

A Few Guidelines & Tips for Parenting During a Pandemic

We can not parent in a “business as usual” way during a pandemic.

While we may hope that we can efficiently work from home, smoothly ensure that our kids complete their assigned schoolwork and cook nutritious meals, that is really hard to do when we are spending so much time on the lower levels of Maslow’s Hierarchy.

What we need is an Expectation Makeover, with the first order of business being to give ourselves and our kids a break.



Expectation

COVID-19 DAILY SCHEDULE

| | | |
|---------------|---------------------|---|
| Before 9:00am | Wake up | Eat breakfast, make your bed, get dressed, put PJ's in laundry |
| 9:00-10:00 | Morning walk | Empty walk with the dog (if it's needed) |
| 10:00-11:00 | Academic time | NO ELECTRONICS Sudoku books, flash cards, study guide, Journal |
| 11:00-12:00 | Creative time | Legos, magazines, drawing, crafting, play music, cook or bake, etc |
| 12:00 | Lunch | |
| 12:30PM | Chore time | A: wipe or kitchen sink and floor B: wipe all door handles, light switches, and desk tops C: Wipe both bathrooms - sinks and toilet |
| 1:00-2:30 | Quiet time | Reading, coloring, etc. |
| 2:30-4:00 | Academic time | ELECTRONICS OK iPad games, Prodigy, Educational show |
| 4:00-5:00 | Afternoon fresh air | Bikes, Walk the dog, play outside |
| 5:00-6:00 | Dinner | |
| 6:00-8:00 | Free TV time | Kid shows x3 |
| 8:00 | Bedtime | All kids |
| 9:00PM | Bedtime | All kids who follow the daily schedule & don't fight |

PIC-COLLAGE

Reality

COVID-19 DAILY SCHEDULE

| | | |
|---------------|---------------|--|
| Before 9:00am | Wake up | Eat breakfast, make your bed, get dressed, put PJ's in laundry |
| 9:00-10:00 | iPad | |
| 10:00-11:00 | | |
| 11:00-12:00 | | |
| 12:00 | Lunch | |
| 12:30PM | iPad | |
| 1:00-2:30 | | |
| 2:30-4:00 | Academic time | ELECTRONICS OK iPad games, Prodigy, Educational show |
| 4:00-5:00 | iPad | |
| 5:00-6:00 | | |
| 6:00-8:00 | iPad | |
| 8:00 | | |
| 8:00 | Bedtime | All kids |
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This humorous post on Instagram highlights the contrast between what unrealistic expectations of our parenting, and the realities of what parenting in a quarantine might sometimes look like.

GUIDELINES

- ▶ Take responsibility to show up for yourself
 - ▶ Make self-care a priority
 - ▶ Develop daily emotional check ins with yourself
- ▶ Focus on Connection and Emotional Well-Being
 - ▶ Be a Coach to your kids
 - ▶ Coach them on healthy ways to:
 - ▶ Express themselves
 - ▶ Problem solve

GUIDELINES

- ▶ Constant calm and ease isn't the goal
 - ▶ The goal is awareness of your needs and your children's emotional needs
- ▶ Understand that kids communicate their needs through their behavior
 - ▶ What is their behavior telling you that they need from you?
 - ▶ What is it telling you that they need to learn about expressing themselves and problem solving?

TIPS

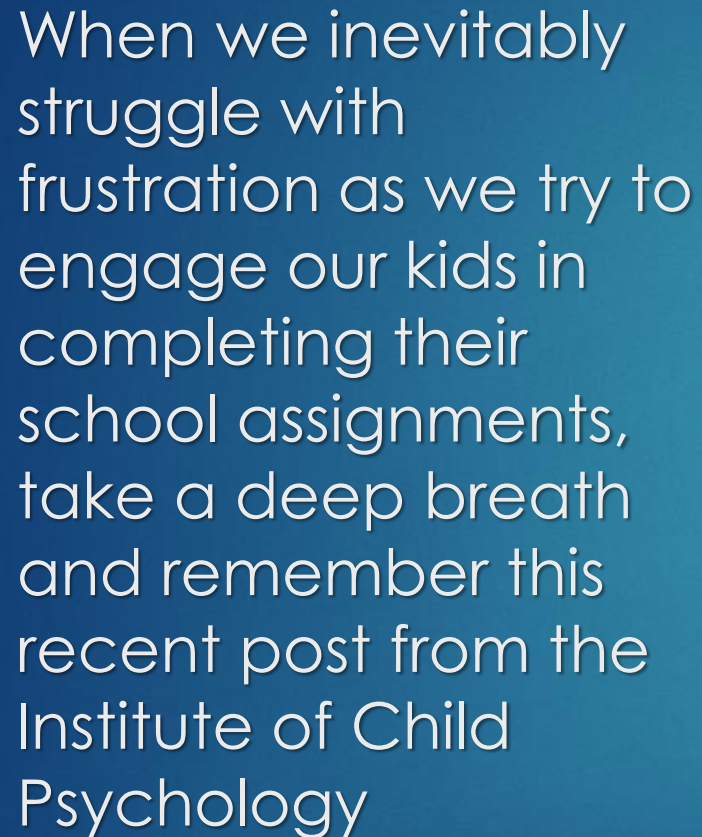
- Implement Loose Routines/Anchors
 - 2-3 daily Anchors
 - E.g. Morning and Bedtime rituals/routines
- Get Everyone Outside, Moving & Laughing
- Make “Me/Quiet Time” a part of everyone’s schedules
- Brainstorm Family & Kid Fun ideas and put in a jar for self-guided play
- Share good news reports
 - Set Google alerts for good news

MORE TIPS

- Use screen time judiciously
 - Balance time spent on high stimulating (HS) activities and low stimulating (LS) activities:
 - HS = video games, social media, loud/stimulating children's TV
 - LS = Educational Apps, imaginary play, art, toys, board games, slower paced children's TV
- Expect sibling friction
- Start a positive family practice
 - Deep breathing, yoga, etc.
- Give each other grace

Daily Questions for Parents in Quarantine

1. How will I ground, center and/or replenish myself?
2. How will I connect with each of my kids today to help them feel safe, seen, soothed and appreciated?
3. How will I get our family outside, moving and connected with nature today?
4. How will I get our family laughing today?
5. How will I model grace for my kids today?



When we inevitably struggle with frustration as we try to engage our kids in completing their school assignments, take a deep breath and remember this recent post from the Institute of Child Psychology



Dear Parents,

Don't stress about schoolwork. In September I will get your children back on track. I am a teacher and that's my superpower. What I can't fix is a social-emotional trauma that prevents the brain from learning. So right now, I just need you to share your calm, share your strength and share your laughter with your children. No kids are ahead. No kids are behind. Your children are exactly where they need to be.

With love,
All the teachers on planet Earth