**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 belowORIf none of this is relevant, create a new subcategory.Education: [ ]  Quality package[ ]  Disparity reduction [ ]  Girl stars[ ]  Meena and Girls EducationReproductive and Child Health[ ]  Maternal and New-born care[ ]  Japanese Encephalitis[ ]  immunization plus[ ]  Polio Education[ ]  Integrated Management of Child illnessChild Development and Nutrition[ ]  Nutrition [ ]  Early childhood Development[ ]  Infant and Young Child feeding[ ]  Salt iodization[ ]  Vitamin A[ ]  Adolescent AnaemiaWASH[ ]  Home Hygiene and Sanitation[ ]  School Sanitation[ ]  Community Management and Water Supply[ ]  Drinking-Water SafetyPolicy Planning and Evaluation[ ]  Birth Registration[ ]  Village Planning[ ]  Community Development Advocacy & Communication[ ]  Maternal HealthDisaster Risk Reduction[ ]  Floods[ ]  Drought[ ]  Psychosocial care[ ]  Tsunami[ ]  Avian Flu and Human Influenza[x]  COVID-19 |
| **PROGRAMME** | As per IEC Warehouse, check from the list,[ ]  Education[x]  Health[ ]  Reproductive and Child Health[ ]  Child Development and Nutrition[ ]  WASH[ ]  Policy Planning and Evaluation[ ]  Advocacy and Communication[x]  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 that1. You are not alone
2. Try to avoid alcohol
3. Listen to your kids
4. Take a pause
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| **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 HealthWorld Health OrganizationUNICEFInternet of Good ThingsCenters for Disease Control and PreventionAccelerate |
| **MEDIUM** | [ ] Audio Software [ ]  Banner[ ]  Book[ ]  Booklet[ ]  Dangler[ ]  Exhibition Panel[ ]  Film[ ]  Flash Cards[ ]  Flip book[ ]  Games[ ]  Hoarding[ ]  Leaflet[ ]  Mobisode[ ]  Other[ ]  Pamphlet[ ]  Panel[x]  Poster[ ]  Print Advert[ ]  Radio PSA[ ]  Sticker[ ]  Tin Plate Template[ ]  TV PSA[ ]  Wall Painting Template |
| **LANGUAGE(S)** | English  |
| **CONTENT TYPE** | [x]  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)[x]  JPG image (.jpg)[ ]  GIF image (.gif)[ ]  Font File (.fnt)[ ]  VCD file (.vcd)[ ]  EPS File (.eps)[ ]  Page Maker file (. pmd)[x]  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) |