



## Parenting during pandemic

### Day 7: Making sure everyone gets enough attention while at home during the COVID-19 pandemic

During the pandemic you may still be juggling a number of things such as work, caring for friends or older relatives, keeping up with the latest news and advice about COVID-19 or perhaps worrying about a number of things such as finances and the future. Given all of this, another worry can start to form around feeling that you are not giving enough individual attention to each person at home.

One of the ways this can be managed is to set aside specific one-to-one time with each child. You can talk to your child about making this a regular time together. Give it a name like daddy and (child's name) time or (child's name) and mummy time or something more creative if you want. Consider how much time to set aside for this. Even if it is only 5 minutes per child per day, the concentrated time together will make you feel closer.

During this time together, set it up so that you do whatever your child wants for this concentrated period of time. This means you have to go with whatever they want to do. When the time is over, you can tell your child that you will do this again tomorrow. They may not like ending this important time with you but by setting this as a limit, you give a message that you set the rules and if they are followed then you have a great time together. We will consider limit setting further in tomorrow's blog but this is a good way to start.

One thing to watch out for with this is that you don't try to take over or take control and use the time for something on your agenda rather than the child's agenda. Remember this is a time to do whatever they want with your full attention so you will devalue it if you are distracted by other things or trying to take over with something you want to do. If your child brings up something they are worried about or want to talk about during this time then go with them on it but try not to use it as a time for you to bring up something you think they might be worried about or something you are worried about.

Spending one-to-one time together is important for children and families for many reasons but it is also really fun. There are likely to be positive effects for you as well as your child if



you are able to do this. Regardless of the quantity of time you can set aside for this, the concentrated quality time will be beneficial for everyone involved.

We hope these tips are helpful. Well done on managing another day off school and we hope you will join us again tomorrow.

**Tomorrow's topic: Limit setting without arguments**

Please [contact us with questions, comments or topics](#) you'd like to see covered. We'd love to hear your feedback.

Wishing you a safe and healthy path through this pandemic.