

QUARANTINE TIPS

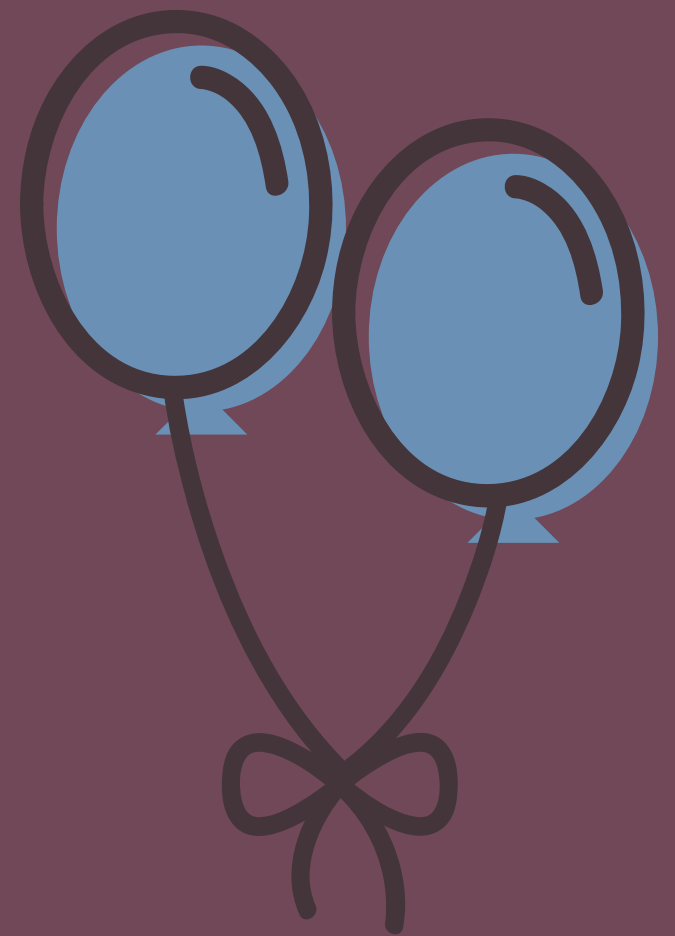
DURING THESE CHALLENGING TIMES, IT IS VERY IMPORTANT FOR PARENTS TO REMEMBER THAT THEY ARE HUMAN TOO. IT IS A VERY SCARY TIME FOR EVERYONE, AND AS MUCH AS WE WOULD LIKE TO PROTECT OUR CHILDREN BY HIDING OUR FEARS FROM THEM, THEY CAN STILL BE TRANSMITTED THROUGH NONVERBAL COMMUNICATION WHICH OUR CHILDREN PICK UP ON VERY FAST. HERE ARE 4 TIPS ON HOW YOU CAN REMAIN OPEN IN REGARDS TO YOUR OWN FEELINGS WHILE COMMUNICATING WITH YOUR CHILDREN ABOUT THE CURRENT SITUATION.

من المهم جدا للأهل خلال هذه الأوقات العصيبة أن يتذكروا أنهم بشر أيضا. إنها فترة صعبة يمرّ بها الجميع ، بالرغم من محاولتنا كتم مخاوفنا أمام أطفالنا ، من الممكن أن تنتقل إليهم عبر التواصل غير اللفظي الذي يترسخ في أذهانهم سريعا. إليكم 4 نصائح تساعدكم في التواصل مع أولادكم حول الوضع الحالي بكل حرية رغم المشاعر التي تخالجكم.

QUARANTINE TIPS

HOW TO COMMUNICATE WITH YOUR CHILDREN

- 1- Be calm, honest and informed
- 2- Share their concerns and listen to them
- 3- Reassure and play with them
- 4- Model good hygiene, and try to make it fun



QUARANTINE TIPS

STRESS MANAGEMENT

IT IS VERY COMMON FOR ADULTS TO FEEL STRESSED AND WORRIED ESPECIALLY DURING TIMES LIKE THESE WHERE DISRUPTIONS TO FAMILIES, FRIENDSHIPS AND DAILY ROUTINES ARE MORE AND MORE COMMON. THESE CONDITIONS INCREASE THE RISK OF CHILD ABUSE, AS STRESSED OUT PARENTS FIND THEMSELVES UNABLE TO RELEASE THEIR ANGER AND FRUSTRATION IN A HEALTHY AND CONSTRUCTIVE WAY, LEADING TO NEGATIVE CONSEQUENCES ON THE CHILDREN'S WELL-BEING, DEVELOPMENT AND SAFETY. IF YOU TOO ARE STRUGGLING WITH STRESS, HERE ARE SOME PRACTICAL TIPS TO HELP YOU THROUGH THE DAY.

من الشائع جدا عند الراشدين الشعور بالتوتر والقلق وبالأخص في هذه المرحلة الصعبة حيث الإنقطاع عن العائلة، الأصدقاء والروتين اليومي. تزيد هذه الظروف من إحتمال تعرض الأطفال للعنف، في ظل الإرهاق والتوتر الذي يعاني منهما الأهل ، ما يجعلهم غير قادرين على تفريغ غضبهم وإحباطهم بطريقة صحيّة وبناءة، ما يؤثر سلبا على سلامة ونمو ورفاه الأطفال .
إن كنتم تعانيون من التوتر، إليكم هذه النصائح العملية التي ستساعدكم خلال النهار.

QUARANTINE TIPS

STRESS MANAGEMENT

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ESTABLISH A ROUTINE

MAKE SURE A HEALTHY
DAILY ROUTINE COMES FIRST



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BALANCE YOUR ONLINE ACTIVITY

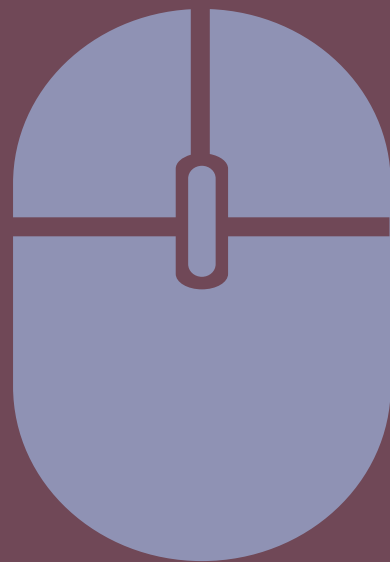
MANAGE YOUR SOCIAL MEDIA HABITS
TO DISCONNECT AND PLAN ACTIVITIES
WITH YOUR CHILD



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MONITOR YOUR KID'S ONLINE ACTIVITY

MAKE SURE YOUR CHILD IS NOT SPENDING
LONG HOURS ONLINE AND HELP THEM CHOOSE
CONTENT THAT'S APPROPRIATE FOR THEIR AGE



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TAKE A BREAK

DISCONNECT FOR AT LEAST 30 MINUTES
PER DAY TO RECHARGE YOUR MIND
WHILE ENSURING THAT YOUR CHILD IS SAFE



ASK FOR HELP

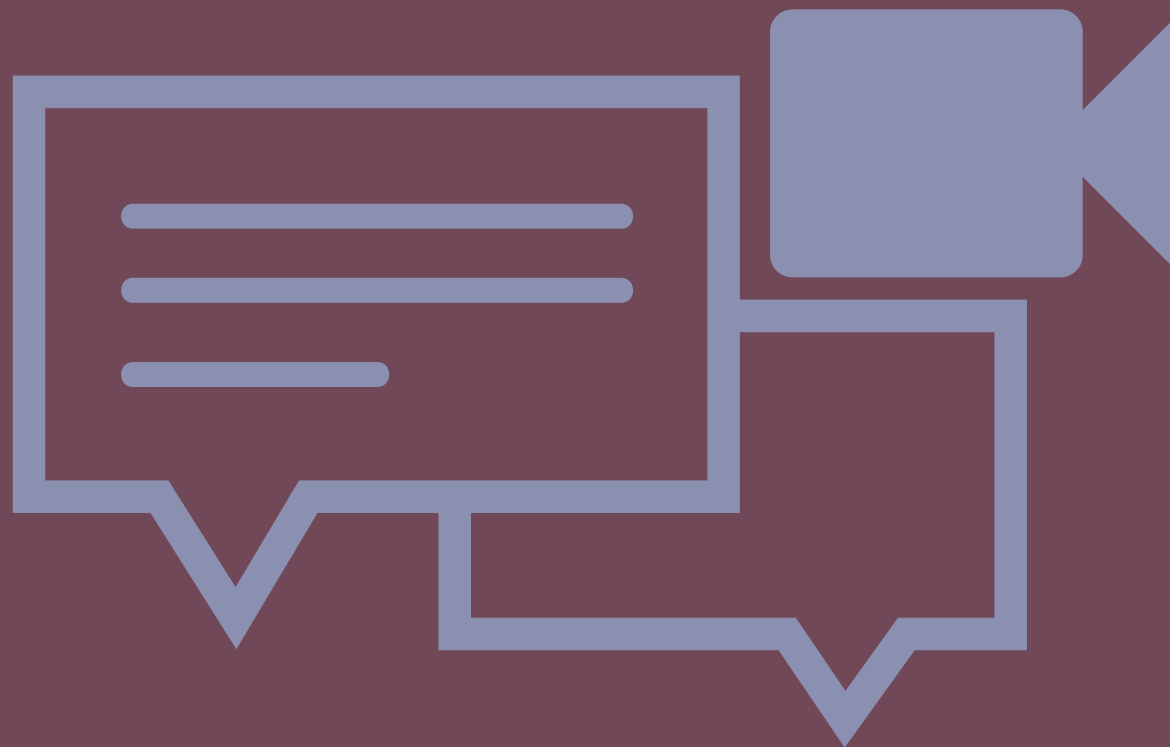
CALL HIMAYA AND ASK FOR ADDITIONAL TIPS
TO HELP YOU MANAGE YOUR STRESS



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CONNECT WITH OTHERS

GET IN TOUCH WITH YOUR FAMILY
AND FRIENDS VIA VIDEO CALL
IT WILL GIVE YOU A SENSE OF COMFORT



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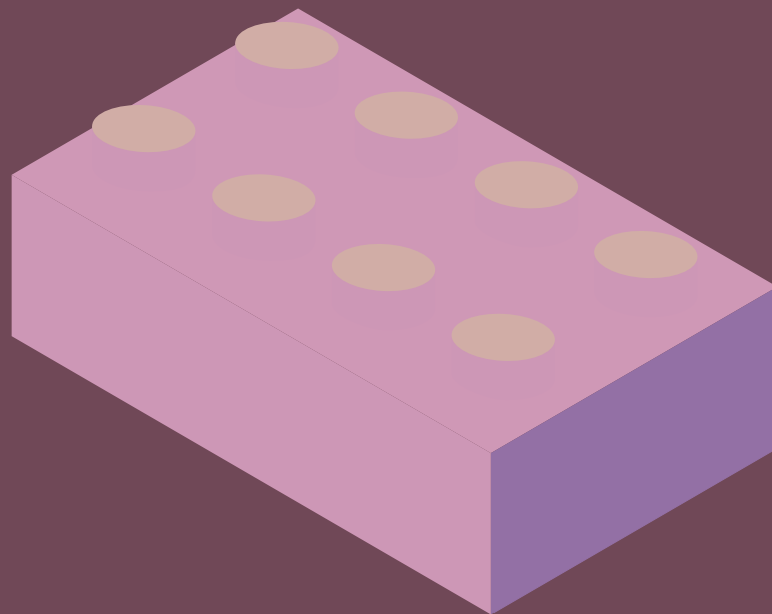
ACTIVITIES TO DO
WITH YOUR
CHILDREN

CHILDREN NATURALLY STRIVE FOR INDEPENDENCE AND CONTROL. LOOK AT THIS LOCKDOWN AS THE PERFECT CHANCE FOR YOU TO HELP FOSTER AUTONOMY IN YOUR CHILDREN. HERE'S A LIST OF ACTIVITIES THAT YOU CAN DO TOGETHER TO KEEP THEM ENTERTAINED AT HOME.

يميل الأطفال بطبيعتهم إلى الإستقلالية والسيطرة. انظروا إلى هذا الإقبال التام كفرصة مثالية لكم للمساعدة في تعزيز الإستقلالية لدى أطفالكم. إليكم لائحة من النشاطات التي يمكنكم القيام بها معا للإستمتاع في المنزل للتسلية في المنزل.

BUILD

LET THEM RECREATE THEIR DREAM
CITY USING LEGO BRICKS



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BRING THEIR IMAGINATION TO LIFE

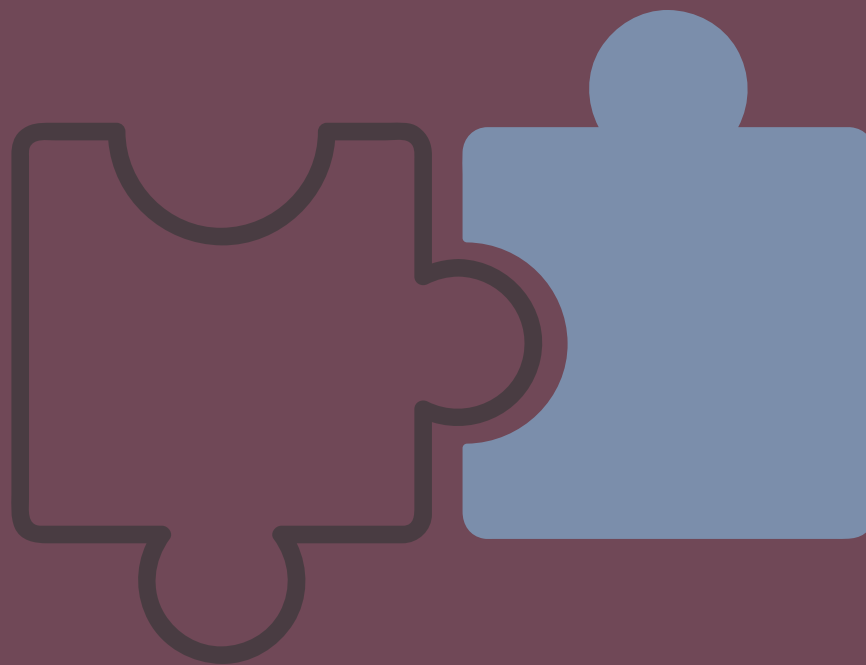
PLAY DRESS-UP OR ROLE PLAY



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DEVELOP THEIR MOTOR SKILLS

SOLVE PUZZLES TOGETHER



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ENGAGE

READ BOOKS TOGETHER



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UNLEASH THEIR CREATIVITY

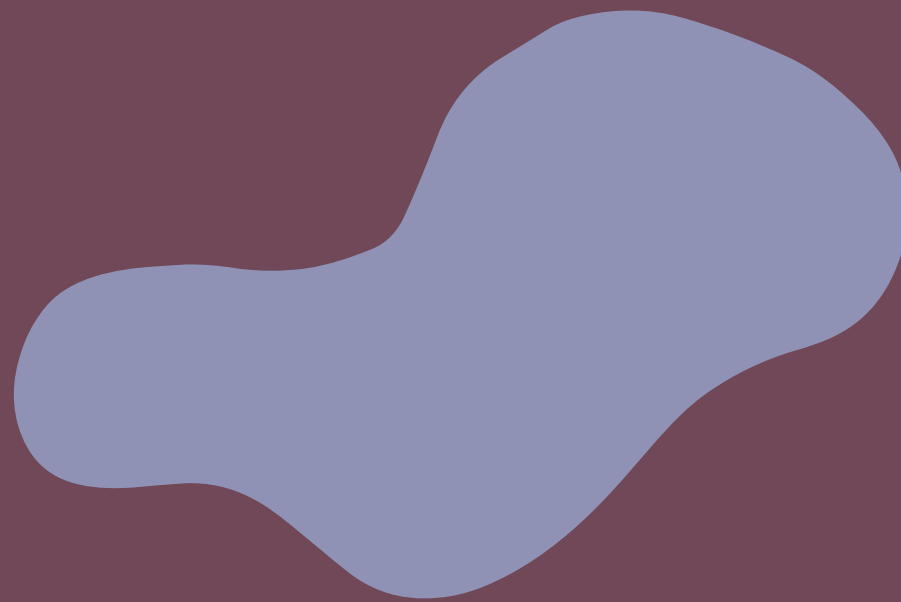
BAKE TOGETHER AND LET THEM DECORATE



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ENHANCE THEIR SENSES

LET THEM MOLD THEIR CREATIVITY
USING PLAY DOUGH



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