

Be patient with your children

We all love our children and want to raise them without violence. Especially in times like these, during the pandemic, us parents are often insecure, stressed and tend to lose patience more quickly. It is normal to have arguments and to make up again afterwards. In some families, however, disputes can become violent. Please keep your eyes and ears open and look after neighbours and friends in need!

How to define violence



- Physical violence: hitting, shaking, choking, hair-pulling
- Mental violence: insulting, ignoring, humiliating or threatening
- Sexualized violence: non-consensual touching, forced touching or sex

What helps you not to lose your nerve?



- Put yourself in your child's place, make eye contact, empathise with your child
- Leave the scene: go into the street, onto the balcony or to another room
- Take a deep breath to calm down: inhale 5 seconds – exhale 5 seconds, repeat as long as necessary
- Exercise: Run up and down stairs, push-ups, dance
- Call friends and tell them what upsets you

Get support



- Ask your spouse, relatives and friends for help
- **Parenting Support Center (SHA: 07917556213 CR: 079514925252), Telefonseelsorge** (in German): **0800 1110111** (anonymous, free, 24/7) or international helplines in your language: <https://www.telefonseelsorge.de/international-helplines/>

Practice self-care



- Reserve some time just for yourself
- Capture beautiful moments: compile photo albums, hang pictures, keep a diary
- Spend time outdoors Keep in touch with friends and colleagues
- Active relaxation: Body care, meditation, rituals, prayer
- Conscious media use
- Sufficient sleep
- Listening to music, singing along loudly, dancing

Create an atmosphere of trust at home



- Talk about positive experiences regularly, e.g. before going to sleep
- Show genuine interest in the opinions and wishes of others
- Explain to your family how you feel, what bothers you in particular, and what emotions it elicits
- Encourage family members to talk about their own feelings
- Listen closely and do not comment or criticize everything
- Admit to your own mistakes and apologise if necessary
- Be gracious and understanding with yourself and other family members
- Not everything has to be perfect; do not expect too much from yourself and others