

DECEMBER 3RD, 2020 @ 6:00pm
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"BUT, WAIT!
I didn't sign up for this!!!"

Surviving as a parent AND teacher in a pandemic.

Parenting is hard enough. Trying to do it during a pandemic can feel almost impossible while juggling the many responsibilities that have been thrust upon parents in 2020. Here are some of our best tips for parents and caregivers to cope during this difficult time:

HOW TO REIMAGINE YOUR NEW RESPONSIBILITIES:

Self-Care: Care for yourself **FIRST!** Find time for you - schedule it and protect it. You need time to re-charge in order to wear all of these hats!

Good is Good Enough: Let go of perfection! This isn't hard because you're doing it wrong - it's hard because it's just too much.

Relationships & Connection: Choose connection and your role as a parent first. Pick spending time playing over time arguing about schoolwork. Choose to have a conversation with your child to show them you're listening instead of micromanaging their online portal. You will only temporarily be their teacher. You'll be their parent forever.

Grief & Loss: Our lives have been turned upside down by COVID. It's important we acknowledge and create space for teens to grieve. Remember grief doesn't have a timeline. Allow your family the space they need to grieve all that we've lost in the last nine months.

TIPS THAT CAN HELP RIGHT NOW:

- 1) Create an intentional transition from parent to teacher and vice versa
- 2) Reach out and connect with other parents. Be **REAL** about how it's going.
- 3) Get support from close family and friends when overwhelmed
- 4) Engage in local activities (when safe)
- 5) Be mindful of media consumption
- 6) Track your mood and sleep
- 7) Track substance and alcohol usage
- 8) Find a professional to talk with
- 9) Start a group text chat with other parents
- 10) Set boundaries with toxic people
- 11) Surround yourself with supportive individuals
- 12) Find peace of mind through personal practices (spiritual, physical, mental)
- 13) Self-care (even in small doses)
- 14) Take a "grown-up" timeout
- 15) Seek work accommodations if needed
- 16) Strive to be "good enough" - avoid perfectionism
- 17) Give yourself permission to not be okay
- 18) Ask for help

Teen Therapy Center is a private mental health clinic located in San Jose, CA. We specialize in teens and their families and provide individual, group and family therapy, as well as parent support counseling and psychiatry services. We also provide a specialized service called **In-Home Teen and Family Coaching** when traditional "talk therapy" just isn't enough.

Call or email us today to see how we can help.



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