

FATHERING IN CHALLENGING TIMES

Parenting Tips for Dads During Social Unrest and the COVID-19 Crisis



1 KEEP THE KIDS BUSY

Kids love to explore and play! Find creative ways to keep them busy and active with games and activities.



2 TALK ABOUT THE ISSUES

Kids have lots of questions during stressful times. Make sure that YOU are the source of their information!



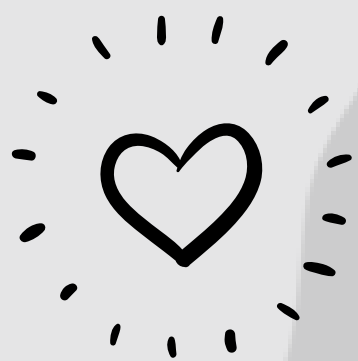
3 HAVE A ROUTINE

Routines help kids feel safe and can help with coping in times of stress. Whatever activities you regularly do with your kids, keep doing them!



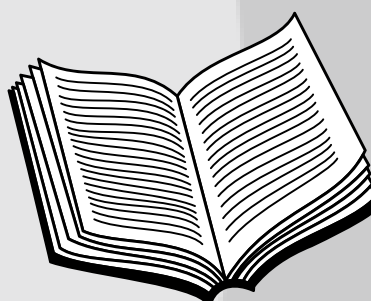
4 WORK WITH CO-PARENT

Support each other, and make a plan to share the load. Give your parenting partner - and yourself - some grace. Remember that we are all doing our best during this challenging time.



5 SHOW YOUR LOVE

When you praise your children, you build up their self-esteem. Now is the time to offer more cuddles and kind words so that your kids feel a sense of safety and security!



6 PRACTICE SELF-CARE

Remember to incorporate strategies that get you moving (**walking, dancing**) and strategies that help you feel calm (**deep breaths, reading, watching a movie**).