POSITIVE PARENTING DURING PANDEMIC

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There is indeed no place like our home. It is where we find most of the comfort and safety that we need. Our parents are of course can be regarded as our very own superheroes. Their arms are our shield from harm.

At this time of global pandemic, everyone is still advised to stay home for safety from acquiring the fearsome Covid-19. One of the most affected is our children. Who are generally not used to staying just at home. The spread of novel coronavirus have had a profound effect which created fears, anxiety, stress, uncertainty for most families. Parents need to show strength and positivity to their children who are still dependent on them in all aspects especially physical, emotional and spiritual. As parents, it is important to help our children to feel safe, keep healthy routines or habits, manage their behaviors and build resilience in this time of pandemic. Here are some tips for parents on positive practices to help their families cope through the outbreak – BEAT COVID:

- B-e ready to talk about COVID-19. Make your line of communication to your kids always open. Answer their queries about the situations in the simplest and truthful manner.
- E-xercise healthy routines daily. Structure a day to day schedule for the children to follow. This enables children to become more disciplined and build them to become responsible individuals.
- A-ppreciation Time. Give time to our kiddos and ask what he/she likes to do. Befriend them and give praises for every good deed.
• T-hink and teach them positively. Make sure to keep a positive mood or vibe most of the time. Security begins at our homes. Be mindful of our words and actions. Remember, “Ang ginagawa ng mga matatanda ay gagawin din ng mga bata.”

• C-reate creativity. Break the monotony at home too, make a day literally colorful. Engage our young peeps in making collage, drawings, paintings, reading storybooks singing action songs, and dance like you have never done before. Those bring fun and parents young at heart again.

• O-mit unhealthy online habits. Remind your children to keep personal information privately. Guide and always take a look on what they searched in the internet. Set a time for their used of gadgets. Set an undivided time to where there is no phone or any gadget but just your family.

• V-alidate words. Our words are mightier than any sword. Speak with love and avoid humiliation. Tell them what you want them to do instead of what you don’t want them to do. Instead of “Don’t get mess,” say, “Please, fix your toys after you play.”

• I-nspire them and not hurt them. Avoid using physical punishment for a misbehavior done for this can cause aggression to children and might take away our child’s feeling secured in their own home.

• D-eal with your child’s feelings. Emotional quotient should be check more often if we want to build a child full of positivity and with a heart that is kind. Talk about their feelings. Make them feel that you are their best friend who can understand them well.

Parents most likely have the biggest responsibility securing their children. Undoubtedly, they would do everything for their most valued God’s gift- their children. What they become someday always depend on how we, parents have trained and mold them to become the best versions of themselves. This Pandemic is beatable. This must begin at our homes. For as long as a family stays and pray together, COVID-19 cannot beat us.
References: