

The Chicago Parent Program

Supporting Parents with Young Children during the COVID-19 Pandemic

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Recognize Signs of Anxiety & Stress in Your Child

Signs of Anxiety

Restlessness/hyperactivity, temper tantrums, nightmares, clinging behaviors, difficulty separating, and distress around new people.

Regression

Children often regress when stressed. That is, they go back to doing things they did when they were younger to help themselves feel more comfortable and secure.

Tips for Helping Your Child Deal with Anxiety:

- Young children may have difficulty talking about how they are feeling, so ask them to tell you about how their stuffed animals or dolls are feeling or what they are thinking.
- Reassure your children that they did nothing wrong to cause what happened. Toddlers and preschool children often feel guilty when stressful things happen.
- Help your children replace negative thoughts with positive ones: If your child seems stuck in negative thinking, ask them what they are worrying about and see if you can reframe them in positive ways. "I might get sick" might be replaced with, "I am going to stay well."

Greetings CPP Group Leader and Agencies

We hope you are staying safe and enjoying the extra time with your families! As we navigate through uncharted territory we wanted to be sure information is still reaching wherever you are. With parent groups temporarily paused please feel free to share some tips on how parents can best care for the health of themselves and their children.

Parents-The current situation with COVID-19 can be a source of stress and anxiety for you and your children. One useful tool to occupy your kids (and keep you sane) is keeping a set routine for each day. Here is an example:

For a better view, please click [here](#).

KIDS DAILY HOME ROUTINE



MORNING
7:00 – 10:00 AM

GET DRESSED	EAT BREAKFAST
BRUSH TEETH	KITCHEN CLEANUP
MAKE BED	GET ACTIVE

*Circle the activities you choose to do with your children daily



LEARNING
10:00-12:00 PM

MATH	PHONICS	SCIENCE
SPELLING	GEOGRAPHY	ONLINE LEARNING
READING	FLASH CARDS	WRITING

*Make sure you plan activities that include child-centered time

LUNCH BREAK



CREATING
1:00 – 3:00 PM

SENSORY PLAY	PLAYDOUGH	CRAFTS
PAINTING	MUSIC PRACTICE	SEWING
DRAWING	EXPERIMENTS	LEGOS

*Let your child pick some of the activities!



EVENING
4:00 – BEDTIME

FAMILY DINNER	PAJAMAS
HOUSE CLEANUP	FAMILY GAME
BATH/SHOWER	READING

Tips for Successful Telework

Work through some scenarios with your child, giving them guidance for what to do in a few different situations. If your child becomes disruptive at an important work setting, use a quick distraction such as having them organize a stack of papers or the cash in your wallet.

Focus on Child-Centered Time

Remember to include 20 min or more of child-centered time each day in your schedule. Try splitting the time between the morning, evening, or with each child

Remember:

- Be a good audience for your child
- Encourage their ideas
- Have a good time!

For more information
CPPinfo@chicagoparentprogram.org

Additional
Resources

[125 Ideas to Keep Kids Entertained](#)

[21 Tips for Working at Home with Kids](#)

[Giant List of Ideas for Being Home with Kids](#)