**Weekly Tip for Parenting – How to adjust as the weeks at home grow longer**

**Many parents eagerly rolled up their sleeves and adjusted to new tech platforms, set up routines, and made the most of this present situation. Kids also seemed eager to jump on-board. Psychologists predict, that like most things, this early excitement and enthusiasm may fade over time. Kids will begin to feel “bored” or anxious about not seeing friends, and parents may feel overwhelmed with needing to balance parenting, home and work tasks, plus deal with their own set of worries.**

**Psychologists associated with the World Health Organization suggest the following tips:**

1. **Ask kids for input about how to change the routine, but keep some structure intact. Maybe the kids prefer to play first and then do some reading; or need some physical activity early in the day instead of waiting until later. As long as there’s some sort of routine and structure, mixing it up is good and healthy!**
2. **Provide rewards. We don’t work for free do we? Most kids, like adults, need some incentive to try new activities or to practice skills. There are sample charts on my distance learning page you can use. Rewards don’t have to be tangible. They can be things like – choosing what movie to watch at night; 20 extra minutes on a device OR a special activity to do with you on the weekend.**
3. **Provide Choices – If kids are resisting doing something, offer some control. Example, would you prefer to read this book now, or practice some math facts? Would you prefer to make you bed or clean up the playroom? Do you want to draw the picture at the kitchen table OR in your bedroom using this lap-desk?**
4. **Redirect early when you see behavior starting – If you notice your kids are getting nudgy, stop what they are doing and redirect them to do something else. Maybe encourage a more preferred activity, and then come back to the task. Consider taking a short break yourself and doing something active with your child, like going for a short walk.**
5. **Try to remember kids may be acting out due to stress. Provide time for children to share feelings. Validate whatever they may be experiencing – frustration, anger, fear, etc. Share your feelings as well to normalize what they’re feeling, but always end on a hopeful note or with some example of an action you can both do to feel better so you can empower your kids to control what they can.**



