

PARENTING IN THE PANDEMIC

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Families



AGENDA

Pandemic's impact on the family

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Parenting and expectations

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How to reclaim parenting in the pandemic

POLL #1

How has the pandemic affected your stress levels as a parent?

A. I am better than I used to be!

B. I am still doing well, no changes for me

C. I feel greater stress

D. I am experiencing some burnout

E. I am experiencing total burnout

THE PANDEMIC'S IMPACT ON THE FAMILY

The COVID-19 pandemic has uniquely affected children and families

Disrupted routines

Affected the family's mental health

Altered usual childcare, school, and recreational activities

Parents are compounded by additional responsibilities and more stress

HAVE YOU LOWERED YOUR EXPECTATIONS?

how your child
spends free time

child's academics

child's behavior

child's social and
emotional
development

lost or struggled
with positive
parenting and
techniques

own stress
management

POLL #2

Are you worried about your child's social and emotional health since the pandemic began?

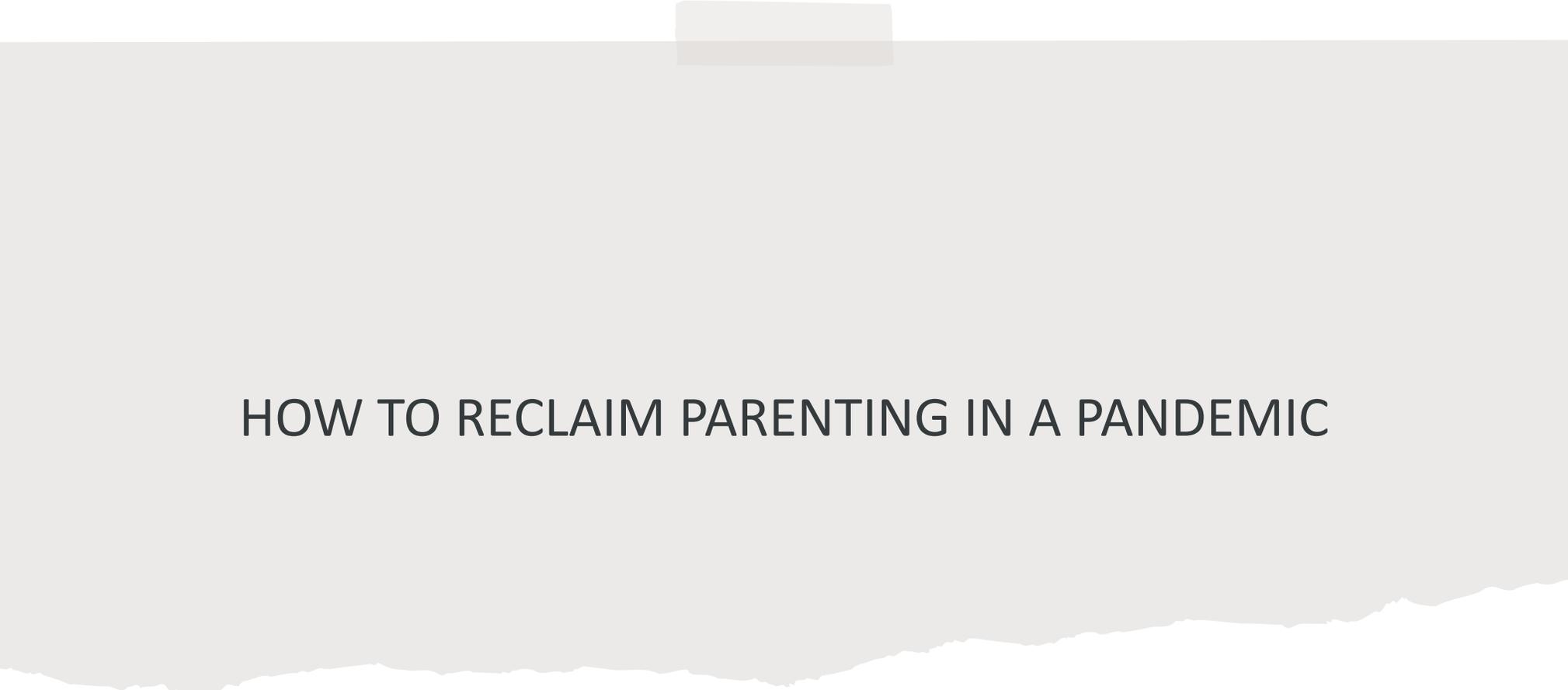
A. Not at all worried

B. I am somewhat worried

C. I am worried as I have seen changes

D. Seen significant changes and need help

E. I have sought out help already for my child's mental health



HOW TO RECLAIM PARENTING IN A PANDEMIC

ADDRESS CHILDREN'S FEARS

Talk with your children and teens regularly and be a good listener

Recognize your child's feelings

Stay connected with loved ones

Model how to manage feelings

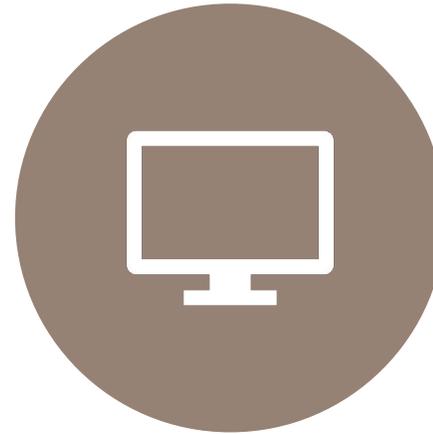
Look forward

Offer extra hugs

WATCH NEWS OVERLOAD



STAYING INFORMED IS
IMPORTANT, BUT TOO MUCH
INFORMATION CAN BE
OVERWHELMING



SOLUTION: MANAGE MEDIA
CONSUMPTION

KEEP HEALTHY ROUTINES

wake-up routines, getting dressed, breakfast, active play in the morning, followed by quiet play and snack to transition into schoolwork

lunch, chores, exercise, some online social time with friends, and then homework in the afternoon

family time & reading before bed

Keep bedtimes in a reasonable range so the sleep-wake cycle isn't thrown off

DIFFERENT PERSONALITIES

Encourage

Balancing time so they aren't only doing one solo activity all day or going a long time without connecting with family and peers

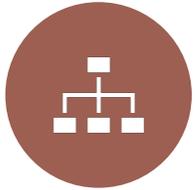
Strive

For a mix of screen time, social connection, physical activity, schoolwork, and fun projects

Help

Find creative ways to use technology to stay in touch with family and friends

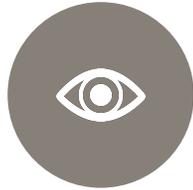
USE POSITIVE DISCIPLINE



**STRUCTURE THE
DAY**



CREATIVE PLAY



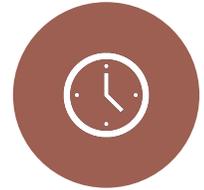
**DIRECT YOUR
ATTENTION**



**USE REWARDS &
PRIVILEGES**



**KNOW WHEN
NOT TO RESPOND**



USE TIME-OUTS

MOOD-BOOSTING TIPS FOR ALL



Sleep



Eat Well



Go for
gratitude



Step it up



Lend a hand



Manage screen
time



Address stress

BUILDING POSITIVE HOME-SCHOOL PARTNERSHIPS

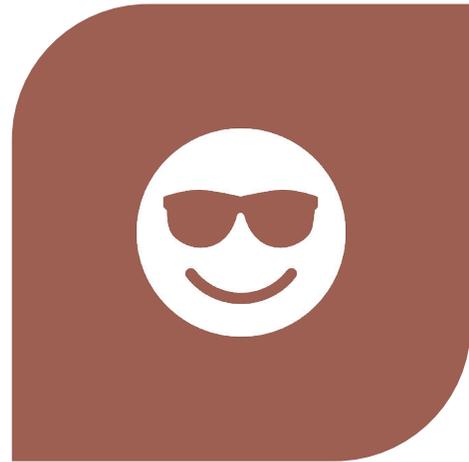
- Good communicator
- Active caretaker
- Routine builder
- Vigilant guardian
- Friendly teacher



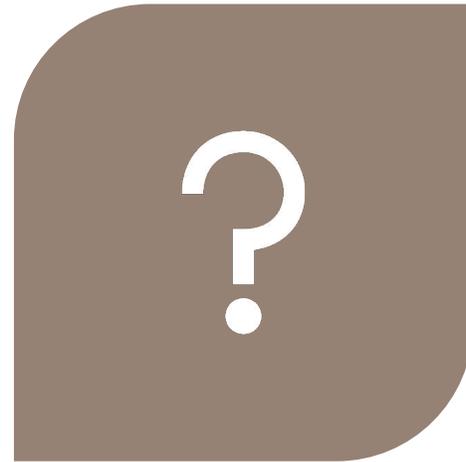


TIPS THAT MAY AID YOUR MENTAL HEALTH

- Break down big problems into smaller parts
- Take a breath
- Participate in regular physical activity
- Practice good nutrition
- Get at least 7 hours of sleep nightly
- Invest time in your relationships
- Try to remain present in the here and now
- Be aware of/and embrace all emotions
- Reduce stimulation/quiet your mind



THANK YOU!



ANY QUESTIONS?