Teen Checkups**

# COVID-19

WELL CHILD VISITS RECOMMENDATIONS

**CONTINUE TO SCHEDULE IF**  
 CHILD IS UNDER 2\*  
 THERE IS A MEDICAL CONCERN

\*IT'S IMPORTANT TO ENSURE IMMUNIZATIONS STAY UP TO DATE

**WHEN TO WAIT**  
 CHILD IS 2 OR OLDER  
 NO MEDICAL CONCERNS

6 FEET



# SELF-CARE *Bingo*

TOOK A SHOWER OR BATH	GOT DRESSED	CAUGHT UP WITH FRIENDS VIA VIDEO CHAT	PROCESSED MY FEELINGS	COMPLIMENTED MYSELF
EXERCISED	MEDITATED	COOKED A HEALTHY MEAL	READ A BOOK	WROTE DOWN 3 THINGS I'M GRATEFUL FOR
TOOK A BREAK	DRANK WATER		TOOK A SOCIAL MEDIA BREAK	TREATED MYSELF
COMPLIMENTED SOMEONE	GOT 8 HOURS OF SLEEP	TAMED NEGATIVE THOUGHTS	TRIED A NEW HOBBY	DROPPED AN UNHEALTHY HABIT
TOOK A MENTAL HEALTH DAY	SPENT TIME WITH NATURE	DECLUTTERED MY SPACE	WROTE IN MY JOURNAL	PRACTICED COMPASSION