Welcome. I'm Chrissi Giessen-Hood, the psychologist for the Kindergarten, Vorschule and Grade 1 to 4s at the Deutsche Internationale Schule Johannesburg.

The Covid-19 pandemic has uprooted family life around the world. School closures, working remote, physical distancing can be tough for many. Today I am going share **some useful parenting tips** that you can implement during this pandemic, that I stumble across whilst surfing the Net ("Tips for parenting during the coronavirus outbreak – https://www. Unicef.org – coronavirus).

The first would be to set aside one-on-one time to spend with your child. It will make your child feel loved and secure and show him or her that he or she is important. Ask your child what he or she would like to do. Being involved in the choice builds up self-confidence.

Ideas with your toddler may include copying his or her facial expression and sounds, sing songs, make music with pots and spoons, stack cups or blocks, tell a story, read a book.

Ideas with your young child may include reading a book together, make drawings with crayons or pencils, dance to music or sing songs, do a chore together, make cleaning and cooking a game, help with school work.

Ideas with your teenager may be talking about something they like. This could centre around sports, music, celebrities, friends, TV programs, you could cook a favourite meal together or exercise together whilst playing your teens favourite music.

Another suggestion would be to try and remain positive. I know that this is sometimes hard, especially when your child drives you crazy, but children are mostly likely to do what we ask if we give them positive instructions and lots of praise for what they do right. Say the behaviour you want to see. Use positive words when telling your child what to do. Shouting at your child will just make you and your child more stressed and tense.  Get your child's attention by using his or her name. Speak in a calm voice. Praise your child when he or she is behaving well. Praise reassures, builds up self-esteem and shows him or her that you notice and care.

Ask yourself if your child can actually do what you are asking of him or her. It is very hard for a child to keep quite inside the house for a whole day, but maybe he or she can keep quiet for 15 minutes while you are on a call.

Create a flexible but consistent daily routine as this will help your child to feel more secure and better behaved. Your child or teenager can help plan the routine for the day and will be more likely to follow through with the plan if they have helped make it

All children misbehave. Catch bad behaviour early and redirect your child's attention from a bad to a good behaviour. For example if you can see that your child is starting to get restless, you can distract him or her with something fun or by playing a game together.

Use logical consequences for misbehaviour, as they will help teach your child responsibility for what he or she has done wrong. This is more effective than hitting or shouting. Make sure that you can follow through with the consequence. If the consequence for not doing schoolwork is no TV, then this must be followed through on. Once the consequence if over, give your child a chance to do something good and praise him or her for it.

And lastly manage stress. Take care of yourself so that you can support your child or children. You are not alone. Find someone who you can talk to about how you are feeling. Avoid social media that makes you feel panicked. Take a break. Do something fun or relaxing for yourself. Take some time out if you find your child is irritating you or has done something wrong. It gives you a chance to be calmer and more in control of your thoughts and emotions.

Include exercise in each day as this helps with stress and helps children who have a lot of energy at home.

That's all for today. I hope you'll join us next week for more helpful hints and tips for managing life during the times of Covid-19.

Thank you for listening.