

HOW PARENTS CAN SUPPORT TEENAGERS DURING LOCKDOWN

 @BELIEVEPHQ



Encourage them to be involved in activities or tasks around the house (E.g. cleaning, cooking, gardening)



Be clear with them some of the things that you'd appreciate their help with and why their help is important



Don't get stressed if they have the odd sleep in. Try not to tell your child what to do. Instead suggest things that might help



Agree on some ground rules that you can all work towards together as a family. Respect each other's choices



Identify a physical or creative challenge that they can master over the coming days and weeks. Encourage them to keep practising it



Work together as a team who are looking to support each other



Support your child to find things to do which will help to reduce boredom



Encourage your child to stay connected to friends and family and to engage in activities that provide a sense of achievement



Encourage your child to schedule things into their week. This will bring back a sense of control over what they are doing



Identify some coping skills that you can test out and practise together. This is a great way to promote self care

