

It's Not Just You

It is no secret that consistent, intentional parenting, where your child's long term development is central, requires levels of patience and self-control that challenge the best of us...in the *best* of times. Add in an almost year-long pandemic, one that has required kids to spend extraordinary amounts of time with their parents and away from their peers, and there are very few who have not felt the strain.

Recently, the [New York Times](#) detailed mothers' untold levels of isolation and anxiety as the responsibility for overseeing schooling and entertaining their children during the pandemic has been added to their day-to-day duties. Vaccinations hold out the hope that the end is in sight, but how do exhausted and worried parents continue to manage? Old adages, such as *it takes a village* and *put on your oxygen mask first* still ring true. We also appreciate these practical tips, taken from a recent article in [Time](#):

- 1) Lean on friends and family. It is time to share the load. Ask for an afternoon by yourself or trade favors with a friend. Ignore the to-do list and take time for a short renewal.
- 2) Let go of doing it all and delegate. Choose a short list of what must get done and prioritize.
- 3) Involve your teens in household tasks such as cooking and trips to the grocery store. This may be the just right time to teach them [how to do the laundry](#). While it might be performed grudgingly, everyone appreciates contributing, and life skills are learned.
- 4) Recognize that your teen is likely to be even more grumpy and irritable than usual - it's not personal. Don't make every conversation about school work or the pandemic. Try to catch them in a natural moment, such as sitting at the kitchen counter, and ask about their latest show or what music they are listening to.
- 5) Any small amount of giving back, reaching out to a friend or family member, will be greeted with gratitude.
- 6) At dinner, ask every family member to name two things they are grateful for that day. There are always others who are struggling more.

The best parenting model we can demonstrate for our children is that we are human. Remind yourself and your family that we are all in this together.

The Staples Resilience Project is an ongoing endeavor by the Staples Guidance Department aimed to promote the well-being of our students and foster a positive, inclusive school community.

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