



PARENTING DURING A PANDEMIC

PRESENTATION WILL BEGIN
MOMENTARILY



OLENTANGY SCHOOLSSM
Flourish Here.

OVERVIEW

- Background information on pandemic, crisis, and trauma responses
- Tips for self-care
- Tips for kid care
- Q & A



DR. ALLISHA BERENDTS

ASSISTANT DIRECTOR OF
STUDENT WELL-BEING



OLENTANGY SCHOOLSSM
Flourish Here.

PARENTING DURING A PANDEMIC



Common Responses

- Stress, fear and uncertainty
- Depression and/or worsening of mental health symptoms
- Trauma response



Trauma Response

- “Trends in online data reveal a mounting wave of trauma as a result of COVID-19. Google searches for terms like “fear” and “worry” surged beginning in March (Figure 1). This foreshadowed the recent [Census Bureau](#) data showing almost a third of Americans are suffering from clinical symptoms of depression or generalized anxiety, currently doubling from the prior national survey in 2014.”

--Penn LDI

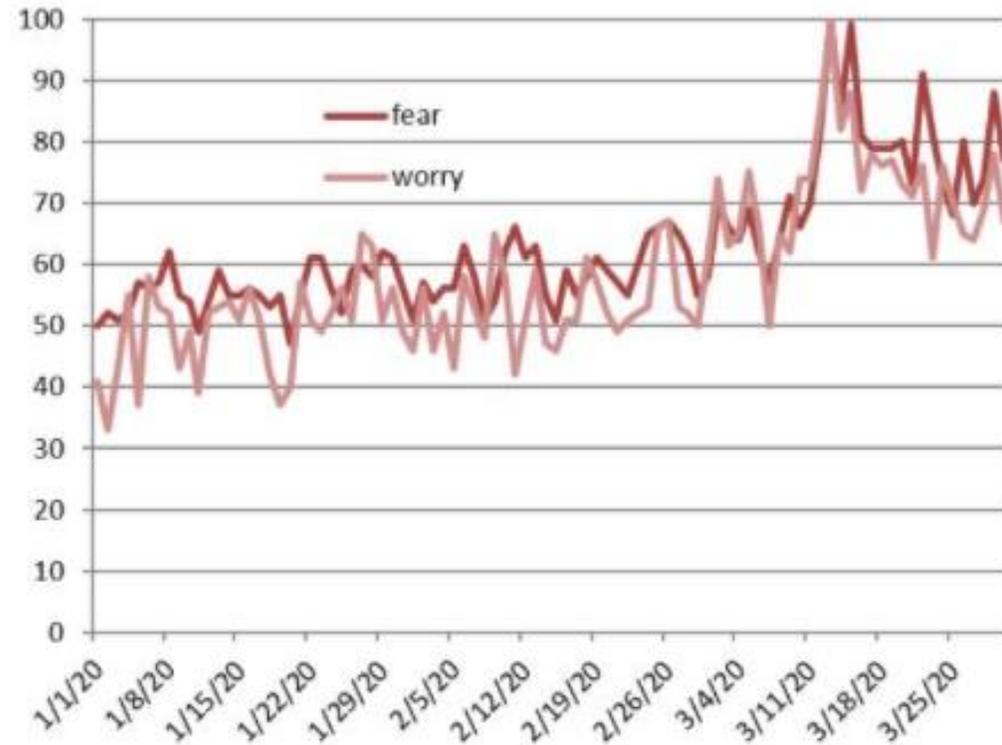


Figure 1. Google Trends of search terms “fear” and “worry” between January 1 and March 31, 2020 in the U.S.



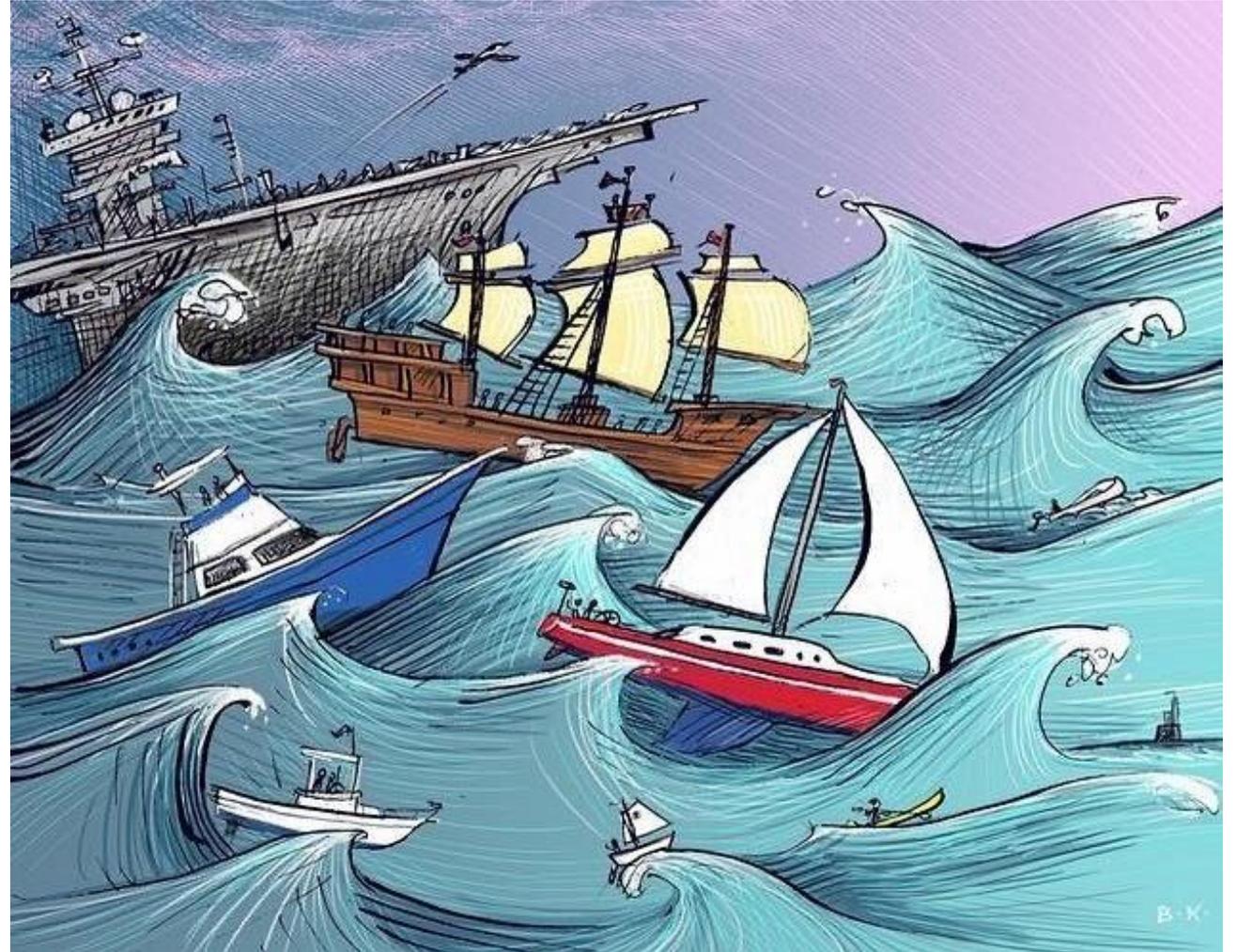
Trauma Response

- Trauma is relative and subjective
- Trauma can be compounding
- Pandemic trauma is a spectrum
- We must realize our collective, yet different, experience of trauma



Trauma Response

“We are all in the same storm but we are not all in the same boat.”



Adult experience of trauma

- Coping skills from life experience
- Access to more resources
- Less adaptability



Kid Experience of Trauma

- Lack of language to express feelings and ideas
- Emotions feel big
- More resiliency and adaptability
- This seems more normal to them



Survival Tips

Tips for getting us through tough times



Self-Care





PUT YOUR
OXYGEN
MASK ON
FIRST



**IT'S OK
TO NOT BE OK**



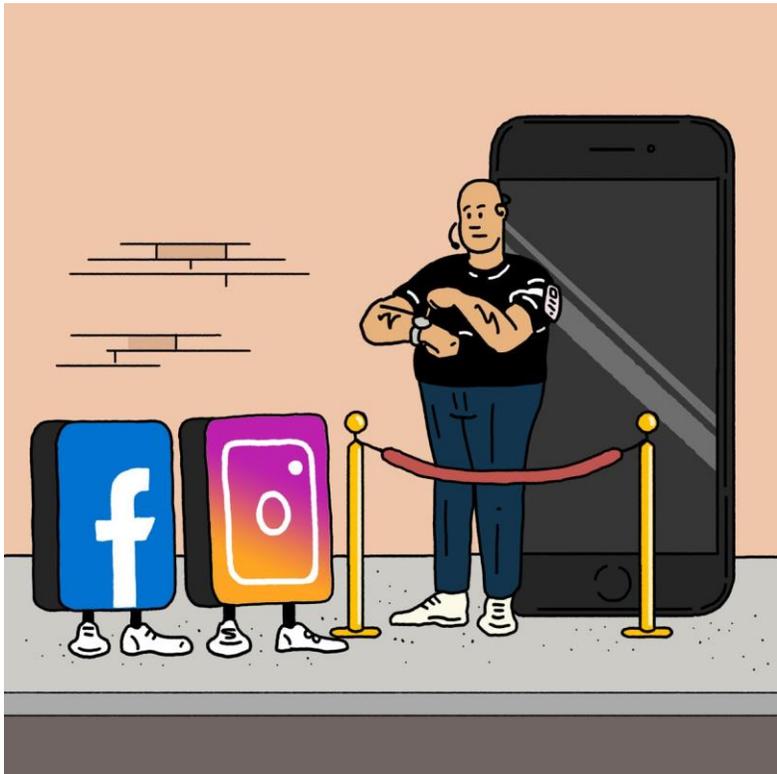
Manage your own anxiety

- Catastrophic thinking
- Control what you can control





Limit your media consumption





**KEEP
CALM
AND
UTILIZE YOUR
RESOURCES**



Give each other space

- "Absence makes the heart grow fonder"



Kid Care



Establish a schedule and keep a routine

- Doesn't have to look the same as before
- Sleep hygiene



Be creative about new activities

- Virtual meetups
- Start new traditions
- Find new hobbies
- Find time for things you didn't have time for before



It's ok to talk about it

- Developmentally appropriate
- Stick to the facts
- Dispel rumors
- Calm fears



Help them find joy

- Find things that bring them joy
- Practice gratitude
- Give back



Positive Discipline

Compliments



Compliments and appreciations bring us closer together.

Focus on accomplishments and helpfulness to others:

- 1) "I appreciate how quickly you get dressed and ready for school."
- 2) "I notice how kindly you cared for Anna when she felt sad, I bet it helped her feel better."
- 3) "Thank you for setting the table."

Family Meetings



Children learn social and life skills during weekly family meetings.

Format for the Family Meeting:

- 1) Compliments and appreciations
- 2) Evaluation of past solutions
- 3) Agenda items-person can choose
 - a) Share feelings
 - b) Invite a discussion
 - c) Brainstorm for solutions
- 4) Calendar: events, meal planning
- 5) Fun activity and dessert

Kind AND Firm



It is the AND that brings kind AND firm together to avoid extremes.

Begin by validating feelings and/or showing understanding. Offer a choice when possible. Examples:

- 1) I know you don't want to brush your teeth, AND we can do it together.
- 2) You want to keep playing, AND it is time for bed. Do you want one story or two?
- 3) I love you, AND the answer is, "No."

Problem Solving



Use daily challenges as opportunities to practice problem solving WITH your children.

- 1) **Brainstorm** for solutions during family meetings or with one child.
- 2) **Ask Curiosity Questions** to invite your child to explore solutions.
- 3) **For fights:** "You kids can figure it out. Come back with your plan."
- 4) **For chores:** Brainstorm what needs to be done and invite your kids to create a plan. Be willing to try their plan for a week.





1. Check in on friends

2. Listen and reflect



3. Ask questions



TAKE A
BREAK FROM
YOUR TECH



Question & Answer





OLENTANGY SCHOOLSSM

THANK YOU