

# CORONAVIRUS DISEASE (COVID-19) PARENTING DURING A PANDEMIC

Parenting has always been tough, but schooling at home, working differently, and all the financial uncertainty surrounding COVID-19 has made it even tougher. It's easy to feel that you have so many roles to fulfill that you can't possibly perform any of them well. **But it's important to remind yourself that this is a unique situation, a global health emergency that none of us have had to face before.** Don't beat yourself up if you're not functioning at your usual standard. This can apply to your quality of work, your upkeep of the home, or your ability to keep your kids focused on their schoolwork. **By going easy on yourself and following these tips for maintaining a sense of balance, you can keep your stress levels in check and make each day a little easier for your family—and for yourself.**



## JOIN FORCES WITH OTHER PARENTS

Reach out safely or via phone, email, or social media and exchange tips for keeping kids focused and engaged. You may also want to organize a virtual activity or study group, which has the added bonus of providing social interaction for your child. Collaborating with other parents may help you feel less isolated as well.



## CONNECT WITH YOUR CHILD'S TEACHER

Remember, they're also getting through this by trial and error. If your child's school is still closed, be honest about what is working with home tutoring and what isn't. Your child's teacher has a good understanding of their academic strengths and weaknesses, so they may be able to help you come up with a more individualized learning plan.



## CREATE A LEARNING ROUTINE

A routine gives kids a sense of normalcy during an otherwise uncertain time. Just create a general outline that you think you can maintain on most days that still leaves room for flexibility and down-time. If possible, try to designate a workspace for each member of the family.



## SET GOALS—AND CELEBRATE COMPLETION

Since so much has been stripped from our everyday lives, having something to look forward to can help kids stay motivated. Set up small rewards, get the whole family in on it. If you all set a few goals and plan breaks together, your kids will see that you're a team.



## DEAL WITH CONFLICT

Let's face it: these are less-than-ideal circumstances, and at some point, conflict at home is bound to happen. When you feel your frustration starting to build, take a time out and try to separate yourself before the situation escalates. If you do lose your temper, wait for everyone to calm down and then apologize. Be honest with your kids and let them know when you're feeling overwhelmed. At the same time, encourage them to be honest about their feelings and frustrations.



## IMPORTANCE OF SLEEP

After you have put your kids to bed, it's important as a parent that you take the time at night to unwind and relax yourself. Getting a good night's sleep is just as important for you, as well.