



Parenting in a Pandemic

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Agenda

- Routines
- Validation
- Modeling
- Self Care
- Questions



Just a note before we start

Parenting in a pandemic does not require a new set of parenting skills. Everything we need to know about this unique circumstances is already in your general set of parenting skills.

Today, we will highlight the 4 skills that are most useful today.

Parenting is hard enough on a “normal” day. We certainly do not need to create a “new” set of rules to guide us in a pandemic.

Use what you know, and commit to identifying ONE skill that you will work on strengthening.



ROUTINES



Why Routines are Important

- They give kids a sense of security and a sense of control
- Participating in routines can help lead to a sense of satisfaction
- Increases independence and responsibility
- Teaches self control
- Teaching and Learning... not Ordering and Following



- Think about all the routines you use in your home, at work, with extended family...

Why do you have these routines?

- Helps me to remember what I'm supposed to do (morning routines)
 - Feels comforting (family routines, traditions)
 - Maintains positive habits (going to the gym, doctor appointments)
-
- Write down ONE routine that you do really well
-
- Write down ONE routine that you will commit to strengthening

Brain Development Birth to 3

- <https://www.youtube.com/watch?v=VNNsN9IJKws>



A note about Flexibility...

EXPERTS

Routines are critical

REALITY

Routines MUST be flexible because....

The internet is glitchy, the puppy peed in the kitchen, we're out of milk!, we went to bed too late, I didn't hear my alarm, my bed is soooo comfy, my sock is itchy, just one more minute of my game- I'm almost done, you have chores to do!, everyone be quiet mommy has to make an important phone call.... Etc.

A large, circular graphic with a green-to-blue gradient and a textured, watercolor-like border. The word "VALIDATION" is centered in white, uppercase letters.

VALIDATION

EXAMPLE.... (this may be an example from my house)



The kids are eating breakfast, watching You Tube.. Pajamas and unbrushed teeth...

I cautiously mention getting a start on school work...

I hear groans, sighing, “I hate doing this school stuff!!!”



Your Response Choices....

- A. Stop whining right now and turn off the tv!
- B. Come on, you like school!
- C. Here we go again....
- D. If you don't get moving right now, I'm taking away all electronics and then I'm emailing your teacher!
- E. Tell me what you hate about it. I will listen.



The correct answer
is....

Tell me about it...

Validate the losses they are experiencing... friends,
teachers, ROUTINE, activities, birthdays, etc...



MODELING

Model

Model healthy coping strategies... dad is going for a walk...mom is taking a break to eat a healthy snack...

Be

Be honest... do not make promises you do not intend to keep...if you can be quiet for the next hour, I promise we can have ice cream... but you don't have any ice cream and you are too exhausted to go get some

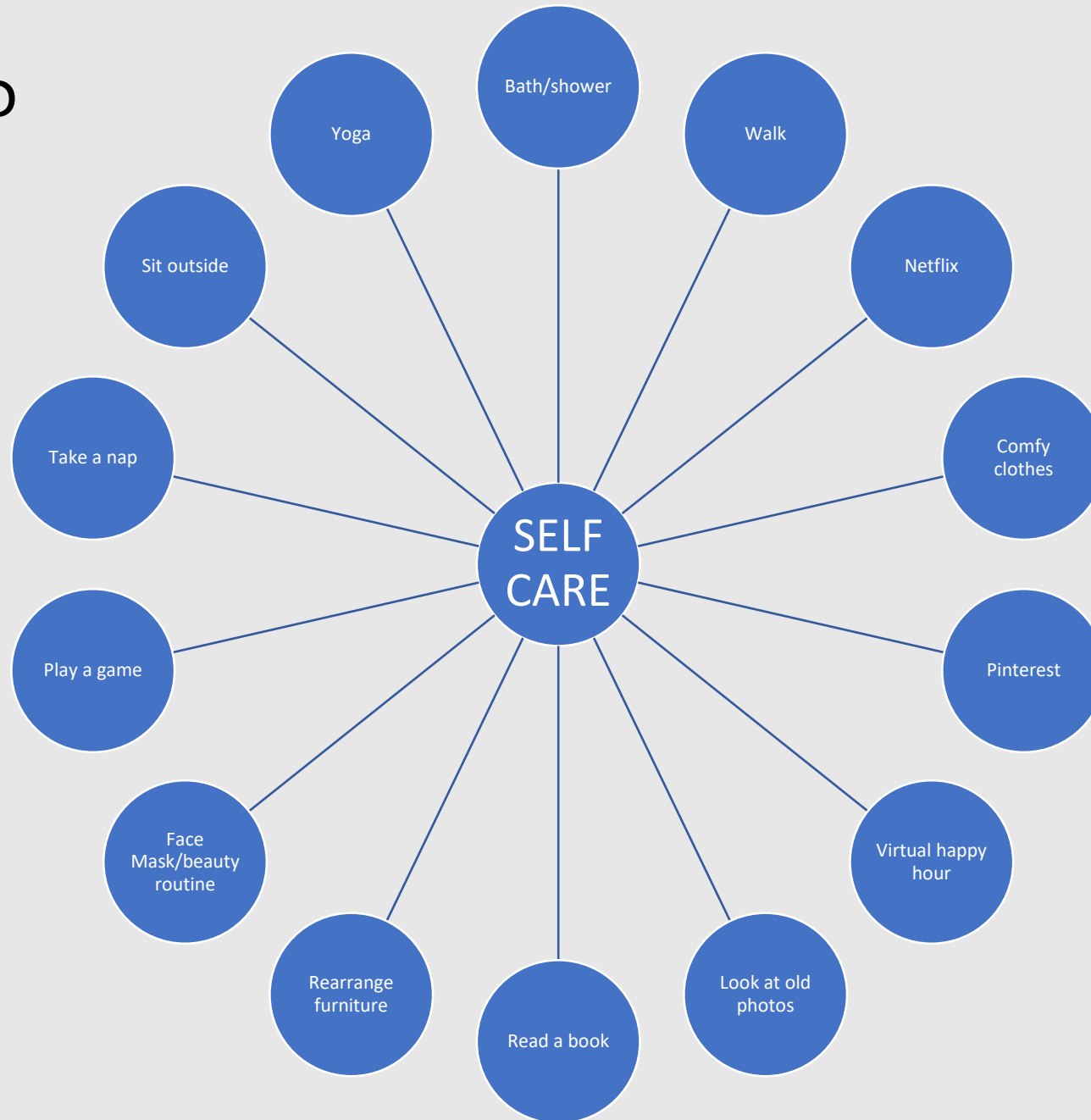
Use

Use feeling words when you talk! Mommy is feeling very frustrated right now

Practice

Practice self care

Self Care?





- SO what will your kids remember about this time?
- They will not remember all of the things you *didn't* do.. So if you are not creating scavenger hunts and doing science experiments, baking cakes and hiking nature trails... THAT IS OKAY!
- Do what you can...

QUESTIONS

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Reference material available by request

