

13 COVID-19 PARENTING Tips for Children with Disabilities

All children, including those with disabilities, need love, respect, nurturing, and time, especially during difficult and uncertain times.

Keep your child safe.

- It is strongly recommended that you follow local guidelines for COVID-19 while helping your child stay as active as possible both indoors and outdoors.
- Ask your local support team or intervention centres about special arrangements for the COVID-19.
- Keep emergency contact numbers where you can easily see it, such as on the refrigerator.



Ask for help if you can.

- Share the load with other adult family members.
- You are not alone! Keep connected with people who understand your situation. Share your challenges AND your successes.
- It is normal to feel stressed, frustrated, and afraid at this time.
- Be kind to yourself and take a break when you need to! Tip sheets "When We Get Angry" and "Keep Calm and Manage Stress" have some helpful advice.

Be supportive, empathetic, and loving.

- Your child may not have the same support they usually have, and this can lead to additional challenges such as increased stress, anxiety, and frustration.
- Use physical and verbal support to make your child feel accepted and loved.
- Positive body language, gestures, and words make a big difference!

Communicating with your child.

- Get down to your child's level when communicating with your child.
- Maintain eye contact, a positive attitude.
- Take your time to allow your child the space to communicate.
- Observe, listen to, and confirm that you understand your child.

Reinforce the positive!

- Reinforce strengths with praise and stimulate their abilities rather than highlight the things they cannot do.
- Only help children when they need it. Too much support denies them the chance to become independent and can feel patronising.

Strengthen routines.

- Routines help children feel secure and safe. See tip sheet, "Structure Up!" for more info.
- Create a daily routine with activities that are familiar to your child and include some of their favourite activities.
- Help your child connect to friends and family members via phone chats, writing cards, or drawing pictures.
- Provide your child with choices so that they have a sense of control. This also increases self-esteem.
- Use simple language and clear instructions and nonverbal communication for children who need it (for example: gestures, pictures, and visual aids).

For more information click below links:

TIPS FROM UNICEF

OTHER LANGUAGES

EVIDENCE-BASE