



HEALTHY OUTCOMES  
FROM POSITIVE EXPERIENCES

## 10 Ways for Families to Promote Positive Childhood Experiences



**Children will remember the Pandemic for the rest of their lives. During the COVID-19 Pandemic, families have found new ways to connect with their children. We are not Powerless! As the pandemic continues, here are some suggestions to help give them memories of love and support.**

1. **Help your children stay socially connected.** The COVID-19 pandemic increased our ability to connect with friends and loved ones near or far. We all enjoyed virtual story time with Grandma, trivia night with cousins, and Zoom holiday dinners. Even though many families are going back to work and school, keeping up with these new virtual activities can help your children feel connected to family and community.
2. **Talk with your children.** Many children have experienced fear of COVID-19, the loss of a loved one, or missing their routines. Keep connecting with them, and asking them about their concerns as we all adjust to the constant changes. Their answers will guide you on how to talk to them.
3. **Reach out for support** when you need it! Show your child that everyone needs help sometimes, and that it is okay to ask for it when you need it.
4. **Reach out to your friends or family**, encourage your children to talk to their friends, and check in on how they are feeling. Continue to find ways for your child to practice empathy and listening skills.
5. **Stick with your new family hobby.** Many of us took the extra time at home to learn new skills or do fun activities. Open schedules allowed for virtual family karate classes, catching up on home repair projects, trying out new recipes or just playing at the park. Your family can continue enjoying their time together doing fun –and maybe challenging- activities!



## The Four Building Blocks



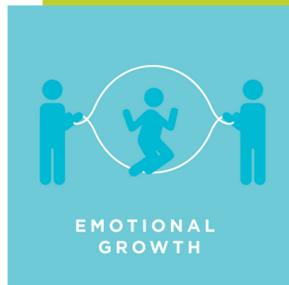
6. **Make time for self-regulation and self-care.** Create a family self-care routine. Introduce journaling, yoga, meditation or mindfulness to your children. There are apps and websites that offer free or very low-cost mindfulness and yoga programs for kids.

7. **Be silly.** Laughter is truly the best medicine. Have a dance party, tell jokes or watch a funny movie! When you make a to-do list in the morning, add “feel joy.”

8. **Connect with your partner or with friends.** With everyone home together all the time, it can be hard to prioritize your relationships. Maybe put on a movie for the kids and enjoy dinner in the dining room. Show your children what a healthy a relationship looks like!

9. **Engage with your community,** in whatever ways are possible. Your local, state and federal government are mobilizing support. Decision-makers need to hear from all of us about the policies and programs that would help your families thrive. Helping others can give children, youth, and families a sense of purpose that can help ease stress.

10. **Prioritize positive moments.** Set aside regular time for engaging with your kids. Go for walk, play games, cook or bake something together. Many families have grown closer as they have faced this crisis together. Look for those moments that will create happy memories, especially now.



**To learn more about HOPE, the Four Building Blocks, read all blog posts, and MORE, visit [positiveexperience.org](https://positiveexperience.org) or email [HOPE@tuftsmedicalcenter.org](mailto:HOPE@tuftsmedicalcenter.org).**

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