**Social Media Kit**

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

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).

**Suggested tags:**

**Tag:** @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence @accelerate\_hub

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

**Website with resources:** [www.covid19parenting.com](http://www.covid19parenting.com) [bit.ly/COVID19parenting](https://bit.ly/COVID19parenting) <https://www.unicef.org/coronavirus/covid-19-parenting-tips>

**Link to evidence:** <https://www.acceleratehub.org/plh-research-outputs>

Note: Tags and websites can be adjusted to meet the target audience.

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| **Visual** | **Message for Twitter/Facebook/Instagram** |
| **A close up of a logo  Description automatically generated** | 1. Unoxinzelelo kukuvalwa kwezikolo? Makhe sisebenzise elixesha ukwakha ubudlelwane kunye nokufikelela kumaphupha/iinjongo. Cofa apha ukufumana amacebo okanye ulandele #COVID19UBUZALI #COVID19PARENTING  [www.covid19parenting.com](http://www.covid19parenting.com)  #COVID19PARENTING @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A picture containing text, sign  Description automatically generated** | 2. Ekhaya kunye nabantwana? Zama imizuzu eyi 20 ngosuku apho bakhetheyo into maniyenze kunye. Ungabanika ezinye iingcebiso. Kungabikho mfonomfono okanye umabonakude ukwenzela uzonika ingqalelo kubo. Yonwaba! Cofa apha ukufumana iingcebiso okanye ulandele #COVID19UBUZALI #COVID19PARENTING  [www.covid19parenting.com](http://www.covid19parenting.com)  #COVID19PARENTING @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A drawing of a cartoon character  Description automatically generated** | 3. Isoluleki mzimba siyabanceda abantwana(kunye nabadala) ukukhulula uxinzelelo xana sivaleleke emakhaya. Vumela umntwana wakho akhethe umculo kwaye abenemizuzu emi 5 yokujuxuza! Ungabonwabisa nangentshukumo zakho… Cofa apha ukufumana iingcebiso okanye ulandele #COVID19UBUZALI #COVID19PARENTING  [www.covid19parenting.com](http://www.covid19parenting.com)  #COVID19PARENTING @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A close up of a logo  Description automatically generated** | 4. Ukuncoma kunamandla kakhulu. Zama ukuncoma abantwana bakho ngento abeyenze kakuhle.Yenze ngendlela efanelekileyo. Bangangayibonakalisi lonto, kodwa uzakubabona bephinda beyenza lonto intle kwakhona. Izakubenza baqinisekisa lonto ukuba unike ingqwalasela kwaye uyakhathala. Cofa apha ukufumana iingcebiso okanye ulandele #COVID19UBUZALI #COVID19PARENTING  [www.covid19parenting.com](http://www.covid19parenting.com)  #COVID19PARENTING @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A picture containing text  Description automatically generated** | 5. Imiyalelo ecacileyo, nelungileyo isinika isimilo esisifunayo. Tshintsha 'sukungcolisa' ngale 'ndicela uqoqoshe iipeni zakho'. Kwaye ubancome xana beyenzile. Ingangasebenzi 100% kodwa sisiqalo! Cofa apha ukufumana iingcebiso okanye ulandele #COVID19UBUZALI #COVID19PARENTING  [www.covid19parenting.com](http://www.covid19parenting.com)  #COVID19PARENTING @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
|  | 6. UKUNCOMA sesona sixhobo esinamandla kakhulu. Qwalasela isimilo esilungileyo kwaye USINCOME! Abantwana bedlala kunye ngaphandle kokulwa? Ukuthula xana ubusemnxebeni? Bothuse ngokubancoma ngesimilo esilungileyo kwaye bazakusenza ngakumbi! Bubuzali benene. Cofa apha ukufumana iingcebiso okanye ulandele #COVID19UBUZALI #COVID19PARENTING  [www.covid19parenting.com](http://www.covid19parenting.com)  #COVID19PARENTING @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A picture containing text, book  Description automatically generated** | 7. Abantwana endlini bayakuphambanisa? Uziva ingathi ungakhwaza kakhulu? Zinike wena umzuzu omnye wokuthi nqumama. Phefumla ngaphakathi nangaphandle amaxesha amahlanu. Wakugqiba uphendule. Izigidi zabazali bathi iyanceda lento - kakhulu! Cofa apha ukufumana iingcebiso okanye ulandele #COVID19UBUZALI #COVID19PARENTING  [www.covid19parenting.com](http://www.covid19parenting.com)  #COVID19PARENTING @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A picture containing text, book  Description automatically generated** | 8. Uyakudinga ukunconywa. Ukunakekela abantwana 42-7 ngexesha le COVID19 akukhho lula. Zikhumbuze ngezinto ozenzileyo ezintle namhlanje. Cinga ngemini ezilungileyo. Uliqhawe. Cofa apha ukufumana iingcebiso okanye ulandele #COVID19UBUZALI #COVID19PARENTING  [www.covid19parenting.com](http://www.covid19parenting.com)  #COVID19PARENTING @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A picture containing book, text  Description automatically generated** | 9. Indlu igcwele kakhulu? Kuphuma uxinzelelo? Amakhasi onxibelelwano kunye notywala akuzokusebeza kakhulu. Yabelana ngeemvakalelo zakho. Thatha ikhefu. Zenzele into nawe. Zinakekele nawe ukwenzela uzokwazi ukunakekela abantwana bakho. Ungayenza lento! Cofa apha ukufumana iingcebiso okanye ulandele #COVID19UBUZALI #COVID19PARENTING  [www.covid19parenting.com](http://www.covid19parenting.com)  #COVID19PARENTING @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |
| **A picture containing holding  Description automatically generated** | 10. Yenza inkqubo yemihla ngemihla! Usuku olulungisiweyo lunceda abantwana bazive bekhuselekile kwaye kubelula kakhulu ukubalawula. Zama ukwenza uhlelo lwemisebenzi, ngomsebenzi wesikolo, imidlalo, ixesha elivulekileyo, isaluleki mzimba kunye nokuhlanjwa kwezandla. Thatha uxanduva lwentsuku zakho. Cofa apha ukufumana iingcebiso okanye ulandele #COVID19UBUZALI #COVID19PARENTING  [www.covid19parenting.com](http://www.covid19parenting.com)  #COVID19PARENTING @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate\_hub |