



## Parenting in times of stress

# Staying positive

It's easy to build a great relationship with your children when you keep calm and stay positive. Here's how clear instructions and plenty of praise can help you get along with each other.

### Give clear instructions

Instead of telling your children not to make a mess, give them a practical task—such as tidying the kitchen or putting away the washing.

### Speak in a calm voice

Get your child's attention by saying their name, and speak in a calm and encouraging voice. This is much more effective than getting angry and shouting.

### Praise your child for good behaviour

When your child or teen follows your instructions, or are behaving well, tell them. Showing that you notice will reassure them and demonstrate that you care.

### Be realistic

Can your child actually do what you are asking? Keeping quiet for the whole day is difficult, but maybe they can entertain themselves for 15 minutes while you speak to someone.

### Support teens with simple rules

Teens enjoy connecting with their friends through social media. To make sure they don't spend too much time on their phone, set aside a few hours each day when phones are switched off or put away.

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These evidence-based parenting resources were developed by Parenting for Lifelong Health in collaboration with [UNICEF, WHO, and other international agencies](#).

