

PARENT TALK

Tips of the week from Judge Baker Children's Center

We hear you. Getting through the week without school and our usual routines is just as tough for parents as it is for kids. **Judge Baker Children's Center** is here for you with helpful advice from our expert clinicians...and you, our parents!

Tip of the Week from our Clinician

“Reward your child for doing the right thing!”

Rewards are a powerful way to motivate your child to complete schoolwork, chores, etc. Make rewards contingent on completing tasks (i.e., “If...then”). What are some rewards my child can earn during a pandemic? Picking a movie, dessert, or meal. Choosing a game, person, or pet to play with. Click [here](#) for some more creative reward ideas!”



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This is a challenging time for everyone. Please know that you don't need to do it alone. If you or your child is struggling, we encourage you to schedule an appointment or join a parent support group at our Center for Effective Child Therapy. Contact us [here](#).

Parent Tip of the Week

Ruby and Nathan are parents to 5-year-old Sophi. Ruby explained to *Parent Talk* how she plans out their days, "I work from home with Sophi and my job is very demanding. Sophi wants my attention so much, but I can't always give it. **So I wake up at my regular time instead of sleeping in and use my 'commute' time to plan out and prep activities for her throughout the day.**"

Ruby suggested giving out age-appropriate activities that your child can do on their own without becoming frustrated if they aren't able to accomplish them. She also suggested planning special treats (ice cream, stickers, small toys, bubbles outside, etc) that a child can look forward to. **Since kids aren't able to see friends and are stuck at home doing nothing, having these small treats help them remain positive and have something to look forward to.**

Ruby recommended joining in your young child's creativity, "Sophi set up a quarantine party while I was working one day. She made decorations and a list of activities and picked out all of our clothes so then when Nathan got home after work, we all partied and danced and had fun."

Ruby said that the most critical piece of advice is to give your child time where you listen to them and REALLY listen. "Sophi and I talk at lunch and she tells me all sorts of stuff. Then we talk when she's lying down before resting and I just let her go on and on. Taking this time to give her my undivided attention really makes a difference. **It helps her feel grounded in these uncertain times, which we all need but is especially important for kids since they've lost the routines that usually structure their days.**"

Thanks for the fabulous tips, Ruby!



The best tips are the ones that work! We'd love to hear from you about what is working for your child and family. Please email your ideas to [Cassie Poirier](#) so we can share them with other parents and caregivers.

Resource Highlight

Please visit our [COVID-19 Resource Page for Families](#) for a list of articles, helpful tips and activities, and suggestions on how to talk to your child about COVID. Here's a resource tip for this week!

Tip of the week

As Massachusetts starts to open up, families are facing hard decisions about what activities their children can do. This includes play-dates. With no official guidelines, we found [this article](#) helpful. Spoiler alert: There are no easy answers!