

# HOW PARENTS CAN SUPPORT TEENAGERS DURING LOCKDOWN

 @BELIEVEPHQ

01



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

02



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

03



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

04



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

05



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

06



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

07



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

08



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

09



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

10



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

