**Social Media Kit / Kit Media Sosial**

**Parenting in the time of COVID-19/**

**Keibubapaan semasa COVID-19 - Malaysia**

Parenting for Lifelong Health has created these social media squares for use by partners to provide parents with helpful materials during COVID-19. These can be adapted for various social media platforms including Instagram, Facebook, Twitter, WhatsApp, Viber, etc. The messages can also be adapted to fit the particular target audience as long as the images remain constant with reference to further information either on the WHO, UNICEF, or Parenting for Lifelong Health COVID-19 websites (see below).

Keibubapaan untuk Kesihatan Sepanjang Hayat telah mencipta petak-petak media sosial ini untuk digunakan oleh rakan-rakan kongsi supaya mereka boleh memberi ibu bapa bahan-bahan yang berguna ketika COVID-19. Bahan-bahan ini boleh disesuaikan untuk pelbagai platformmedia sosial seperti Instagram, Facebook, Twitter, WhatsApp, Viber, etc. Mesej-mesej ini juga boleh diubah suai untuk kumpulan sasar tertentu selagi imej-imej yang ada dikekalkan dengan merujuk kepada maklumat lanjut di laman sesawang WHO, UNICEF, atau Parenting for Lifelong Health COVID-19 (seperti di bawah).

**Languages:** English, Malay, Mandarin, and Tamil

**Bahasa:**  Bahasa Inggeris, Bahasa Melayu, Mandarin, dan Tamil

**Suggested tags/Tag yang dicadangkan:**

**Tag:** @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence @accelerate\_hub @unicefmalaysia (IG) @myUNICEF (Twitter)

**Hashtag:** #COVID19PARENTING #COVID19 #Coronavirus

**Website with resources/Laman sesawang dengan sumber maklumat:** [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)

[bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)

[tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)

<https://www.unicef.org/malaysia/topics/covid-19>

**Link to evidence/Pautan untuk bahan bukti:**

<https://www.acceleratehub.org/plh-research-outputs>

Note: Messages, tags, linked websites can be adjusted to meet the target audience.

Nota: Mesej, tag, pautan laman sesawang boleh diubahsuai bagi memenuhi keperluan kumpulan sasar.

**ENGLISH**

|  |  |
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| **Visual** | **Message for Twitter/Facebook/Instagram** |
| **A close up of a logo  Description automatically generated** | Stressed by the school shutdown? Let’s use this time to build positive relationships with you and your child. Toilet training? Making something together? Now’s a time to try…  Useful resources: [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING @unicefmalaysia @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A picture containing text, sign  Description automatically generated** | Home with the kids? Try 20 minutes a day where they choose what you do together. You can give them some ideas. No phone or TV so you can focus on them. One-on-one time will help them feel safe and loved. Have fun!  Useful resources: [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING @unicefmalaysia @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A drawing of a cartoon character  Description automatically generated** | Exercise helps kids (and adults) to de-stress when we’re stuck at home. Let your child choose the music and have a 10-minute dance! You might even impress them with your moves…  Useful resources: [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING @unicefmalaysia @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A close up of a logo  Description automatically generated** | Praise is powerful. Try praising your child or teenager for something they have done well. Do it in a genuine way. They may not show it, but you’ll see them doing that good thing again. It will also reassure them that you notice and care.  Useful resources: [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING @unicefmalaysia @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A picture containing text  Description automatically generated** | Clear, positive instructions get us the behaviour that we want. Swap ‘don’t make a mess’ for ‘please put away your pens’. Give them something they can do – ‘you can’t write on the wall but you can write on your hand’. And praise them when they do it. Won’t work 100% but it’s a good start!  Useful resources: [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING @unicefmalaysia @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
|  | PRAISE is a powerful tool. Notice good behaviour and PRAISE IT! Kids playing together without fighting? Being quiet when you are on the phone? Surprise them by praising them for their good behaviour and they’ll do it more! It’s effective parenting.  Useful resources: [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING @unicefmalaysia @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A picture containing text, book  Description automatically generated** | Kids at home driving you crazy? Feeling like you are going to scream? Give yourself a 1-minute pause. Breathe in and out five times. Then respond. Millions of parents say this helps – a lot!  Useful resources: [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING @unicefmalaysia @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A picture containing text, book  Description automatically generated** | You deserve praise. Looking after kids 24-7 during COVID-19 isn’t easy. Remind yourself of what you did well today. Think about the good moments. You are a star.  Useful resources: [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING @unicefmalaysia @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A picture containing book, text  Description automatically generated** | Crowded house? Stressed out? Share your feelings. Take a break. Do something for yourself. Take care of yourself so you can take care of your children. You can do it!  Useful resources: [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING @unicefmalaysia @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A picture containing holding  Description automatically generated** | Routine up! A structured day helps kids feel secure and makes it easier to manage them. Try making a timetable, with schoolwork, games, free time, exercise, and handwashing. Take charge of your days.  Useful resources: [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING @unicefmalaysia @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |

**MALAY**

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| **Visual** | **Message for Twitter/Facebook/Instagram** |
|  | Anda stres apabila sekolah ditutup? Jom gunakan masa ini untuk membina hubungan dan mencapai matlamat.  Klik di sini untuk mendapatkan tip atau ikuti:  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING #COVID19KEIBUBAPAAN #COVID19 #Coronavirus @unicefmalaysia @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence @accelerate\_hub |
|  | Anda di rumah bersama anak-anak? . Cuba 20 minit sehari untuk bersama-sama melakukan aktiviti yang dipilih oleh anak-anak anda. Anda boleh berikan mereka beberapa idea. Jauhi telefon atau TV bagi membolehkan anda memberi tumpuan kepada mereka. Masa bersama seorang dengan seorang akan menjadikan mereka berasa selamat dan disayangi. Selamat berseronok!  Klik di sini untuk mendapatkan tip atau ikuti:  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING #COVID19KEIBUBAPAAN #COVID19 #Coronavirus @unicefmalaysia @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence @accelerate\_hub |
|  | Senaman membantu kanak-kanak dan orang dewasa untuk melegakan stres apabila kita terperuk di rumah. Biarkan anak anda memilih muzik yang dia suka dan menarilah bersama mereka untuk tempoh 5 minit! Anak-anak anda mungkin akan terpegun dengan gerak tari anda.  Klik di sini untuk mendapatkan tip atau ikuti:  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING #COVID19KEIBUBAPAAN #COVID19 #Coronavirus @unicefmalaysia @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence @accelerate\_hub |
|  | Pujian adalah sangat berkesan. Cuba puji anak anda bagi sesuatu yang telah dilakukannya dengan baik. Puji dengan jujur dan ikhlas. Mereka mungkin tidak menunjukkannya kepada anda, tapi anda akan dapati mereka akan mengulang perkara baik itu lagi. Ini juga akan meyakinkan mereka bahawa anda menyedari tingkah laku mereka dan mengambil berat.  Klik di sini untuk mendapatkan tip atau ikuti:  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING #COVID19KEIBUBAPAAN #COVID19 #Coronavirus @unicefmalaysia @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence @accelerate\_hub |
|  | Arahan yang jelas dan positif akan menghasilkan tingkah laku yang kita mahukan dari anak. Gantikan "Jangan buat sepah" kepada "tolong simpan alat tulis dengan elok". Dan puji mereka apabila mereka telah melakukannya. Ia mungkin tidak berkesan 100% tetapi ia adalah permulaan yang baik.  Klik di sini untuk mendapatkan tip atau ikuti:  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING #COVID19KEIBUBAPAAN #COVID19 #Coronavirus @unicefmalaysia @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence @accelerate\_hub |
|  | PUJIAN ialah alat yang sangat berkesan. Perhatikan tingkah laku yang baik dan PUJI tingkah laku anak anda! Anak bermain bersama-sama tanpa pergaduhan? Senyap ketika anda sedang berbual di telefon? Buat kejutan kepada mereka dengan memuji tingkah laku mereka yang bagus dan mereka akan ulang lagi tingkah laku yang baik tersebut! Ini adalah keibubapaan berkesan.  Klik di sini untuk mendapatkan tip atau ikuti:  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING #COVID19KEIBUBAPAAN #COVID19 #Coronavirus @unicefmalaysia @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence @accelerate\_hub |
|  | Anak di rumah memeningkan kepala anda? Berasa seperti ingin menjerit? Beri diri anda masa berhenti seketika selama 1 minit. Tarik nafas dan hembuskan nafas selama 5 kali. Kemudian baru beri tindak balas. Berjuta ibu bapa menyatakan amalan ini amat membantu!  Klik di sini untuk mendapatkan tip atau ikuti:  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING #COVID19KEIBUBAPAAN #COVID19 #Coronavirus @unicefmalaysia @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence @accelerate\_hub |
|  | Anda berhak dipuji. Menjaga anak 24-7 (24 jam sehari selama seminggu) ketika COVID-19 bukanlah mudah. Ingatkan diri anda tentang perkara-perkara baik yang anda lakukan hari ini. Fikirkan saat-saat yang menyenangkan. Anda adalah seorang bintang.  Klik di sini untuk mendapatkan tip atau ikuti:  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING #COVID19KEIBUBAPAAN #COVID19 #Coronavirus @unicefmalaysia @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence @accelerate\_hub |
|  | Rumah sesak? Stres? Kongsikan perasaan anda. Berehatlah. Lakukan sesuatu untuk diri anda supaya anda boleh menjaga anak anda. Anda boleh melakukannya.  Klik di sini untuk mendapatkan tip atau ikuti:  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING #COVID19KEIBUBAPAAN #COVID19 #Coronavirus @unicefmalaysia @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence @accelerate\_hub |
|  | Bina rutin! Hari yang berstruktur membantu anak-anak merasa selamat dan memudahkan anda untuk mengurus mereka. Cuba buatkan jadual waktu untuk kerja-kerja sekolah, bermain, masa senggang, bersenam dan mencuci tangan. Bertanggung jawab ke atas hari anda.  Klik di sini untuk mendapatkan tip atau ikuti:  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING #COVID19KEIBUBAPAAN #COVID19 #Coronavirus @unicefmalaysia @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence @accelerate\_hub |

**CHINESE**

家庭教育与终身健康（Parenting for Lifelong Health）团队为合作伙伴制作了以下社交媒体信息页，以供大家在COVID-19疫情期间为家长们提供有效资源。这些信息页适用于多种网上社交平台，例如Instagram、Facebook、Twitter、WhatsApp、Viber等等。这些内容也可以根据目标群体的具体需求进行调整，但图片中的资源链接（例如WHO、UNICE和Parenting for Lifelong Health COVID-19 网站）须保持不变。

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| **Visual** | **Message for Twitter/Facebook/Instagram** |
| **A close up of a logo  Description automatically generated** | 学校停课，您感到压力很大？让我们借此机会来与孩子建立良好关系，并达成共同目标。  更多资源: [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A close up of a sign  Description automatically generated** | 和孩子一起在家？试着空出20分钟，让孩子选一件一起做的事情，您也可以帮着出主意。远离手机和电视，把注意力放在孩子身上。一对一时间会让孩子感受安全和被爱。玩得开心  更多资源: [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A drawing of a face  Description automatically generated** | 锻炼身体可以帮助孩子（和大人）有效减压，尤其是被困在家里的时候。让孩子选一首歌，一起跳五分钟舞吧，没准您的舞姿会惊艳四座呢！  更多资源: [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A picture containing text  Description automatically generated** | 表扬的力量很强大。试着真诚地称赞孩子做得好的地方。他们不一定会当场有所反应，但是您将发现他们会再次表现出好行为。赞扬也能让孩子知道您很关注并且在乎他们。  更多资源: [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A picture containing text  Description automatically generated** | 清楚且积极的指示能帮助我们引导孩子的行为，例如，把“别弄得乱七八糟”变成“把你的笔收起来”，当他们把笔收起来时，及时表扬他们。这不一定百分之百有用，但总是一个好的开始！  更多资源: [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A close up of a logo  Description automatically generated** | 赞扬的力量很强大。多注意孩子的良好行为，并表扬他们！孩子一起玩的时候没有打架？您打电话的时候他们注意保持安静？称赞他们的良好行为，让他们感到惊喜，这样他们会表现得更好！这就是有效的养育方式。  更多资源: [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A picture containing text, book  Description automatically generated** | 孩子在家让您抓狂？感觉想要尖叫？让自己暂停一分钟，做五次深呼吸之后再去处理问题。亿万家长们都觉得这招有效——并且是相当有效！  更多资源: [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A close up of a logo  Description automatically generated** | 您也应该被表扬。在抗击疫情期间，全天候照顾孩子不是件容易的事。每天提醒自己有什么做得好的地方，多想一想美好的时刻，为自己点赞！  更多资源: [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A picture containing book, text  Description automatically generated** | 家里很挤？压力太大？社交媒体和喝酒都不会对您有任何帮助。与人分享您的感受，休息一下，为自己做一些事情。好好照顾自己，才能好好照顾孩子。加油，您可以的！  更多资源: [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A picture containing clock  Description automatically generated** | 规律作息！有条理的一天能让孩子更有安全感，并使他们更听话。制定一张时间表，包括课业、游戏、自由活动、锻炼身体和洗手；充分把握每一天。  更多资源: [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  [bit.ly/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/bit.ly/COVID19parenting)  [tiny.cc/COVID19parenting](file:///Users/jmmclaren/Dropbox/COVID-19/tiny.cc/COVID19parenting)  #COVID19PARENTING @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |