

"Papa, right, the Corona virus
is red and has spikes! "

Alma, 4 years

Parents knowledge

in times of Corona

Special edition

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**The ElternWissen series will
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introduction

Spring is here, the trees are in full bloom. The
Easter holidays are planned. It could be so nice ... Unfortunately
everything comes different this year. The schools are closed
the kindergartens and kindergartens too, parents make home
Office, maybe short-time work soon. Grandma and Grandpa are not supposed to

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The AGJ specialist association is part of Caritas with the fields of addiction, homelessness and unemployment assistance as well as Protection of children and young people. Around 500 employees work in a network of inpatient and outpatient facilities prevention, treatment, employment promotion and training.

Presented by:

The ElternWissen series was created based on the model the eponymous series of the Catholic National Labor Association for Child and Youth Protection NW eV

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to be visited more and play outside is only possible second. Isn't that a crazy world?

The corona virus poses great challenges for us. It changes our everyday life from scratch - especially for those who live with children and adolescents. How can you as a family do well in the coming weeks survive? How can you deal with uncertainty, fear and Avoid fears and accompany your children in the best possible way? How can you be under these restricted conditions make the time with your children meaningful?

Answers to these and similar questions as well as diverse Suggestions and tips for meaningful and creative employees You will find options in this brochure. At the end you will find links to the corresponding instructions, Videos, websites etc.

Basically

New territory for everyone

The current situation is a situation that none of has ever seen us So we all have - good or bad - Enter new territory. At the same time, it makes sense to ensure that everyone does their best. You manage too the best possible everyday life with your children. **The important thing is: you don't have to do it alone, they have to Use tips, suggestions and help from others.**

Talk about it - but how?

Children may not understand everything yet, but they feel it and realize very well if something is different than usual. They notice when parents are worried, afraid or are unsure. That is why it is important to deal with them to talk about the current situation. Otherwise they stay with a diffuse feeling alone.

* For the sake of legibility, we use the masculine for personal names Shape. Female, male and diverse people are always meant.

Children need an explanation for what is currently happens that they can understand. Therefore, child-right wording important. That is not easy. Mid there are now some very good videos (see links) that explain professionally and clearly what children should know. Videos have the advantage that your child understands them better can what is conveyed because it is with eyes and ears

perceives. Watch the vis deodorants beforehand and estimate whether your child can understand them. Also gets in the children's news Your child appropriate information.

Programs like the Tagesschau are not suitable for children, statistics on dead and military vehicles

"You dad, right, the corona virus is red and has Spines! "

Alma, four years

Witnesses with corpses create fear and panic. Watch Always keep such videos or children's news with yours Child together. Then you can ask questions arising from it surrender, answer better. You also know what Your child already knows.

When talking to your child, choose a good th place and a suitable time: a place where your Child feels safe, maybe while playing or painting, that creates at least some degree of relaxation and Normality. Ask it what it has heard, vacate it Misunderstandings if necessary. Explain to him

is our attitude - the answer to the question: how do I consider the situation? I keep my eyes on it what I can't do at the moment? What not is possible? What bad effects everything has becomes? Then I probably end up in a negative spiral, whose the only result will be: I can not change anything!

But I can also try not to be in this spiral land, but try to focus on the positive center. Maybe that sounds strange at first, because what should be positive about this situation? who but it manages to look at what is possible what succeeds, what makes joy, will find that it positive things there at the moment.

Try to use the time with your children, this To spend time actively. Of course there are homework, home Office etc. But there is also time to do nice things, maybe try something new, just together to be. You benefit from this attitude, but so does yours Child. And definitely the relationship between you.

Recognize the good in the bad

Children are sometimes quite good at the positive to see a difficult situation. The seven year old Henri about Corona:

the current rules and why they are important. Sales avoid dramatizing and fearful occupations grips. If your child asks, always explain to them again. Pay attention to how your child accesses this information when reacts. Notice physical symptoms that are on. Indicate fear, investigate. Take a look also on yourself, because panic is contagious.

As important as it is that your child understands what is currently happens: **make sure that your everyday life and everyday life day of your child not only around Corona and Covid-19 circles.** A minimum level of normalcy is very important.

A question of attitude?

School closure, home office, exit regulations - there feelings like fainting and heteronomy on the Hand. Because we can't change these things right now. And yet it is not that we have no scope at all have nothing to do. **What we can influence**

"It's not the best, but it's also a bit nice. Mom has art and sports classes with her made us. And I have a new game. Is stupid that you can't go to school and not to the Friends."

I'm fine - you're fine

Being there for your children is now the highest principle. That is does not mean that you spend day and night in one room must. Your child can and should play alone, edit gifts etc. **It is important that it feels that you are responsive and with all worries and Wishes can come to you.** Show him that You are there that you are reliable whatever happens. So that you can do that, you have to take care of yourself. Because if you are not feeling well yourself, you can too not be the rock of the surf for your child.

Regulate what needs to be regulated

Certainly there are rules in your family that should make men's lives pleasant for everyone. It may be, that under the changed conditions and in everyday life, the as a result, some rules no longer fit or new ones have to be set up. Think this is necessary, formulate new rules or change them existing from. Explain it to your child. So that it what is now valid, it can make sense to change the new visualize other rules: in words or symbols write it down and hang it up for everyone to see. Watch out on not setting up too many rules at once or on change so that your child does not lose orientation.

Successful education: consistent and appreciative

No matter what parenting style you act in: DIE There is no upbringing because neither children nor grown are the same. Nevertheless, there are findings from research that a certain attitude as well as a corresponding parenting style in principle have a positive impact on children and adolescents. In this Context is often linked to authoritative education spoken. Specifically, this means:

Be a role model and set the direction:

Before adolescents are released into self-employment they have to learn and need a lot instructions and guidance. You must awaken Experience seen as a role model. The decisive factor here is Relationship between parents and children or Young people. Relationship is an active process at the adult is responsible for the development of the Take over the protection orderly.

Show your child appreciation:

Children and young people want to take care of themselves feel. You need adults to look after them turn empathetically and answer your questions, concerns care, worries, needs and needs that they care for encourage and accompany through their frustrations. she have to feel that they are trusted and you must be able to trust that you will respect be fully treated.

Criticize behavior, not your child as a person:

Anyone who leads children and adolescents will not be criticized can avoid. However, criticism must not be too lacking Lead appreciation and rejection. Criticism and value Estimates are compatible if between Person and behavior is separated.

Pay attention to your child's needs:

It must be able to trust that its needs protection, security, orientation, support, justice, belonging, closeness, care, attention togetherness, participation, understanding, understanding, play, Fun, success, stimulating experiences, help, support seen and balanced and recognized to be peaceful. (see below)

Be calm and confident:

Say goodbye to the idea that children have to work and your action is effective got to. You are not responsible for your child behaves the way others would like it to. they are responsible for the relationship with your child too shape!

needs

Eating, drinking, sleeping - the basic physical needs fulfilling ensures our survival. But what is in times Corona, exit restrictions, home office etc. **also** important so that people can feel good no? So that they can feel safe?

Basic psychological needs are essential for our survival as important as the physical. Stay under fills, frustration occurs. Thomas Grüner describes based on the psychotherapy researcher Klaus Grawe five such basic needs: security, love, freedom, Fun, appreciation. (see Grüner 2010)

Knowing these five needs and educating them too is important. **Because: understand what children and young people need what motivates them, what they do it for live and what they fight for - that is the basis for success drawing, whether as a parent or as an educator, teacher etc.** (see Grüner 2010)

The five needs are of course also now every person there. What changes is the number of Possibilities available to meet the needs to satisfy. Added to this is the changed daily structure through school and daycare closings, Home office and generally the facts che that children and parents currently more time in a relatively small space spend. **This can cause that individual needs now become more visible. Therefore**

In this situation it is special important that our re basic need se to be met.

it is now particularly important that parents needs and their satisfaction - that of children and of your own - eighth. The five short outlines. It explains what kind of educational hung general and mean the current situation.

Security - protection

Need: The need for security must first through the care of parents or caregivers be guaranteed. **The satisfaction of the security need is a prerequisite for the emergence of bond.** Characteristic of an existing bond are looking for protection, help and consolation with reference person. (see Grossman and Grossman 2014) Security and Protection also means limitation. Knowing how as far as I can go and where there is a border creates freedom. Because within these limits I can move freely.

Importance for upbringing: take away the fears Your child's fears and desires are serious. That means not always conforming to them. (see Weiß 2007) Also Children and teenagers understand that not always goes. **It is important that your son or daughter feels that you can reliably do what you can do-put.** Work with rules, boundaries and rituals and respond consistently to violations of these limits.

Meaning in times of Corona:

- **Daily structure:** Children need a clearly structured one Daily routine, right now. That gives them security and Orientation. You don't have to be at the minute hold ne, but it is important to give your child a clear one now To offer daily structure. **Set times for: standing, learning, meals, playing, exercise, getting out go, media consumption etc.** To this daily structure too

support, it can e.g. B. can also be helpful instead of putting on the day while sleeping. or to spend a jogging suit.

- **Timetable:** schoolchildren usually get additional were sent by your teachers. **It makes sense, that your child works according to the usual schedule works.** This ensures that all subjects are taken into account be done. It also gives structure. They think but not only on working hours, but also on the Breaks. Your child needs it.
- **Rituals:** We humans need rituals, children entirely especially. Sometimes they really want e.g. B. if they have the same story over and over want to have read again, although they have long read it know them by heart and have a say if they want to play the same game for the hundredth time or if the end of the world threatens again because THE cuddly toy cannot be found at bedtime.

But why is that? **Rituals give hold and orient animals. They simplify the world, create the feeling of security and encouragement trust in life.** she

help children get involved in social Find world and transitions too cope with e.g. B. between family and daycare or daycare and school. (see. Fischer, 2016) Perform best-ongoing rituals, if necessary you can also take over rituals from kindergarten and kindergarten. she new family ri develop tual. It is important that things are delt that everyone involved experiences as pleasant.

Children need Whole rituals especially. One special positions have value in common same meals.

Love - belonging

Need: Man is a social being. Time of his He strives to win and develop relationships receive. **Children spend much of their time there with, belonging, help and protection with confidants seek and thus to meet this need.** Here it's about belonging, but also about identification. Because the feedback from caregivers is important for the completion of the self-image.

Importance for education: Education only succeeds through relationship. Only those who are important for a child will as a role model and can exert influence. That means not to tolerate everything and take part in order from the child to be liked. Just because you are your child set appropriate and age-appropriate limits, press You from: **I don't care and that's why I care also don't care what you do!** This shows you the loading willingness to really deal with the person and that you accept that for the time being, temporarily not well received.

Meaning in times of Corona :

- **Spend time together:** It is important that you take your time in addition to home office and schoolwork,

Freedom - control - influence

Need: Little by little a child learns to to direct the results to a desired result. Follows a child of this need, it becomes more independent and can have a targeted influence on his environment and voices. Do it in meeting that need good experiences, it gains confidence, life to be growing. It dares to face further challenges to tackle and develop self-confidence.

Significance for education: Give your child opportunities to try yourself, to experience yourself, to experience for yourself, to solve problems yourself, to challenge to tackle. Trust him to do something that is his

that you spend with your child. **Time in the it's not about Corona, but sam doing something nice.** That doesn't have to be anything be ordinary, sometimes it's just the simple ones Things that bring joy and connect.

- External **contacts:** help your child to maintain contact with people who care about him are important and cannot be met at the moment. A Video call to grandma and grandpa, a chat with the school friends or photos for the neighbors. Use digital Ways.
- **Body contact:** especially small children need Physical contact. Do not be afraid, someone should Your Corona family, then probably are anyway already infected all members. Hug and shower You together - of course always provided that everyone involved wants that.
- **Communication:** For relationships between people communication is essential. But also for your Child - in his own way - can understand what is in the moment happens is very important: **speak**

Help your Child, contacts to the outside care for.

You with him. Remember in conversation What goes through his mind what worries him, what he happy. For example, you can use Your child in the evening before going to bed

reflect the day. Think about what together each of you liked what bothered you today what he wants for tomorrow.

Age and ability.

Meaning in times of Corona :

- **Strength:** The current situation is a challenge - not only for doctors and nursing staff. Have you already made aware: **this situation holding on and mastering everyday life is a sign of Strength.** We as a society and each and every one of us make our contribution to the fact that we share this Overcome the challenge.
- **Feel self-efficacy:** just freedom and self-determination are severely restricted at the moment. Also if we know that it is necessary, it can cause we can bear it badly. That is indicates we need other options ways to act as real sam to feel. Because it's about this Feeling goes, we can be on others Dodge areas to do that to reach. Your child needs tasks to cope with can: e.g. B. help with cooking or even cook alone, Muck out toys, tidy up rooms, etc. Here are there are no limits to creativity.
- **Participation:** The need for influence can also be breastfed by your child - age- according to and appropriate - at the organization of the day- programs. You provide the frame addition, but the content can be your son or daughter participate. Give him / her the opportunity, e.g. B. play, To bring food or sports requests.

Your child needs Tasks it can cope.

Fun - game - curiosity

Need: A feeling of happiness arises when one or several of our basic needs are / will be met or fulfillment is imminent. So it's not isolated but linked to the experience of satisfaction.

In every positive experience of freedom, everyone welcome an encounter, every feeling of Security and any special requirements recognition of myself, vibrates a moment of enjoyable experience. The driving force behind this need is the pleasure-unpleasure principle: pleasant

Children can do theirs Don't need defer so long like adults.

Create experiences and avoid unpleasant ones. Because we humans work in this way, we all aim regulation systems with the two components loading reward and punishment for this need and thus for the Basic needs.

Importance for education: This mechanism will Often used as a leverage in the educational context: The fun is denied until the uncomfortable is done. Use this practice only if your son or your Daughter has the necessary self-control to control the to meet the requirements set. Otherwise they provoke Frustration and resignation. **Make sure it regular and reliable situations that your Child that they can look forward to and that not deleted as punishment for undesirable behavior or who have to earn it first.** The fulfillment the basic need for fun, play and curiosity should never be completely denied.

Meaning in times of Corona:

- **Play:** Children may not yet be able to meet their needs postpone like adults. This can be seen in the Need for fun particularly strong, especially at

- **Exercise:** Children usually have a big one Urge to move. It is important to this need to pursue. At the moment this is not possible to the extent as usual. Football and gymnastics clubs are closed, the indoor pool too and in the apartment there is little space. Nevertheless: **make sure that your child who can: romp, bounce, exercises.** All that leaves to implement yourself in a small apartment. They have no jumping rope? From cord, wool, barrier tape, if necessary made of socks, one is made in no time.

A RECOGNITION - Respect

Need: Behind the need for recognition the personal reason for being: the confirmation, important to be active. It's about attention through and meaning for others, but also about upgrading yourself. Both together is the basis of personal self-worth.

Importance for education: give your child Attention, encouragement and care. **your interest shows him that it is important and valuable and strengthens his self worth.** Help your child make their own To discover and learn skills.

Meaning in times of Corona:

- **Done tasks:** Does your child have dessert for that Made dinner? Give him credit. Has it kept to the agreed media time? Give Appreciation for him. Has it its Schoolwork done? Give Appreciation for him.
- **Design:** to design something, can deliver or tinker to be very satisfying. Still, it's good from

Appreciation is for Children so important like the air to To breathe.

younger children. A child can e.g. B. not for so long something like homework work like an adult sener. Phases of focused learning should take place therefore always alternate with game phases. **Already the Prospect of a break to play and run around be positive.**

- **Laugh:** Talk to your child about Corona - but not only. The same applies here: everything in moderation. Just as important is to laugh, to be happy about things and ease to feel.

My needs - your needs

These five basic needs cannot be the separate. They are strongly connected and can appear in very different combinations In some situations, they also contradict each other, because the ways in which the needs are met can, are not compatible or at least initially seem to be.

Everyone has the same five needs, but not the same expression. That's why everyone has their own personal structure of needs that evolves in the course of his Life can change again and again. On education

Behind everyone human Behavior is pocketed Need - or even several.

this has several effects: **not only your child and his needs nisse play a role, but you and your needs too.**

While initially you as parents for meeting your needs Child is responsible, grabs yours

Daughter or her son gradually initiate ve. It can then easily lead to contradictions between the "Child need" and the "parent need" come.

But the structure of needs of the parents can also differ significantly from each other.

When human behavior is always relieved of need one serves the other way round:

What is the need behind this or that Behavior? This is especially helpful if it is too such contradictions.

Example 1: The three-year-old Selma is up with her father their favorite playground. She is on the climbing frame and want to get to the top. Her father is looking down to. He is queasy. Selma's behavior is aimed at satisfying the need for freedom / self-determination and fun / play / curiosity. You compete with the parents' need for security or need to provide child safety.

Example 2: The three-year-old Selma is up with her parents their favorite playground. She is on the climbing frame and want to get to the top. Her parents are downstairs and watch. Selma's mother is queasy and forbids Selma to climb even higher. Selma's father

ttttt

to get positive feedback from others: who does not like to hear that the cookies are delicious, the picture beautiful or the Lego building is great? Give your child this recognition.

- **Make others happy: get recognition** we also when we make other people happy make, give them something for example. Self-confidence it cannot be forced to do so. For suggestions however, children are usually open. And often they are too very generous when it comes to your handicrafts, pictures etc.

does not see it that way. He thinks it's great that his daughter can climb so well. He also believes in it. Nothing went wrong last time.

In such a situation, a conflict usually arises within one person (*example 1*) or between people (*example game 2*). Then it is helpful to be aware:

Who is trying what behavior with which behavior to meet needs? This often increases the willingness to accommodate the other. That does not mean, that every situation can be solved in this way. But:

Sometimes it is possible to meet a need too a different behavior or activity fulfill. However, this is only possible if you have previously makes you aware of what needs are at the moment.

Where to go with fear?

"Papa, can it be that you die?" What to do with her My child's fear? And with my own? Perhaps ask yourself such questions these days.

Fear is a normal feeling at first. And a very sensible. Fear helps us sharpen our senses for dangerous situations and it helps us, if appropriate

Situations to respond. This works however, only if

fear within a certain framework

men moves: Too little fear can pose real dangers to us hiding, too much fear can block our actions.

The pronouncement makes the fear small become ner.

In times like these, one thing often determines our everyday life: the fear of fear and of everything else men and can happen. Since there is little we can do about it To end or change the situation, we experience power and helplessness. That's why fear is always threatening if we can change little. Children can do that just like us adults.

What can you do as a parent? How can your child support? Here are some basic points:

Talk about it!

Talk about your fears. Turn your fears into Topic in conversations with other adults: yours Partners, other confidants or contacts

telephone counseling. Speaking of fears leaves the fear is getting smaller. Because fear is always

Take the pressure out!

Use the time sensibly without building up stress. Clearing

especially bad if we stay alone with it. Not about- otherwise it says: shared suffering is half suffering.

This principle applies to your fears, but also to yours
Child. Talk to him about his fear. Let

not alone, share its care
Live yours conditions, fear and anxiety with him. Ma-
Child before, healthy with but be aware that
To deal with fears. Don't fear your child
can simply "make away". Never-

somebody can. **By showing him how to do it**
Sharing fear with others can help your child learn to be healthy with
To deal with fears.

Don't judge!

Fears of children often appear to us adults
strange, senseless or abstruse. Talk **about it too**
with your child. Let it paint its fears, on-
write, report etc. The fear has to go out so that it
can get smaller.

Take time, be there, listen!

The situation is new, unusual and scary for children
of the. Children are currently experiencing a different structure in everyday life,
adults now experience their fears with little
Knowledge and own helplessness. Help them with security
and orientation. Use rituals for fear too
to oppose something.

Serenity!

You may be wondering how you should be calm at the moment-
len. Yes, that sounds strange and is not always easy. Of the
However, it is worth trying. The more relaxed and confident
The better you are, the better your child will be with the situation
to be able to deal with. **Allow yourself the situation**
tion is difficult.

Don't scold them!

Has ranting made anything better?
Hardly likely. We often devalue children from stress and
mean. Then sentences like: "You make me
insane "," How many times have I said that? ", " I think
You're crazy!". Avoid ranting, press over
I messages from how you are and what moves you.

Do not open the attic until after the crisis.
Task creates stress. Don't forget to take care of yourself
take care of yourself. Your child can only be fine if
you are fine. If you get stuck: get it
yourself support.

stress

Stress is a term that most people use
Connect negative. Stress is in moderation
necessary and healthy for coping with everyday life. A
a little bit of stress gets us going and helps us
to deal with new tasks. If that succeeds
we feel good and can look forward to what we have achieved.

The physical stress reactions are common to all people
the same, because they are biological. You protect him
Body from damage and disease. The body poses
short-term energy ready that used
can be to the burden - so
the stress trigger - to avoid
or to deal with the problem. Is the
stress-triggering situation
walking or one time, he recovers
Body quickly again. If there is constant stress, he can take action
do not recover and respond with complaints.

Unsatisfied
generate needs
sooner or later
Stress.

The longer the stress reactions last and the more intense they are
are, the more space take stressful thoughts and
Feelings one. Anxiety and depression can arise. children
then react irritably, are nervous and in a bad mood
or become silent and withdraw emotionally. Instead of
curious to take on challenges are certain
focus and / or fear of renewed failure.
Self-confidence may be weakened.

Stress releasers

Among other things, many people experience no stress as a trigger for stress
have to make an effort or other people.
Stress often has to do with other people or people
society places demands on us, e.g. B. on time
being at home or following other rules.

As with so much, the measure is crucial. **Because too**
a lot of time, boredom, too little or too little
struggles, chaos without rules can create tensions in us
generate and trigger stress. This is exactly what can
ment happen: The effects of the corona pandemic
can cause us to have too much free time that we can
Face requirements that we do not prepare for
because we have home office and childcare in parallel
have to organize or the children the physics tasks
to explain. In short: Corona can create stress in us.

coping with stress

Basically: As individual as we humans are
are so different is what each individual
stressed by us. The same applies to dealing with stress:
Everyone develops their own personal type of stress
Coping.

It is usually advisable to work on the stress trigger.
In this case, however, this is only possible to a limited extent.
For example, if stress arises from everyone
romp around the apartment, you can play with them for a while

Ways to feel good

The following list contains suggestions that children and young people
help with stress or other negative situations
can. Not everyone works on everyone. Still worth it
to try one or the other:

1. Interrupt everything you are doing. Close your
Eyes and take ten slow, deep breaths.
2. Imagine your safe place.
3. Go to a quiet room and read a good book.
4. Listen to your favorite music.
5. Pray, meditate or concentrate on your per
personal relaxation formula.
6. Listen, watch or read something funny.
7. Take a walk in a safe area.
8. Run on the spot for five minutes.
9. Call a friend.

Children go outside or spend a quiet hour in the
Introduce lunch time, in which everyone quietly in their own room
plays, reads, etc. You can't change that
other social conditions currently exist
that everyone should keep.

The first step is to feel stress. Loading
note any notices with your daughter or son
Stress? Talk to him / her about it. Try,

The first step
is stress
perceive.

find out together what
stresses him / her. Does it exist
Opportunity to deal with the stressful situation
tion to change? If so,
consider what can be done.

If the conditions are unchangeable:
What could be good for your child now? How can it "down-
come" and relax? What can it do in the future itself
notice that it is stressed?

It can be helpful to have a personal relaxation list
to create. Because we often come across such things
not one when we need it.

10. Talk to your parents or other adults,
who understand you and listen to you.

11. Write in your diary.

12. Do voluntary tasks.

13. Sing loudly.

14. Dance.

15. Tell yourself that everything will be better.

16. Take a warm bath.

17. Make crochet, sew, knit,
Woodwork, painting etc.

18. Tell yourself five good qualities about yourself.

19. Talk about your feelings.

20. Tell someone you love them.

21. Play with your pet.

22. Help someone else.

Source: Cohen / Mannarino / Deblinger 2009

Stress-free parents - stress-free children

Your child needs parents right now, if possible
are stress-free and can devote themselves to the child. That's why
is the main support from parents for children
or young people in taking good care of themselves.
If parents are well prepared for their own stress,
the stressful situations of your adolescents in the
Rather calmly encounter.

Dealing with boredom ...

Boredom is commonly seen as negative: someone
doesn't manage to get busy. Out of boredom
but also very creative ideas arise. However, it must
you usually go through a phase of boredom for this,
which can be very tiring. The crux of the matter is
that the good ideas in this phase
chen.

Some people counter this by making up a list
investing in things they have long wanted to do
that remain in everyday life etc. This can be beautiful, pleasant
me, but also be annoying things. Is there a phase of
a while, choose what you want from this list
most likely to imagine at that moment.

Dealing with anger

Anger is not violence. Anger is the response to a stress
situation, adrenaline "flushes" the body properly.
Anger can relieve tension, so it's basically positive
tiv. However, only if children learn, they are not harmful
against yourself, others or using objects. (see.
Rye 2012)

In coexistence with children arise - especially in
Times like defiance and puberty - emotional conflicts.
It gets loud, mean words fall, the spiral of anger goes
always further up. A constructive conversation is not
more is possible. Let your child get excited. Calm down
Yourself if necessary. It is often easier for children,
when they're offered a retreat, sometimes
also helps to get excited about a certain activity,

Psychologist Brad Bushman puts it this way: "*Steam off
to reduce anger is like starting a fire
extinguish with petrol.*" (Bushman 2018)
relieving steam early, long-term
This provokes vengeance and renewed outbursts of anger.

In the current situation, tantrums can accumulate
come in children. This is normal and cannot be done
basically prevent. The main principle: endurance. Also
if that's exhausting. And also when it comes to the cash register
happened in the supermarket. Take the pressure off
make sure that the child cannot get injured.
Don't try to break defiance at any cost.
Talk to him calmly and lovingly. If the child
can speak normally again, listen carefully. Often lies
a misunderstanding between what the child wanted
and adult behavior.

In this aging, children still believe
the parents know what it thinks. (see.
Bishop or Singer.) Despite is also a
Signs of fainting and helpless
speed. That's why children need to
fit comfort. The tantrum followed a limit, is
it is important not to be intimidated and at the
stay original limit. Otherwise it will be easy
to a strategy for the enforcement of the child's will.

Do not try,
defiance of everyone
Breaking price.

Example: *The two-year-old Samira has a tantrum because
she is not allowed to put on her pink summer dress. she
throws herself on the floor, screams and rages, ten minutes
long. It is uncomfortable, it is tiring. Yet:
In this situation it is best to wait until the
Angry outburst passes. With a two year old
of course not after such a situation
work up factually.*

And the teacher writes every day - goodbye to Corona holidays

Is your child already going to school? Then you get
presumably sent tasks from his teachers. To have
You have several children going to school? Then get
you may have many tasks from many teachers
sent different systems. Child 1 is supposed to do something
cook, child 2 should watch an educational film and child 3 should
Solve math problems. And you should all three

e.g. B. Sport. So you prevent the situation from continuing-calibrated. Then you can start again objectively.

support while you are actually in the home office would have to work.

The situation described shows what parents are currently doing th. **respect at this point in front of you all.** From today facing these challenges tomorrow in many places the nerves are already bare. The following points can help relax and deal with the situation to facilitate with these tasks:

- **The situation is also new for teachers.** Schools work with different systems, some teachers learn Google Classroom, Moodle and what they are all called know now. Most of the time, you cannot see how many the colleagues gave to your child. Therefore it can be given more tasks than it can do, or less than it takes to go to normal school to fill. So be a little forgiving with the teachers.

- **Pull together.** Even if it doesn't sometimes necessarily works that way, basically everyone wants the same thing: that Best for your child. The best way to do that is when everyone who participates in his upbringing works together

and pull in one direction. These are You, his teacher, possibly also school social workers and other professionals. You can assume that too do their best to keep your child in to support its development. Gives there things you don't understand? Sewing

One of your main tasks is in Wait, your child a daily structure to accomplish.

contact the appropriate person. Often helps a short conversation to clarify the situation and avoid misunderstandings.

- **Daily structure:** One of the main tasks that you have in the The moment comes, your child has a daily structure to accomplish. That applies in general, but also in Terms of learning. Many parents and teachers report The positive thing of being guided by the normal timetable animals. If there is math on Monday at 8 a.m., you will learn Child also at home on Monday at 8 a.m. So no subject is forgotten and also non-favorite subjects come on. The breaks are also automatically times fixed. Another advantage of this system is that Your child already knows this schedule. You need to so don't discuss which one five or eight times a day Subject is learned next. This saves valuable nerve ven and time.

- **Not too much and not too little.** How much support does your child need? Sometimes that's not so easy to deliver. So keep a close eye on your child. Then you can accompany it as it makes the most sense and it is neither overwhelmed nor underwhelmed.

- **Don't try to be perfect.** You are a mother or father. You are probably not a teacher. To attempt You, your child, so well at doing its job support how it is in the current situation. Don't try to replace the teachers.

From a mother's corona diary

Day 1: First day - done. Strange to be at home and to have to get up early anyway. First a job built for Tom. Little by little the tasks rolled over. First the main subjects. Doable, we thought. Then always more, tasks of seven subjects by noon. Tom realized so slowly: it won't be a Corona vacation. He naturally catches with his favorite subject: math.

Day 2: I feel like I'm in a vacuum. To learn with Tom is pure chaos. No structure, no normality. I have to be present all the time. It takes so much energy. I can't keep it up for three weeks. Tom can for the most part, that's not the problem. But I feel me like a camel driver. He just doesn't feel like it. If if I don't keep pushing him, he hears after every task to work again.

Day 3: Big noise. Two hours radio station, then it went again. The tasks of the teachers are increasing. Not so easy to keep track of things. How to do actually parents who have to go to work themselves or Do home office?

Day 4: Today we had a long lunch break. Tom has reacted physically with a sports unit and I was shopping. After that it was much better. Make that we always like that now.

Day 5: Today we have to complete the results of the tasks. take pictures and send them to the teachers. During the week we have a total of 30 emails with tasks and explanations to get. But our neighbor got almost 60, so it is relative.

ttttt

Beginning of week 2: As of today we are working on another System. Tom learns according to the schedule that usually applies. It starts at 8 a.m. He is still motivated not, but things have gotten much better since then. I think we have at least built up some structure to which we are going can hold. Fixed working hours, fixed breaks. If the The mood completely changes, everyone warps for a while.

End of week 2: It's hard to believe that we do it now pull through already two weeks. Somehow I'm proud of us. Maybe I should say that Tom too !? My re-Spect in front of teachers has really been enormously

Meaning. So you can survive with a clear conscience whether they loosen the usual rules and yours Approve child half an hour more here and there.

Maybe WhatsApp doesn't have to be there all the time and shooting games. You can use a smartphone and a computer do a lot of other things that your Child certainly doesn't know everyone yet. How about one creative project, for example an own picture story with self-made photos and texts?

rose. Not much has changed in Tom's motivation, but he's got used to the process, I don't have to Prompt more five times and there is less argument. We are become a good "corona team".

S., mother of a fifth grader from NRW

media

Smartphones have many positive and negative aspects. At the moment the following stands out: Whoever is a smart phone can communicate with others. Is in Times when meetings with friends, relatives and other whose people are only possible to a very limited extent, of great importance. For teenagers as for adults. Our Smartphone enables us to maintain our relationships despite To maintain exit restrictions and thus to do so belong. This is quite a thing, especially for children and young people important aspect.

Accompany your child. Accompaniment does not mean to monitor your child's smartphone.

Rather, accompaniment means that you support a healthy and responsible to learn and maintain the handling of the device.

Technically, adolescents are often miles away from their parents ahead. Media literacy means more than just being advises to be able to operate.

Playstation computer games and the like serve the Needs fun / play / curiosity and freedom / self-determined mung / influence. Basically, you are a little bit structural. Because the opportunities to satisfy needs are currently severely restricted, they even win

The public television and radio stations have their changed so that children's programs program is running, some recommendable learning programs. In- You can find information on this at:

<https://www.ard.de>
<https://www.mdr.de>
<https://www.br.de>
<https://www.planet-schule.de>
<https://www.wdr.de>
<https://www.zdf.de>
<https://www.kika.de>

As in normal times, the same applies to media: Open the mix matters. Because no matter what we do: too much of that is unhealthy. Without an appropriate compensation can cause health damage. Worry for that your child has enough exercise and fresh air gets and does different jobs.

Excerpts from: ElternWissen Smartphones

If the barrel overflows and the Patience breaks

When it comes to dealing with emotions, this also applies to them Adults: do not work with hot emotions. Everyone, who lives or works with children knows situations like that the following:

Example: It is Friday afternoon, the Müller family is at home. se. The four children are four, six, nine and eleven years old. The whole gang rages through the house. It is laughed, shouted s, rumbled, screeched and so on. Mother Müller is just now come home after a hard week's work men. She tries to read a book and relax on the sofa to relax. The noise bothers her a lot, but she doesn't want to spoil the game. That's why she doesn't do anything. your Anger grows, suddenly her patience runs out. With high red head she lets out a loud scream and storms into Nursery.

Right now many people are nervous than usual. Therefore - especially between parents and children but - easily come to emotionally charged situations. The sooner you notice that something is happening in this way, the better you can take countermeasures.

Tip: Don't wait until you have your back against the wall stand. Because then you cannot react the way you do would make sense in a calm state. Instead of factually ben, you become emotional and say things that change the situation tighten instead of contributing to a good solution for all You may be sorry afterwards, but then the "fronts" are often hardened.

Parents remain parents

Separation and divorce is for everyone involved - parents like Children - an event with high stress. If you are for you have chosen this path, you will definitely have a good one Reasons. There are many stumbling blocks on this path that easily made you stumble too. You have a lot invested in the struggle and tried conflicts to get out of the way.

With the separation, the desire is connected, all this behind let yourself be. Couples without children walk at a distance and let time work for you. Couples who are parents is blocked this way. For the wellbeing of their children, they must stay tuned, you have the responsibility to the conflict between parents and educators To further consolidate the community. You are running out of time. **You need your children now. You have no other Choice. Your children also have no choice.**

What is difficult in "normal" times can be during the closure of daycare centers and schools as well as drastic ones Exit restrictions still sharpening. That's why it is now more important than usual that you and the other Pull parent together - your child, but also for the sake of yourself.

Excerpts from: ElternWissen When parents separate ...

"My two children (12 and 14) live with their mother. I usually see them every other week- The End. We have joint custody, but many

If something does happen, the world will not perish, a single situation of this kind does not drive a wedge in the long term draw to your child. But: Don't be shy, your child to apologize. But wait until you see have calmed both sides. If that remains the exception this even has a positive side effect: your child learns that it is normal to admit mistakes and apologize to ask - no matter what age.

My ex-wife decides things, including important ones, without me. In the beginning it annoyed me a lot and there was Dispute. Now I can handle it better. I know, that you still want the best for our children. Mostly it was more about the principle than the concrete thing.

Corona makes it more difficult to see my children. Egg-occasionally we wanted to spend the Easter holidays together. I don't know if that will work at the moment. My ex wife and I have to think together what is the most sensible Solution is. I hope that this can be done without mutual reproach. "

From talking to a father

What if ...

- ... you don't know any more?
- ... You are at the end of your strength?
- ... you realize that your child is not well, it but not speaking to you?
- ... someone from your family, your friend or Freundeskreis Covid-19 has?
- ...

Do not be afraid to seek help! Turn around to the local health department, contact the Counselor for telephone counseling, the parents' telephone number against grief or other contacts. Allow also tell your child to seek help if needed. Convince him that it's not a sign of strength weakness is to accept support. Here are a few Contact details:

Telephone counseling

Telephone advice on all topics

around the clock every day
0800 111 0 111, 0800 111 0 222, 116 123

Online advice on all topics

<https://online.telefonseelsorge.de/>

Number against grief

Telephone advice for children and adolescents:

Mon – Sat: 2–8pm
116111

Online advice for children and adolescents:

<https://www.number Gegenkummer.de>

Telephone advice for parents

Mon – Fri: 9 am–11am, Tue + Thu: 5 pm–7pm
0800 111 0550

Advice for caring relatives

Nursing phone:

Monday to Thursday: 9 am to 6 pm
030 2017 9131

Advice by email:

info@wege-zur-pflege.de

Advice for pregnant women

Help phone "Pregnant women in need":

Around the clock
0800 404 0020

Advice for women

Help phone "Violence against women":

Around the clock
0800 011 6016

Advice on victim protection

Offer for people who are currently committed to violence could incline or feel the urge, forbidden

Consume content:

Mon – Fri: 9 am–6pm
0800 7022240

Further advice centers

Advisory guide:

The German Association for Youth and Marriage tung (DAJEB) offers an advisory guide online. There you can target advice centers in your post office Search numerical area, also on the topics youth and Marriage counseling beyond. You can find the consultant at: <https://dajeb.de/beratungsfuehrer-online.de>

Collection of ideas

Below is a collection of creative ideas employment ideas. Maybe you and your child will find it too something below that you feel like and that you enjoy de prepares. Or it inspires you to do things yourself think and try.

Paint, write, fold

- **Painting:** proven motifs or new, e.g. B. counteract paint, an exhibition for family members chen, maybe digital for other people
- **Mandalas:** print and paint or design yourself
<https://www.mandala-bilder.de>
<https://www.kinder-malvorlagen.com>
<https://www.kigaportal.com>
<https://www.kidsweb.de>
- **Diary:** write or paint what exactly fits that helps to remember that time later
- **Stones:** collect while walking, then paint, e.g. B. as lucky stones with good wishes, or stick together and animals or other structures do
<https://www.geo.de>
<https://www.kindersache.de>
<https://www.liliput-lounge.de>
<https://freshideen.com>
- **Origami:** fold funny animals and train fine motor skills
<https://besserbasteln.de>
<https://einfach-basteln.com>
<https://www.geo.de>
<https://www.papierfalten.de>
- **Letters:** write and send, e.g. B. to neighbors, Friends, relatives, and hope for an answer of their own Design stationery

Crafts, build, manufacture

- **recycling:** all material that is no longer needed, collect and build something out of it: e.g. B. magazines, paper, wood waste, plastic cups, paint and more
<https://www.pinterest.ca>
<https://www.helles-koepfchen.de>
- **Upcycling:** make something useful out of waste or spice up ranked things, e.g. B. a purse from egg tinker with an empty tetra pack

<https://bastelfrau.de>
<https://www.geo.de>
<https://www.smarticular.net>
<https://www.handmadekultur.de>
<https://shop.labbe.de>

- **Paper plane:** build many copies and from the window / Let the balcony fly out, find out the best model, Invent your own models and write instructions
<https://www.besserbasteln.de>
<https://www.geo.de>
<https://einfach-basteln.com>
<http://www.papierflieger.de>
<https://www.heimwerker.de>
- **Easter eggs / decorations:** From everything that is suitable, tinker decoration and decorate the apartment
- **Collages:** something from old magazines or catalogs cut out and glue on, label etc.
- **Puzzle:** from cardboard or with a fretsaw from thin Make a wooden puzzle and paint it
- **Goodbye smartphone: make a yoghurt mug phone**
<https://www.kidsweb.de>
- **Soap bubbles:** liquid for soap bubbles yourself Oil and bubble
<https://utopia.de>
- **Cookies:** bake and give away **your** favorite **cookies** , yourself eat or both
- **Shoe boxes:** a doll's house or the like made of build one or more shoeboxes
<https://archzine.net>
<https://deavita.com>
- **Comfortable: made of** blankets, pillows, carpets, etc. castles or build caves and make yourself comfortable in them
- **Puzzle marathon:** organizing a **puzzle** competition
- **Lego / Duplo:** all existing bricks in a construction project no obstruct
- **marble run:** a marble run through a room that entire apartment or several floors in the house building, everything that can be used is given no matter
- **Tinkering:** carry out experiments
<https://www.kidsweb.de>
<https://www.haus-der-kleinen-forscher.de>
<https://www.schule-und-familie.de>
<https://www.3male.de>
<https://www.kindererbildung.com>
<https://www.nela-forscht.de>
<https://www.kribbelbunt.de>

Puzzles, puzzles and laughs

- **Puzzles :** solve **puzzles** yourself, e.g. B. from children's magazines or from the internet
<https://www.kleineschule.com>
<https://www.raetseldino.de>
<https://stopkidsmagazin.de>
<http://www.denksport-raetsel.de>
- **Have puzzles:** think about **puzzles** yourself and let other minds
- **Telling jokes**

Photo, video & Co.

- **Video:** make a video yourself about the corona phase, record what the family is concerned with, a memory create for later
- **Photos:** view family, vacation or other photos, create a slide show or a film from it and one Do a demonstration
- **Interviews:** family members, e.g. B. grandmas, grandpas, aunts,

Move

- **Sport:** do exercises at home, alone or with a training tion videos, e.g. B. von Alba Berlin: The youth coaches of the Basketball team provide one sports lesson daily on-line
<https://www.albaberlin.de>
- **Rope skipping :** tinker and train a **jumping rope** , the document the results
- **Olympics:** invent disciplines and a competition between family members
- **Run stairs:** as often as possible the stairs (if in the house or apartment) run up and down on Si pay attention to safety
- **Balloons:** play volleyball in the air for as long as possible hold, create your own games

Theater & Co.

- **Dress up :** do a fashion show, dress up as XY the one who advise others

Interview uncles and present a podcast or film turn off

- **Share knowledge:** create a YouTube tutorial about something you can do well
- **So what is that?** A person takes a picture of ir- something in the apartment, the others have to guess, what it is and where it is

For the senses

- **Taste:** Cooking together, favorite dish yourself cook, everyone wants a dish, try new things ren, invent a court, etc.
- **Smell and taste:** blindfold and live smell / taste medium
- **See and perceive:** objects on a table distribute, close eyes, someone takes a counter stood away - what's missing?
- **Listen:** listen to radio plays, listen to music, play music, music Build your own musical instruments
- **Feel: take** a bubble bath, apply cream or let go, massage with a hedgehog ball etc.
- **Try relaxation exercises:**
<https://www.zeitblueten.com>
<https://stresstreff.com>
<https://karrierebibel.de>
<https://www.selbstbewusstsein-staerken.net>

Sources used

- **AGJ Association for Prevention and Rehabilitation in the Archdiocese of Freiburg e. V.:** *Series of Parents Knowledge:*
 No. 9 stress
 No. 11 When parents separate ...
 No. 14 smartphones
 No. 15 rituals
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- **Bishop, N.** (2012): *Morality. Their nature, their dynamism, their Shadow.* Böhlau Cologne.
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- **Weiß, H.** (2007): In Opp, G., Fingerle, M. (ed.) *Was Kin- that strengthens. Education between risk and resilience.*

- **Theater and circus:** rehearsing a performance and perform, make tickets, listen to audio books and re-enact, create silhouettes and a story play
- **Poetry:** writing a poem, e.g. B. about the family
- **Song:** Invent your own song and sing together

Play

- **The best game: play** all games that are in the house len and create a hit list
- **Who wants what?** Everyone can wish for a game
- **New games:** invent a game or create a game yourself ask, e.g. B. homemade quartet or memory
- Try it **out: try** a game from the link list (see below) beers

Others

- **Plants:** on the balcony, in the garden or indoors plant or sow and watch the growth
- **Flowers:** Pick daisies and put them in one at home Place a vase or make wreaths
- **Surprise: make up** small surprises for each other and organize
- **Learning: learning** something new together: e.g. B. a language che, juggle

Links and tips

Information for parents

- **Current information from the federal government:**
 How parents can help their children now
<https://www.bundesregierung.de>
- **Current information from UNICEF**
 Coronavirus - What Parents and Pregnant Women Should Know:
<https://www.unicef.de>
 Coronavirus - eight tips to talk to children about it:
<https://www.unicef.de>

Information for children

- **What's Corona? The corona virus simply explains:**
 Picture story:
<https://ze.tt>
 Videos:
<https://www1.wdr.de>
<https://youtu.be>
<https://www.youtube.com>
- **Current information is available from Logo!**
<https://www.zdf.de/kinder/logo>
- **... and the mouse knows everything anyway :-)**
<https://www.wdrmaus.de>

Playing, handicrafts, puzzles, puzzles, listening ...

- **More than 50 game and activity ideas** for
 At home, tips for the home office with children:
<https://maehfrosch.de>
- **Indoor games and craft ideas:**
<https://kraft-machen.de>
- **The daily sports lesson from ALBA Berlin:**
<https://www.albaberlin.de>
- **Many ideas of what to do from WWF:**
<https://www.google.de/amp/s/blog.wwf.de>
- **Tips against boredom:**
<https://www.unicef.de>
- **Origami - the art of paper folding:**
<https://besserbasteln.de>

<https://einfach-basteln.com>

<https://www.geo.de>

<https://www.papierfalten.de>

• **Recycling and upcycling:**

<https://www.pinterest.ca>

<https://www.helles-koepfchen.de>

<https://bastelfrau.de/>

<https://www.geo.de>

<https://www.smarticular.net>

<https://www.handmadekultur.de>

<https://shop.labbe.de>

• **Yogurt mug phone:**

<https://www.kidsweb.de>

• **soap bubbles:**

<https://utopia.de>

• **Paint mandalas:**

<https://www.mandala-bilder.de>

<https://www.kinder-malvorlagen.com>

<https://www.kigaportal.com>

<https://www.kidsweb.de>

• **Paper plane:**

<https://www.besserbasteln.de>

<https://www.geo.de>

<https://einfach-basteln.com>

<http://www.papierfliegerei.de>

<https://www.heimwerker.de>

• **Crafts with stones:**

<https://www.geo.de>

<https://www.kindersache.de>

<https://www.liliput-lounge.de>

<https://freshideen.com>

• **Crafts with shoeboxes:**

<https://archzine.net>

<https://deavita.com>

• **experiments:**

<https://www.kidsweb.de>

<https://www.haus-der-kleinen-forscher.de>

<https://www.schule-und-familie.de>

<https://www.3male.de>

<https://www.kindererbildung.com>

<https://www.nela-forscht.de>

<https://www.kribbelbunt.de>

• **Mystery:**

<https://www.kleineschule.com>

<https://www.raetseldino.de/>

<https://stopkidsmagazin.de>

<http://www.denksport-raetsel.de>

• **Try relaxation exercises:**

<https://www.zeitblueten.com>

<https://stresstreff.com>

<https://karrierebibel.de>

<https://www.selbstbewusstsein-staerken.net>

Learn and watch TV

• **MDR knowledge** - the big questions of our time -

Learn despite Corona:

<https://www.mdr.de>

• **BR Media Center** - school at home - learning online:

<https://www.br.de/mediathek>

• **SWR Planet School** (offers by age group):

www.planet-schule.de, www.wdr.de/schule

• **ZDF** The virtual classroom (for all ages):

<https://www.zdf.de/wissen>

• **KiKa #** together at home:

<https://www.kika.de>

• **ARD** Audiothek - radio plays and stories for

Children from 3:

<https://www.ardaudiothek.de>

• **ARD** Audiothek - excitement and knowledge for children from 6:

<https://www.ardaudiothek.de>

• **KiKa** - Do it yourself: Tips for painting, handicrafts and Cook:

<https://www.kika.de>

• **Kinderkunsthauts Munich with creative tips:**

<https://www.instagram.com>

• **Fez @ home** - games, tips, tricks and lots of ideas what

You with your siblings and parents or alone

can do:

<https://fez-berlin.de>

subjects

No. 01 Web 2.0 *

No. 02 addictive substance *

No. 03 must there be punishment? *

No. 04 Right-Wing Extremism *

No. 05 Sexual Violence among Young People *

No. 06 Facebook & Co.

No. 07 career paths

- No. 08 Grief in Children and Adolescents *
 - No. 09 stress in children and adolescents *
 - No. 10 self-harming behavior *
 - No. 11 When parents separate ... *
 - No. 12 ADHD
 - No. 13 bullying
 - No. 14 smartphone
 - No. 15 Rituals - Islands of Reliability
 - No. 16 alcohol, cannabis & Co.
 - No. 17 eating disorders
 - No. 18 In times of Corona (digital only)
- * Print version out of print

The issues of the ElternWissen series are available digitally
at: www.agj-elternwissen.de

Cooperation partner