



We all know parenting is hard, but in the times of the coronavirus pandemic, it has become harder. With schools and workplaces shut and the entire family occupying the same space for months, many of us are finding ourselves dealing with a very stressful family situation. In addition to that, many parents also have to keep their kids on track with their virtual school work.

Thankfully, there are many things parents can do interact constructively with their children during this time of confinement.

In this program, you will understand essentials of parenting during the pandemic times. You will also learn how to utilize this opportunity to foster their special talents. You will get insights into language of your children and also get useful tips for keeping healthy and positive communication with them.

Facilitator



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Topics

Parenting in times of the pandemic

- Setting boundaries
- Change in discipling methods
- Sharing responsibilities
- Understanding child's perspective
- Giving space

Opportunity to encourage Multiple Intelligences

- Introduction to MI
- Importance (subject choices, career choices)
- Techniques to develop specific intelligence

Social media and screen time

- Good and bad of social media
- Screen time, cyber bullying
- Constructive screen time habits

Understanding your child's language

- Anger
- Tantrums
- Rebellion

Effective and positive communication