

10 Parenting Tips During COVID-19

1

Ensure children always have a supportive and nurturing caregiver available. Do not leave them unattended for extended periods of time, especially young children.

2

Recognize a child's stress and help them manage it. Some children may be clingy, acting out, or having trouble eating or sleeping. Exercising with them or teaching deep breathing exercises may help.

3

Reassure children they are safe. Children need to hear you are working hard to protect them.

4

Ease a child's uncertainty or fear by keeping your emotions in check. Children can pick up on parental stress and anxiety. Also, answer your children's questions they have in an age-appropriate manner.

5

Teach children they can help during this crisis. Children want to feel some control. Teach them ways to help, like washing their hands for 20 seconds.

6

Maintain daily structure, when possible, to provide stability and predictability, but be flexible.

7

Keep children connected with family and friends through video, phone calls, letters, or other creative ways.

8

Seek professional help if needed. If children have ongoing challenges like nightmares, self-harm or aggression, reach out to someone who can help.

9

Take care of yourself. Keep yourself mentally and physically healthy and be kind and forgiving to yourself and others.

10

Explore resources and more parenting tips available to you. Visit our Family Guide to Thrive. [Texprotects.org/familyguidetothrive/](https://www.texprotects.org/familyguidetothrive/)



TexProtects
Champions for Safe Children



Prevent Child Abuse
Texas

Are You Concerned for a Child's Safety? Signs of Child Abuse & How to Report or Get Help

This is a stressful time for families. It is okay to ask for help.

Community Resources for Parents and Families:

- **Child Care:** [frontlinechildcare.texas.gov/](https://www.frontlinechildcare.texas.gov/)
- **Crisis Helpline:** (800) 985-5990
- **Mental Health Support Line:** (833)-986-1919
- **211 Texas:** 2-1-1 or [211texas.org](https://www.211texas.org)
- **Domestic Violence Hotline:** (800) 799-7233

What to do if you are concerned a child is being abused?

Report your concerns to Child Protective Services (CPS) at (800) 252-5400 or online at www.txabusehotline.org. All reports are anonymous, and CPS will determine what services a family may need, if any. All adults in Texas are mandated reporters.

Signs a child may be experiencing abuse:

- **Children may disclose:** They have been physically or sexually abused
- Someone in their home is experiencing abuse or violence
- They are frightened of an adult in the home
- They are experiencing suicidal thoughts
- They are a young child left home alone or in charge of caring for a younger sibling for long periods of time without any adult present
- **You may witness:** A young child who talks about sex with more knowledge than is normal for their age
- Unexplained bruises or marks on a child
- A parent, caregiver, or adult using harsh physical discipline
- A dangerous object, such as an unsecured gun

These are challenges families may be experiencing that are NOT signs of abuse such as:

- Frequent absence from school due to a lack of technology or internet access.
- Disruptive or withdrawn behavior because of change in schedule or a sick family member.
- A child may be dirty or disorganized because their caregiver is juggling work and child care.



Contact Us: 469-399-6900 | www.texprotects.org