



TIPS FOR PARENTS

during corona-virus
isolation days

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TIPS FOR PARENTS

1. Talk to children about coronavirus in a way adaptable to their age and level of understanding. There are various relevant videos or leaflets available online. Keep it as simple as possible. Do not give them too many details. When they have processed all the information and are ready to know more, they will come to you and ask questions.

2. Do not expose them to the news from TV or radio and try not to talk all day about this.

3. Talk to them about the changes in your life and explain them your new way of life during these days.

4. Be there for them, reassure them and make them feel safe whenever they want to talk to you, when you realize that something worries them or when you detect a change in their behavior.

5. Take care of yourselves. Parents' psychological status and especially during stressful situations has a major impact on children. Children tend to internalize their parents' feelings and express them in various ways (frequent outbursts, hyperactivity, sleep issues, nightmares, separation anxiety, need of constant attachment with their parents, overprotection towards their loved ones or toys, regression, aggressiveness, withdrawal, etc).

6. Create a routine accustomed to the new situation. Children need routines in their lives as they make them feel safe. Schooldays/workingdays (Monday to Friday) should be different from weekends.

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7. It is important that children follow their usual home routines as similar as they were before, e.g. waking up time, getting dressed, play time, sleeping time etc.

8. Adapt their daily schedules based on what they used to do before. For example, keep more or less the same amount of time for schoolwork, playing, freetime, etc. as before.

9. Try to replace the extracurricular activities with other or similar ones that can take place at home.

10. If you are allowed to go out or if you have an outdoor space in your home, use it every day regardless of the weather.

11. Adapt your home to the new situation. You could create a gym area, arts and crafts corner, etc by using your home resources.

12. Keep frequent contact via phone or videocalls with family and friends. Engage these people in activities that can take place using technology (reading a story, play a game, etc).

*Special thanks to the psychologist Angelina Pitaoulis
for her help in composing this guide*

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.

