

PARENT TALK

Tips of the week from The Baker Center

Getting through the week without school and our usual routines is just as tough for parents as it is for kids! We're here for you with concrete tips from our expert clinicians...and you, our parents!



THE BAKER CENTER
FOR CHILDREN AND FAMILIES

Tip of the Week from our Clinician



Kids want parental attention so use that power for good!

Kids can be empowered to help out their families in times of stress. Give your kids some ways to help out, like entertaining younger siblings while parents are working. Make sure to praise them for contributing to the family.”

Rachel Kim, Ph.D.
Staff Psychologist



This is a difficult time for everyone and you don't need to do it alone. If you or your child is struggling, we encourage you to schedule an appointment or join a parent support group in our Center for Effective Therapy.

Parent Tip of the Week

Laura B, parent to a 10-and 12-year old, finds that Zoom playdates are great at helping reduce the social isolation her kids have been feeling. Some activities that are a big hit with her family include:



Reading **Would You Rather** or **Which is Worse** books for kids found on Amazon.



Playing trivia with teams and using questions found in books or online



Making up songs



Dance parties!

Playing tic-tac-toe using the Zoom whiteboard

Their family has also sorted and put all of their family pictures into photo albums. It reminds them of the places that they have been and all of the great family times they've had together. A win-win all around!

The best tips are the ones that work! We'd love to hear from you about what is working for your child and family. Send us an email at info@bakercenter.org

Resource Highlight

Please visit our **COVID-19 Resource Page for Families** for a list of articles, helpful tips and activities, and suggestions on how to talk to your child about COVID.

Tip of the week

Talking about the pandemic with your child might feel daunting, but these are really important conversations to have so their imagination doesn't fill in the blanks. There are no "right" or "wrong" ways to talk with children about such public health emergencies. Click **here** for some specific suggestions you may find helpful.