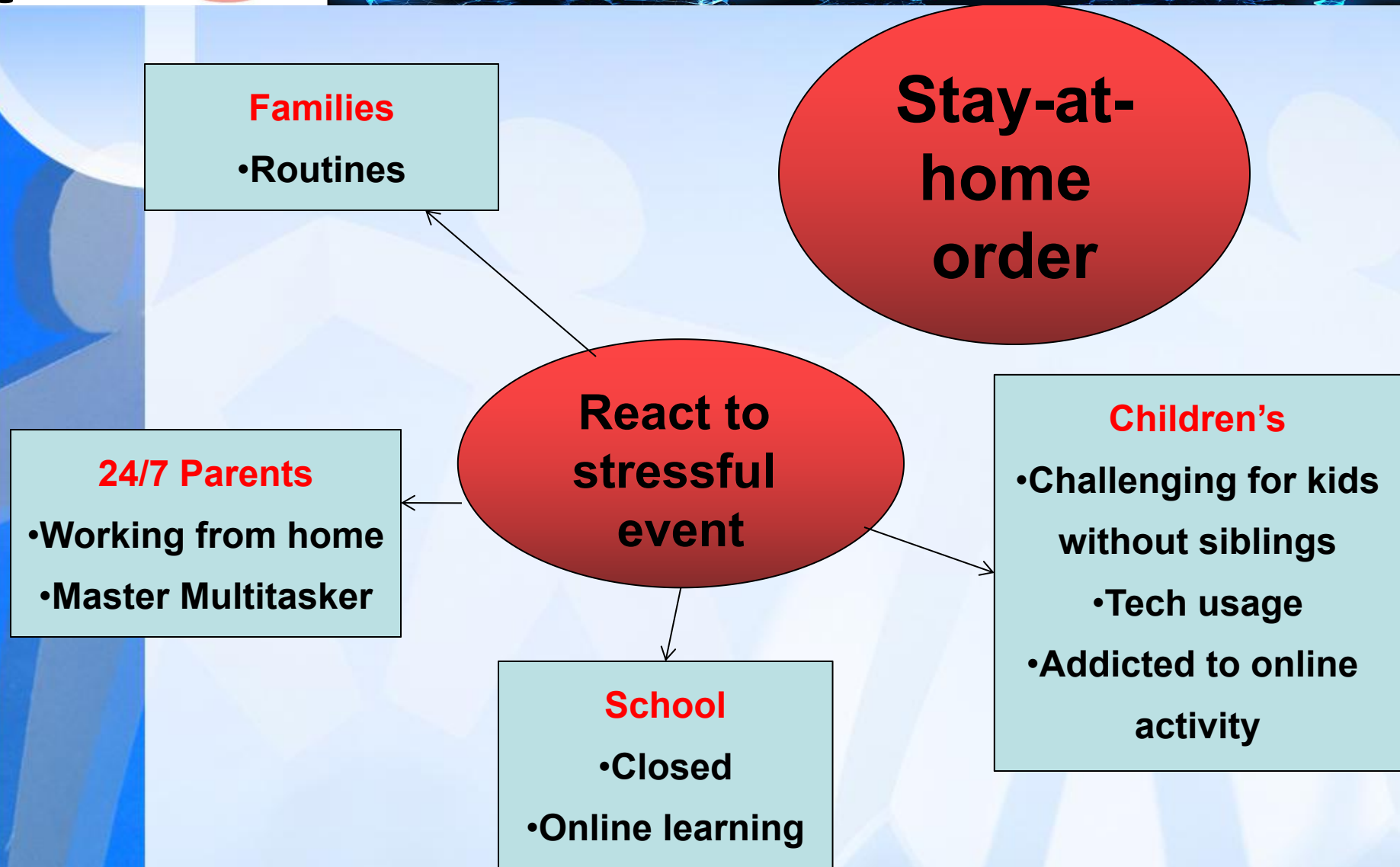


Pandemic Digital Parenting: **Support child engagement & development during & after the Covid-19 outbreak**

Ts.Dr. Siti Hajar Halili



@drct912



DURING

Online Activities

(apps, social media platforms etc)

- *Reducing children's screen time*
- *Practices Digital Wellness*

Offline Activities

- *focus on life skills, learn new hobbies, exercise, spend more time talking, telling stories, have fun etc*

Daily Routine Chart

AFTER

Social & physical activity

outdoor play or physical activities

**Don't stress
about academics**

Special treats/holidays

CONCLUSION

Stay calm

Be a role model

**Stay connected to
school**

**Role as
a parent**

**Be aware of how you
talk about COVID-19**

**Be aware of your
children's mental
health**

**Monitor television
viewing & social
media**

THANK YOU

Ts.Dr. Siti Hajar Halili
@drct912