

Supporting parents during covid-19

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Listening and understanding

- Wanting to help is a natural human response
- However, jumping in to offer advice can be disempowering for people unless they feel understood
- Take time to listen carefully, just feeling heard can be a powerful support
- Offer support alongside the parent (not to them)
- Empower parents by helping them think about what they need



Respectful



Open



Collaborative



Compassionate



Consistent

Empathy rather than sympathy

A useful video:

<https://vimeo.com/315970767>



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Signposting

- Understand what's on offer locally
- Sharing useful resources
- <https://www.familylives.org.uk/how-we-can-help/parentchannel-tv/>



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A large orange speech bubble with the word 'QUESTIONS' written inside in a bold, orange, sans-serif font.

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