

## ” PARENTING TOOLKIT FOR COVID 19”.

AECED organised 4 high quality, focused, webinars for parents. It was an opportunity to connect with parents and families during lockdown and the topics were selected to benefit parenting needs and to ensure well being of children.

### COPING WITH CHALLENGES OF FAMILY LOCKDOWN

Saturday 9th May. 2020.

The webinar focussed on **guiding parents to cope with the challenges of the lockdown, in the family environment.** This webinar gave useful tips on how to get children engaged in housework and also build family spirit.



Dr. Suja Koshy  
Child Development and Family Relation Consultant and Parent Coach.

Was moderated by Ms. Purnima Contractor

### HELPING CHILDREN THRIVE - PARENTING FOR COVID TIMES

Saturday 23<sup>rd</sup> May 2020.



Dr. Sujata Sriram  
Professor at the School of Human Ecology (SHE), Tata Institute of Social Sciences, (TISS).

Parenting is not easy and if everyone is cooped at home with no outlet for physical and outdoor activity it is doubly stressful. This webinar was focused on providing valuable parenting tips to ensure children engage and learn during the lockdown @home.

### PHYSICAL WELL BEING AND SUMMER TIME NUTRITION.

Saturday 16<sup>th</sup> May 2020

#### Summer time nutrition for children

Children nourishment and health is the first worry for all parents. This webinar focused on suggesting ideal summer time nourishment for the young ones, Parents queries and concerns were also addressed..



Ms Naaznin Hussein – Nutritionist

#### Physical well being of children

Featured physical games and activities that parents can play with children to keep them engaged at home during the pandemic

Was moderated by Ms. Archana Jain



Ms. Moon Devdas  
Head Preprimary  
Thakur Public School

### THE ART OF STORY-TELLING

Saturday 30<sup>th</sup> May 2020.

**Children love stories ...A well narrated story can make us laugh, weep, swell with pride, or rise with indignation. So is there an art in telling a story and can we learn to tell a story to children – voice , acting , expression and of course selection of a story all play an important role in making it memorable experience for kids...**



Ms. Nandita Jhaveri  
Resonances  
Education consultancy  
& teacher training



Ms. Soniya Lalla  
Resonances  
Education consultancy  
& teacher training

Was moderated by Ms. Swati Bhatt