

**REPOSITIONING MARRIAGE AND FAMILY LIFE TOWARDS
A HOLISTIC POST-COVID-19 ADJUSTMENT: IMPLICATION FOR
COUNSELLING**

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Abstract

The paper, repositioning marriage and family life towards a holistic post-COVID-19 adjustment vis-à-vis counselling implication examined the effect of COVID-19 on marriage and how family were able to adjust to the changes that accompanied it. The need to embrace counselling by family members should be a task of priority in order to ensure a holistic adjustment in a time like this. The current progress towards ensuring that all families have access to affordable and high-quality life and childcare services by governments and employers can help family to address the global crisis through paid parental leave, followed by accessible, affordable and high-quality education. COVID-19 economic recovery packages have to be paid to alleviate the sufferings of families by directing the vast majority of resources to firms rather than to households. This can be achieved through public provision of childcare services, subsidies, social protection and tax incentives. This study, therefore, recommended that government and employers of labour should design and implement a policies and measures to support employment since it is key to fighting poverty, ensure that families have access to good food, receive protection against child abuse and neglect, and have continued access to physical and mental health services, reducing prices of goods and services to minimum level (controlling inflation) and that family and children can safely use the internet for quality affordable education. The counselling psychologist has some vital roles to play in sensitization campaign and reducing suffering of poor family during the pandemic.

Keywords: COVID-19, Pandemic, Quarantine, Marriage and Family Adjustment

Introduction

The COVID-19 pandemic has created a specific challenging environment for many families. The question is when will these challenges come to an end? Having ventured into the "unknown" the families are looking for ways to adapt to and cope with radical changes occurring in the work and social environment in recent times. But as the current pandemic continues to unfold, the potential for conflict between the family, social and job spheres may be greater than ever. Indeed, in addition to managing the increased strain that can result from changing job, having to manage increased childcare concerns with the widespread closed-down of schools, child-care services, and coping with constant concerns over the health and safety of family and friends. Combining with the recent social/physical distancing measures, closure of non-essential businesses, lack of inclusion and belongingness may become noticeable among those who are childless (Patrick, Henkhaus, Zickafoose, Lovell, Halvorson, Losh, Letterie & Davis, 2020) and single thus posing considerable risk to their mental health and well-being in the process of looking for a way out. This paper explores the challenges and opportunities that COVID-19 presents to family.

"Health they say is wealth" and a healthy family is a wealthy nation, hence the eruption of a strange pandemic called Coronavirus disease 2019 (COVID-19). The coronavirus disease came to being, as a result of a new strain of coronavirus (SARS-Cov-2) which has not been previously identified in humans. It was first reported to World Health Organization (WHO) on the 31st of December, 2019 in a town in China, Wuhan as reported by Bada, Salaudeen, Alli and Oyekola (2020). Many families and marriages were affected greatly and many lives and businesses were lost to this dangerous virus worldwide.

The virus primarily spread between people during close contact, most often via small droplets produced by sneezing, coughing and spitting World Health Organization (WHO), 2020; Center for Disease Control and Prevention, 2020; European Center for Disease Prevention and Control, 2020) in Aderogba and Alabi (2020). People may become infected by touching a contaminated surface and then touching their mouths or faces (WHO, 2020). It is most contagious during the first fourteen days, although spread is possible before symptoms appear and from people who do not show symptoms. Governments are therefore,

taking unprecedented measures to limit the spread of the virus which brought about many stringent conditions.

The COVID-19 pandemic is a killer disease, it affects the health, social and material well-being of adults, with the poorest family, mostly hit. It brought about school closures, isolation, social distancing, washing of hands regularly, wearing of nose cover vis-à-vis face masks/shield being the order of the day as a global practice and lockdown were the features of this pandemic which led to total economic shutdown and imposes a complete change to the psychosocial environment of an individual and increase the risk of poor nutrition among family, their exposure to domestic violence, increase their fear and stress, and reduce access to vital family and care services (Organization for Economic Co-operation and development (OECD), 2019). This pandemic has the potential to threaten the mental health of family and children significantly which also led to rising inflation to an unimaginable level in Nigeria and other nations of the world, currently Nigerians are fighting with recession seriously as the global world is faced with second lockdown. This total lockdown, led to the closure of industries, schools, and all social/economic activities, lay-off of some family members, because most private sectors were unable to pay workers' salary, postponement of various events and activities which . COVID-19 therefore, directly or indirectly affects every sector of the economic. To date, more than 188 countries have imposed closure of school, affecting more than 1.5 billion children, youth and teachers which affect family, (United Nation Sustainable Development goals (UNSDG), 2020). The pandemic makes worst the risks of poor nutrition, unemployment, increased poverty level, experiencing maltreatment, economic recession and exposing women to violence at home. However, the impacts of these measures hit some groups of family harder than others. These groups of vulnerable family include family living in poverty, family with disabilities, persons in detention, and also refugee persons or Internally Displaced Persons. Furthermore, the pandemic has the potential to create new vulnerable family and each country must prepare to respond to growing needs for support and assistance.

It was believed that poorer families are financially incapacitated and therefore exposed more to job and earnings losses while their children are likely to be greatly affected by school-closures. Poverty and

income inequality have a great effect on the degree to which exposure to COVID-19 risks. It also blocked access to variety of necessities of life such as good nutrition, quality housing, sanitation issues, space to play or study, and opportunities to engage in on-line schooling. (OECD, 2020). The widespread digitalization also reduces the education of the students, loss caused by school-closures, and the poorest families are least likely to maximize home-learning environments with internet connection. And when people are unable to cope with the demands of life and situations around them, they lose mental health. Also, disrupted access to reproductive health centers and services given the sudden stop of interventions by governments, civil society and/or NGOs. To prevent the stigma connected with out of wedlock pregnancies, families may be more persuaded to give out the hand of their daughters in good time. In addition, the economic strain caused by the recession on already vulnerable communities and the loss of family income is forcing families to marry off their young girls, perceiving them as financial burdens rather than potential wage earners. All these coupled together will make a family to look for a way of adjusting to meet up with these new challenges.

The Effects of COVID-19 on Marriage & Family Life

When it comes to coping with the economic and social effects of COVID-19, families do not stand on equal footing. Among the factors responsible for these are the growing inequality in parents' resources and the quality of children's home environments, which creates a persistent gap in opportunities between rich and poor family (OECD, 2019).

According to report by United Nations, New York, the economic and physical disruptions caused by the disease have vast consequences for the rights and health of family the pandemic had cause significant delays in some marriages, and other social activities. Significant levels of lockdown-related disruption over 6 months could lead to a projected 7 million unintended pregnancies and could also result in an additional 31 million cases of gender-based violence. A great deal is still unknown about how the pandemic, and the response to it, will unfold around the world. The projections offer an alarming view of the future that could confront family if efforts are not urgently made to secure their welfare and ensure their rights. Kanem (2020) stated that "This data shows the

effect of catastrophic that COVID-19 could soon have on family globally," The COVID-19 health crisis has worsen the main social and economic tools of early marriage, such as poverty, limited access to education, and early pregnancies. COVID-19-related school closures have interrupted the education of approximately 1.6 billion children worldwide affect the mental health of the family.

In some places, family are refraining from visiting health facilities, even some hospital refused to attend to sick people due to movement restrictions or fears about COVID-19 exposure, (OECD, 2020). "The pandemic is deepening inequalities, and millions more women and girls now risk losing the ability to plan their families and protect their bodies and their health," Kanem (2021)

In many developing nations people living in poverty often lack disposable cash and they cannot easily access and/or purchase food, also the vast majority of parents live in informal sector households with limited access to health and/or social protection through work (Organization for Economic Co-operation and development /International Labour Organization, 2019). Hunger, malnutrition, pneumonia and other health-related shocks and stresses compound vulnerability to the virus and contribute to a vicious cycle of disease, destitution and death. According to Organization for Economic Co-operation and development /International Labour Organization (2019), poverty can fuel contagion, but contagion can also create or deepen impoverishment. For that reason, one cannot fight the COVID-19 spread without tackling poverty. Universal health coverage has become a policy priority in many developing countries including Nigeria, but achieving this objective is particularly challenging, as in many low- and middle income countries, healthcare systems and public revenues to finance expansion are limited (Rim and Tassot, 2019). Families may also face stigma if any member contract the virus (The Alliance for Child Protection in Humanitarian Action and UNICEF, 2020).

COVID-19 and the associated policy response have led to a huge downturn in overall economic activity and employment which are likely to increase global poverty. Summer, Hoy and Ortiz-Juarez (2020), estimated that half a billion people, or 7% of the world's population could fall into poverty and some regions, the negative effects could lead to poverty levels equivalent to those recorded 30 years ago. Thus, Vos, Martin and Laborde (2020) suggests that the increase in absolute

poverty will be greatest in south-Saharan Africa, where 40-50% of the global poverty increase would be concentrated.

United Nations Population Fund (UNFPA, 2017), reported that adolescent pregnancy rates increased drastically as a result of: school-closures, and the loss of parents or careers which left children without resources, this made them homeless, and forced them to resort to new ways to find food, including exchanging sexual favour for girls; the loss of access to contraceptive items because of the disruption of supply chains and reduced access to health centers; and, the higher exposure of adolescent girls to gender-based violence. The total effect of the COVID-19 pandemic is projected to result in 13 million additional child marriages (UNPFA, 2020).

While schools are closed and pupils forced to study at home, access to a computer and the internet is crucial to engage in communication with class and group mates as well as receiving feedback and instruction from teachers. This unequal access to and support for digital learning risks widening learning gaps.

In some families, COVID-19 creates a 'pressure cooker' situation, in which family stress may reach toxic levels. When schools are closed, children's education becomes more dependent on their home environment. This raises issues around the quality of the physical home environment and access to on-line facilities. It also requires time, availability and social capital of parents to supervise children's learning or even take over the teaching role if schools lack the capacity to provide distance support. Confidence in one's own ability to support children's learning as well as a potential lack of familiarity of subject matter may be a barrier among parents with low education. The stress and uncertainty associated with the COVID-19 outbreak has significant negative effects on families' mental health. Increases in overall anxiety about the outbreak, confinement and mitigation measures such as quarantine, school closures, uncertainty and social distancing, are impacting families' daily lives. (Pew Research Center, 2020; IFOP, 2020). However, the greater use of digital tools has its disadvantages – the quality of home-schooling and social contacts may be lower than through school or contacts in person. The effect of this "education gap" may be everlasting, if appropriate action is not taken, the legacy of

COVID-19's will be an even wider gap between advantaged and disadvantaged family.

The COVID-19 pandemic is estimated to interrupt the attempt made so far to end child marriage, and to result in 13 million more girls forced into early marriages between 2020 and 2030, if there is no quick intervention. Proof of an increase in child marriages is already showing from places such as Ethiopia, Kenya, Malawi and Nepal (UNFPA, 2020). The probability of returning to school of children greatly diminishes and the longer girls are kept out of school the greater the risk of pregnancy. This leads to child marriages, as the practice liberates the girl's family from economic stress in two major ways: the vision of receiving a dowry and the ease of having fewer mouths to feed. Affoum, (2020). This act contravened the marriage act of the Federal Republic of Nigeria and some nations of the world. In recent years, many countries have enacted legal protections against child marriages by setting the legal age of marriage at 18 and removing all possible exceptions. In 2017 Guatemala amended its Civil Code, which previously allowed 16-year-olds to enter marriage with judicial authorization. The same year, Trinidad and Tobago adopted the Miscellaneous Provisions Marriage Act to set the legal age of marriage at 18 years. The new law removes all exceptions to the legal age of marriage, criminalizes early marriages and establishes any marriages below the legal age as void. More recently, in 2019, Uzbekistan raised the legal age of marriage for girls from 17 to 18 years. The same year, Côte d'Ivoire abolished all special dispensations to marriage under the legal age. Similarly, in December 2019, Antigua and Barbuda amended its marriage legislation to remove provisions allowing girls to get married as early as 15 years with parental consent and to set the legal age of marriage at 18 years. Affoum, (2020).

Carroll, Sadawski, Laila & Hruska (2020) found that some parents are eating healthier and involving their families in meal preparation and spending dinners together, reporting less stress getting ready for school and viewing their children as positively adapting to the pandemic, although others are struggling. The extent to which parents receive social support from outside the family may impact positive changes (or few decrements) in family functioning during the pandemic. For example, Gambin, Wozniak-Prus, Sekowski, Cudo, Pisula, Kiepur, Boruszak-Kiziukiewicz & Kmita (2020) found that Polish parents' own social support helped promote positive parent-child relationships during

COVID-19 and that such measures can be utilized to promote family closeness during lockdown.

Individuals with strong support from spouses and employers and a positive work-life balance during the pandemic also report less marital and parental stress than those with lower levels of support and less balance (Fuk-Woo, Yuan, Kok, To, Chu, Yang, Xing, Liu, Yip, Kin, Tsoi, Lo, Cheng, Chen, Hui, Cheng, 2020). Similarly, Brown & Res Schizoph, (2020) found that parents who received more support from others reported less perceived stress. Whereas some commentators suggest that greater time together under pandemic stress may result in greater conflict in some families (Buttelt & Ferreira, 2020; Campbell, 2020,

Challenges and Opportunities associated with the Covid-19

At the level of family, the pandemic has led to a re-organization of everyday life. All the members of the family have to cope with the stress of social distancing and quarantine. The closures of school have led to postponement of examinations and home-schooling. There was increased pressure to work from home by parents to keep jobs and businesses running, while the work of guardian, grandparents and wider family have been restricted. However, in case of death, the pandemic have disrupted the normal bereavement processes of families. Grief and mourning of lost family members, especially in cases where contact with the infected member is restricted or refused, this could lead to adjustment problems, depression, post-traumatic stress disorder, and even suicide of both young and adults people. All family members may have their own fears related to COVID-19, taken into cognizance the enormous stress and psychological distress for all family members. Also, the pandemic has major economic implications of financial pressure on many families. It has been observed in previous economic recessions that economic pressure can pose a severe threat to mental health. Economic recessions lead to unmanageable debts, income decline, high cost of living and unemployment are significantly associated with a decrease of mental well-being, substance-related disorders, increased rates of several mental disorders and suicidal behaviour —risks that of course also concern parents

For other families, it could mean raised anxiety in children, tension in parenting relationships or general fear. Finding the “new normal” can be challenging as schools and daycares are closed with an

end to this phase still unknown. Prices of goods and services have gone beyond the reach of average families. According to report. According to another report around the world, it stated the impact of the COVID-19 and previous epidemics/pandemics on families in terms of economic and resource loss, work-related stress, isolation and separation, illness and exposure concerns, guardian burdens, and schooling needs for children (Anna, Dominic, & Gwyther (2020); Brooks, Lisa, Smith, webiter & Green 2020).

Price, Bush & Price, (2016) also suggest that one way in which the pandemic may be impacting family functioning is through negative life events experienced by individual family members themselves that in turn directly impact the family. Kouros, Papp, Goeke-Morey, Cummings (2014) suggest indirect effects as well, indicating that how parents respond to stress spills over into their relationships within the family such that aspects of family functioning (e.g., marital relationships and parenting behaviors) in turn impact children’s adjustment.

Quarantine practices lead to challenges to work-family balance through less support for parents from employers and spouses (Craig & Churchill, 2020), unemployment (Brown & Res Schizoph, 2020), online schooling demands (Segre G, Campi, R, F. Scarpellini, A. Clavenna, F. Scarpellini, M. Zanetti, M. Cartabia & M. Bonati et al., 2020), and increased guardian burden (Russell et al., 2020; Patrick et al., 2020). Although quarantine may entail spending more time at home with family, Anna, Richardson, & Rees (2020) found that family members in Asia, Africa, and Europe reported feeling more socially isolated as a result of fewer opportunities to visit with family outside of the home as well as friends and neighbors during quarantine. There is buttress evidence that pandemic are associated with a lot of changes in individual functioning. COVID-related changes have been associated with greater parental stress as well as mental health symptoms including anxiety and depression (Chung, Lanier, & Ju Wong, 2020; Fontanesi, , Marchetti, Giandomenico, Mazza, Roma, & Verrocchio, 2020; Patrick et al., 2020). Other emerging research suggest that the pandemic has led to marital strain and parental stress leading to tough parenting and weakening parent-child relationships (Chung, Chan et al., 2020; Chung, Lanier, et al., 2020; Fontanesi et al, 2020).

However, Gambin et al. (2020) suggest that quarantining during

their emotions. Other researchers agree that parents who communicate with their children in a calm, honest, and direct manner may ease the possibilities of sparking stress disorders (Dalton, Rapa, Stein, & Metrics, 2020; Roccella, 2020). Parent-child relationship quality, on the other hand, has been the focus of early empirical studies on family functioning during the pandemic. Some families have ample opportunity to know themselves better. Notably, Russell et al. (2020) found that child stress was linked with greater parent-child relationship conflict and less closeness. Moreover, these negative effects were worse in families where guardians reported more distress.

Enhancing Family Adjustment

According to UNICEF and Rodrigo Mussapp (2020), The COVID-19 pandemic has taken a devastating toll on hundreds of millions of people across the globe. A World Bank in July, 2020 found that some 40 per cent of families in the country reported reducing their food intake since the pandemic, with lower-income households bearing the brunt of the pandemic, especially as the financial support they received from family members working abroad began to dry up.

The Government of Tajikistan, with support from the World Bank, has been providing emergency cash transfers to low-income families with young children: More than 25,000 of the country's poorest families with children under three have received a one-time payment of 500 TJS (around US\$50) to help cover essentials such as food and medication during the crisis. UNICEF and partners have complemented these efforts by sending messages to families about good nutrition and best parenting practices to help children stay healthy and reach their full potential, (World Bank COVID-19 Project, 2021)

UNICEF and the World Bank are helping the government strengthen the programme's impact by connecting families to critical information and social services, including those on gender-based violence. Thailand is working hard to control the spread of COVID-19 with the Thai economy projected to reduce by close to 8 per cent in the year 2020, UNICEF and partners have advocated for measures to soften the impact of the crisis on families. As a result, the government is providing a three-month top-up to recipients of cash transfer programmes, benefitting around 8 million families (UNICEF'S Response

In Madagascar with support from UNICEF and partners, the government has established "Tosika Fameno" – unconditional cash transfer allowance providing 100,000 Ariary (US\$26) for households identified as vulnerable and economically impacted by COVID-19. Cash transfers can make a huge difference in families' lives – helping families secure food, shelter and education. But while many countries have enacted emergency programmes to support children and families through COVID-19, the global economic slowdown means government budgets are tight, making it impossible to meet all of the growing needs of millions of families (Madagascar County Office- COVID-19 Response- UNICEF 2020)

UNFPA is rolling out a Global Response Plan in support of the United Nations Secretary-General's strategy to respond to the devastating socioeconomic impacts of COVID-19. These efforts are not in conflict: The 2030 Agenda aims to ensure the health, rights and dignity of all people; its achievement must not be derailed by the current global public health crisis. The COVID-19 pandemic will have a negative effect on the three transformative results of UNFPA aims to achieve by 2030: the ending of preventable maternal deaths, the ending of unmet need for family planning, and the ending of gender-based violence and all harmful practices. UNFPA and its partners, Avenir Health, Johns Hopkins University (USA) and Victoria University (Australia), have estimated the impact of the pandemic and related challenges on these transformative goals, (UNFPA Global Response Plan, 2020).

COVID-19 requires an immediate reinforcement of food and nutrition support, as school meals are no longer available to children and income losses limit poor families' capacity to buy food. Many countries are responding with social and income protection programmes which will enable families to purchase food. A few countries already have food assistance programmes in place. For instance, in the United States, there are numerous food assistance programme targeting vulnerable families, including the *Supplement Nutrition Assistance Programme* (SNAP) (formerly known as the food stamps programme) and the *Special Supplemental Nutrition Program for Women, Infants, and Children* (WIC). WIC also serves as a gateway to health care by connecting families to resources such as prenatal,

smoking cessation, drug and alcohol abuse; and, nutritional assistance, (WIC, 2015)

Under the US's *Families First Coronavirus Response Act 2020* all the food assistance programmes are receiving additional funding; for example, the SNAP is receiving USD 15.5 billion extra funding; the Child Nutrition Programmes have been allocated an additional USD 8.8 billion in emergency funds; and the *Women, Infants, and Children* (WIC) is receiving an additional USD 500 million, furthermore food banks are to receive USD 850 million extra financial support too. States are permitted to provide temporary benefits in the form of Pandemic Electronic Benefit Transfers (P-EBT) which provides households an EBT card with the value of the free school breakfast and lunch reimbursement rates for the days that schools are closed (Food Research and Action Center (FRAC), 2020). The Families First Coronavirus Response Act 2020 also allows states increased flexibility and the ability to waive requirements for new applicants for food assistance to reduce the amount of information that must be verified and simplify the verification process (Financial Narrative Summarisation (FNS), 2020). Other countries have also introduced food vouchers. In France, for example, the government has earmarked EUR 15 million to enable 60 000 beneficiaries (equivalent to EUR 7 per person per day) to buy food or basic goods, health or hygiene products at more than 220 000 sales outlets. To get support to clients who need it most, it is delivered by NGOs such as the *Fondation Abbé-Pierre*, *Secours Catholique*, *Emmaus*, the *Red Cross* and *Secours Populaire*. NGOs responsible for operating food banks are running special COVID-19 appeals to cope with the increased demand for emergency food parcels. The Food and Agriculture Organisation of the United Nations (FAO, 2020) suggests several other measures that countries could adopt to help people meet their food and nutrition needs. Such measures include: redistributing food from school feeding programmes donations to NGOs engaged in providing food assistance during the confinement period; exempting families with school-age children from taxes on basic food and promoting fresh food delivery at home. Family service providers also play an important role connecting people with community response efforts to the COVID-19 Pandemic, sometimes using on-line facilities. For instance, the Spark organization in Canada has established a platform where people can post volunteer

opportunities and share ideas on how to help populations in need, including with the provision of meals (SPARK, 2020).

In developing countries, given the importance of informal employment in local value chains, legislation is necessary to consider all informal economy workers – from food production to processing to distribution to selling – as essential service providers and avoid the risk of disruptions in the food economy. In South Africa, for instance, essential staff that is exempted from the provisions to be home-bound includes those involved in food transportation and delivery. International cooperation can also play a critical role, by supporting a smooth functioning of global food value chains and by directing humanitarian assistance to countries that may need it.

Counselling Role

Based on these findings counselling psychologist has a big role to play in restructuring marriage and family in post COVID-19 era.

Counselling Psychologist is to provide mediation role, such valuable information especially social-psychological support for the families that are affected with the pandemic as coping skills. Reconciliation role is to be done by counselling psychologist to family that has not been staying together but the lockdown has forced them to be in-door.

All what a family need is to take to precaution as prevention is better than cure. All the laid down rules should be followed: washing of hands with soap/sanitizers, maintaining social distances, using a face mask or nose cover, stay in door if you don't have serious thing to do in public places just to prevent and reduce the spreading of the virus.

All of these challenges can be reduced if we come together to provide information and assistance to curb the spread of the pandemic and work together in addressing the socio-economic impacts of lockdown measures, and fight to maintain investments in children and young ones. By these acts, we can keep millions of family healthy, safe, and learning.

The researcher, therefore, believed that psychosocial support and extension services by counselling psychologist for sexual and mental health of family will provide easy access to information and online counselling services.

Building community resilience approaches to address physical, social, and economic vulnerabilities is a key part of a post-COVID-19 recovery that will reduce vulnerability to future disasters

Conclusion

As the pandemic is evolving in phases, this paper evaluates the impact these phases might have on marriage, mental health of the family and the family adjustment. Guidance and Counselling service as a tool for family adjustment. This paper therefore highlights some key challenges, concerns for treatment and adjustment of family members across the nation Nigeria and some recommendations were adopted.

When families successfully complete the initial transition phase, the absence of private and business appointments, guests and business trips can bring rest and relaxation into family life. Mastering the challenges of the COVID-19 crisis together may strengthen the sense of community and cohesion among family members. More time with caregivers can go along with increased social support, which strengthens resilience.

The economic crisis brought by the pandemic could have long-term negative consequences leading to increased family conflict, abuse, suicidal and substance abuse. Access to mental health services is needed to cope with the increased demand in times of economic recession.

Reports are indicating a decline of people using medical services (e.g. emergency services, general practitioners, calls or demands for psychiatric assessment) for fear of being infected by the pandemic.

Recommendations

The following recommendations are put forward:

1. It is critical that governments intervene quickly to enable family service systems to function properly, and support families effectively in this crisis, and those working in essential services should be adequately protected.
2. Measures should be given to strengthen children in disadvantaged families to limit the widening of the gap in educational outcomes.

3. The Nigeria government can copy from Thailand where UNICEF and partners have advocated for measures to soften the impact of the crisis on children and families.
4. Helping parents to put in place quality tutoring or teaching sessions is essential, especially for parents who are not usually very involved in their children's school work because of the level of their education.
5. Parents should make use of existing networks (digital workspaces, electronic mail or similar tools specific to private schools) that students have access to course materials and are able to carry out the homework or exercises required for their learning.
6. Family/parents can access a dedicated online portal through which they can access learning tasks and digital content based on the national curriculum. National lessons daily broadcasts by some stations are provided for both junior and secondary classes such as LTV).

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