**UNICEF IEC – eWarehouse Metadata Format**

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| **DOCUMENT TITLE** | **Guide for parents to keep calm and manage stress** |
| **SUB-CATEGORY** | As per IEC Warehouse, check from the list below  OR  If none of this is relevant, create a new subcategory.  Education:  Quality package  Disparity reduction  Girl stars  Meena and Girls Education  Reproductive and Child Health  Maternal and New-born care  Japanese Encephalitis  immunization plus  Polio Education  Integrated Management of Child illness  Child Development and Nutrition  Nutrition  Early childhood Development  Infant and Young Child feeding  Salt iodization  Vitamin A  Adolescent Anaemia  WASH  Home Hygiene and Sanitation  School Sanitation  Community Management and Water Supply  Drinking-Water Safety  Policy Planning and Evaluation  Birth Registration  Village Planning  Community Development    Advocacy & Communication  Maternal Health  Disaster Risk Reduction  Floods  Drought  Psychosocial care  Tsunami  Avian Flu and Human Influenza  COVID-19 |
| **PROGRAMME** | As per IEC Warehouse, check from the list,  Education  Health  Reproductive and Child Health  Child Development and Nutrition  WASH  Policy Planning and Evaluation  Advocacy and Communication  Disaster Risk Reduction |
| **DESCRIPTION (1500 Characters)** | Note: this poster is guideline for parents keep calm and manage stress. It can be difficult for parents to take care of their children which leads to stress. It is important to manage and control stress while taking care of them. Note to remember that   1. You are not alone 2. Try to avoid alcohol 3. Listen to your kids 4. Take a pause |
| **SEARCH KEYWORD(S)** | Note: parent child relationship, home quarantine, children, daily activity, stress, anxious, managing stress. |
| **DETAILS** | Note: poster on guide for parents on managing stress and keeping calm |
| **OFFICE** | Parenting for Lifelong Health  World Health Organization  UNICEF  Internet of Good Things  Centers for Disease Control and Prevention  Accelerate |
| **MEDIUM** | Audio Software  Banner  Book  Booklet  Dangler  Exhibition Panel  Film  Flash Cards  Flip book  Games  Hoarding  Leaflet  Mobisode  Other  Pamphlet  Panel  Poster  Print Advert  Radio PSA  Sticker  Tin Plate Template  TV PSA  Wall Painting Template |
| **LANGUAGE(S)** | English |
| **CONTENT TYPE** | Adobe Acrobat PDF (.pdf)  Executable (.exe)  Microsoft Word (.doc)  Microsoft Excel (. Xls)  Microsoft PowerPoint (.ppt)  Rich Text Format (.rtf)  Video/Audio file (dat., mp3, mp4)  JPG image (.jpg)  GIF image (.gif)  Font File (.fnt)  VCD file (.vcd)  EPS File (.eps)  Page Maker file (. pmd)  Corel Draw (.cdr)  True Type font (.ttf)  True image files (.tif)  Bitmap image (. Bmp)  PostScript File (. Ps)  Application (.app)  InDesign Document (. Indd)  Word Document Template (.dot)  Adobe Illustrator (.ai)  Freehand 8 (. fh8)  Photoshop Design File (.psd)  Zip File (.zip) |