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## **Parenting Through A Pandemic: Evidence-Based Tips**

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# COVID-19 is stressful for everyone!



## Uncertainty breeds worry

*Will I or someone I love be exposed or contract coronavirus?*

*Will I lose my job?*

*What will happen to the economy?*

*When will life go back to normal?*

*When can I see my friends again?*



## Social Distancing means we cannot see people we enjoy interacting with

*It is natural to miss this!*

*How can we stay connected?*



## Many of us are used to a hectic lifestyle

*Staying home may feel foreign and uncomfortable.*

*How can you make the best of it?*

Focus  
on  
what you can  
Control

7 Evidence-Based Tips



- **ACKNOWLEDGE** and **TOLERATE** emotions
- **LABEL** the emotions
- **VALIDATE** the emotions
- For example:
  - *I know it's really sad for you to not see your friends at school everyday.*
  - *You're disappointed that your graduation/prom/baseball season has been postponed/canceled.*
  - *You're feeling overwhelmed with the idea of virtual school.*
  - *I also feel sad that I cannot go to work right now.*
  - *Staying home is getting old! I feel bored with it, too.*
  - *You're worried that you might catch the coronavirus.*

# 1. Allow yourself and your children to feel emotions

## 2. Maintain daily routines



Sleep and  
wake times



Morning  
routine



Mealtimes



Work time



Relaxation  
time



Bedtime  
routine

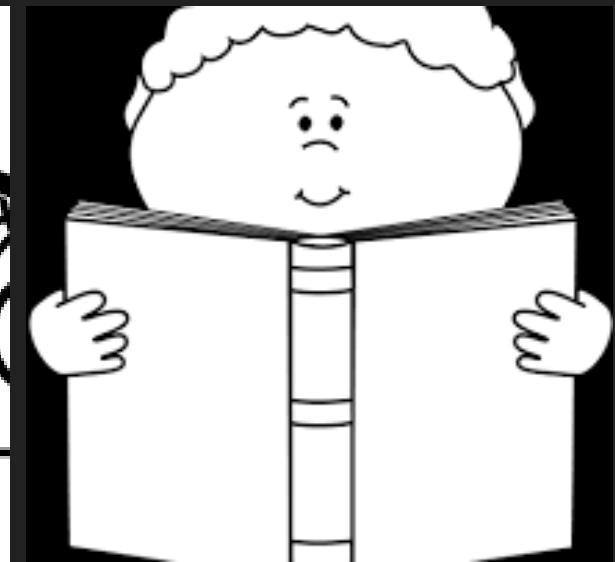
### 3. Practice Your OWN Self Care

- Parents set the emotional tone for the family
  - If you are stressed, your kids will feel it
  - Parent self-care leads to greater patience and more positive parenting
- What helps YOU stay calm?
  - Sleep
  - Exercise
  - Meditation/Yoga
  - Alone time
  - Reading
  - Fresh air



## 4. Make time for things that bring you **JOY**

- Two types of activities tend to bring us happiness
  - Pleasant Social Activities
  - Feelings of Accomplishment
- Help your kids to identify activities that bring them some **JOY** during the pandemic
  - Family Time
  - Going Outdoors
  - Physical Activity
  - Music
  - Reading
  - Talking to Friends



# 5. Stay Connected Virtually to Friends & Family

- Kids miss their friends!
- Technology can help us maintain important social connections





## 6. Avoid setting unrealistic expectations

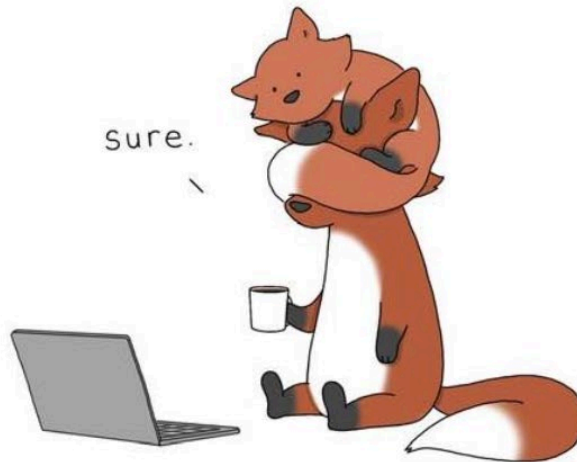
When you try to work from



HOME



thanks for  
taking this video  
call. is now a  
good time?



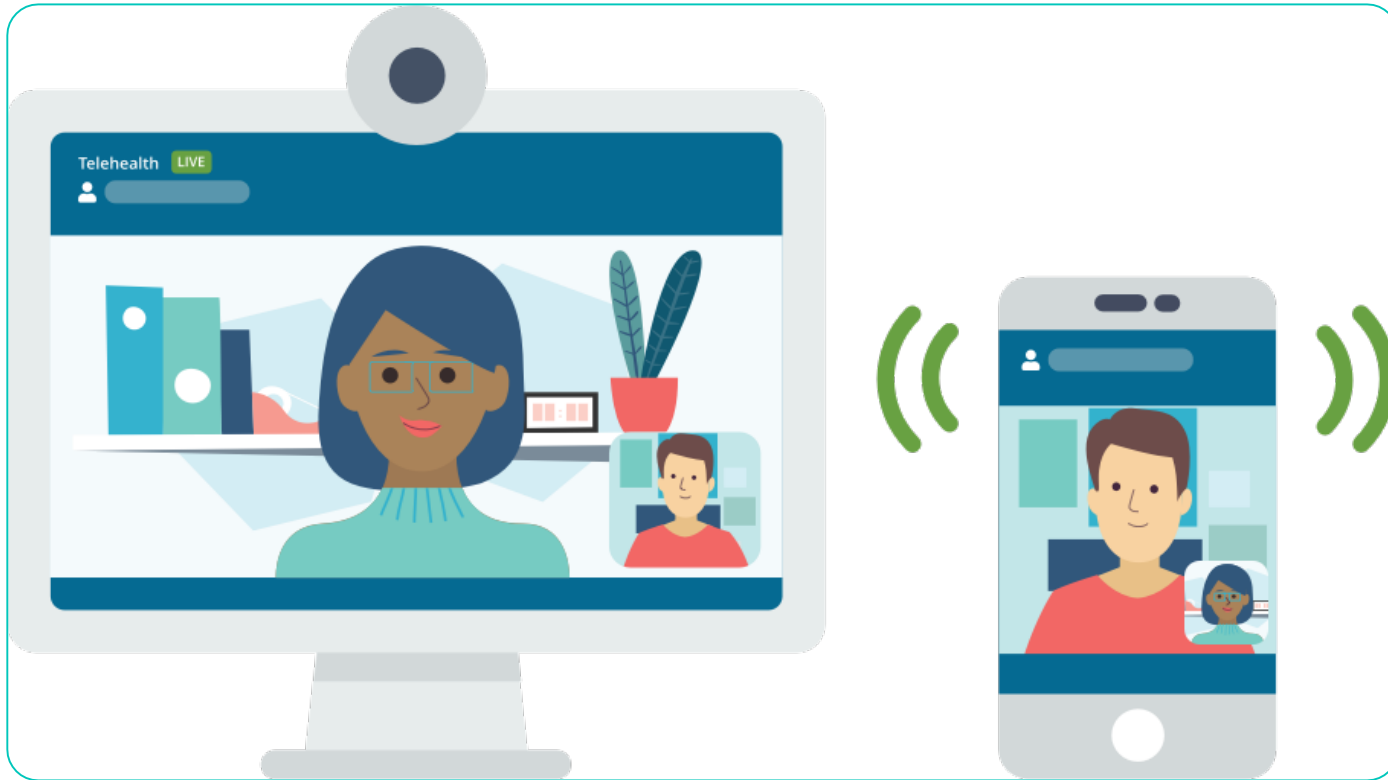
sure.

# Be kind to yourselves (and your kids)

- “You are not working from home, you are at home, trying to work, during a crisis”
- “Homeschooling is not the same as CRISIS-schooling”
- If possible, set up a quiet workspace and take turns with childcare responsibilities.
- Seems like this is a great time to start new work and home projects, right? **WRONG!**

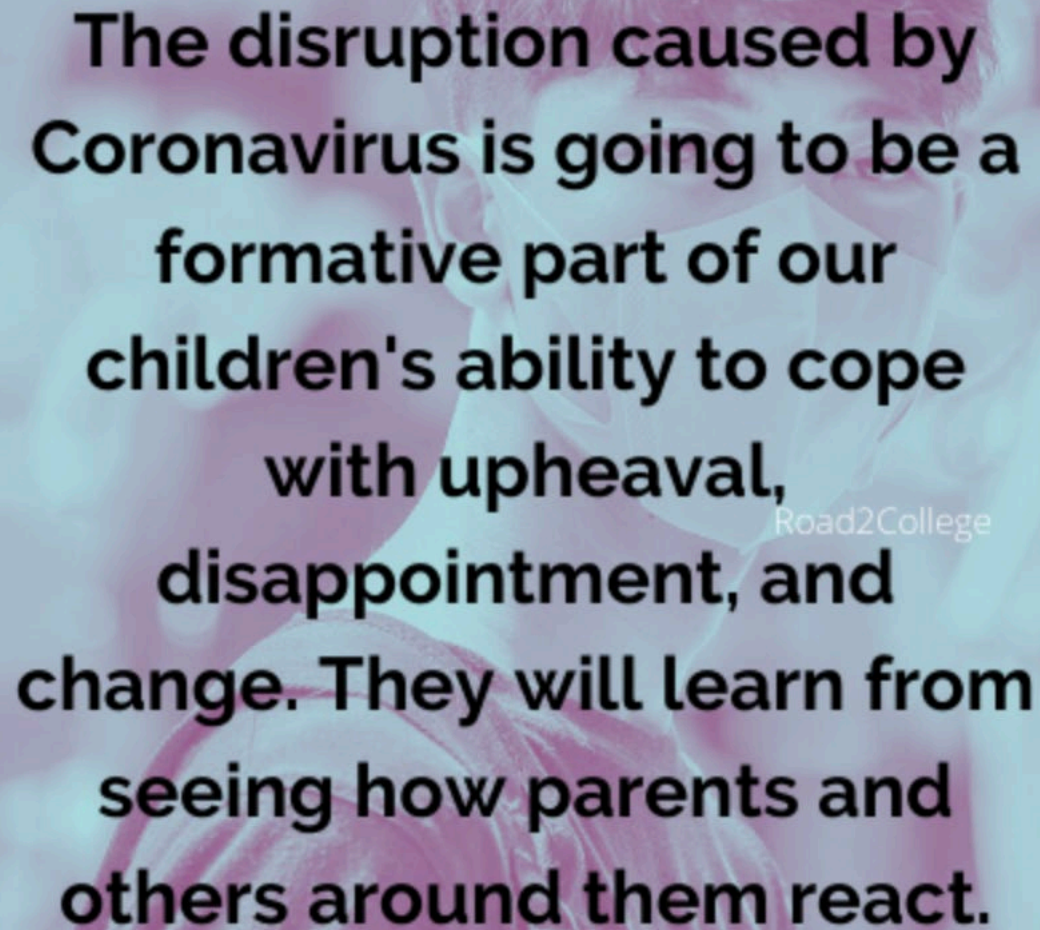


## 7. Don't be afraid to get professional help



- If your worry is uncontrollable
- If you are having a hard time getting out of bed
- If you are misusing substances
- If you are experiencing child or domestic abuse

<http://www.findcbt.org/FAT/>



**The disruption caused by  
Coronavirus is going to be a  
formative part of our  
children's ability to cope  
with upheaval,  
disappointment, and  
change. They will learn from  
seeing how parents and  
others around them react.**

**ROAD2COLLEGE**

# Common Conflicts at Home during COVID in Asian Families

- Teen: “After I do my schoolwork for a period of time, I should be allowed to take a break and do something fun (e.g., video games). But my parents do not think so. They want to control me and want me to do things their way. ”
- Mom: “You are wasting your time when you play video games. Let me help you create a better schedule so that you can be more efficient with your schoolwork. If you want to take a break, you should close your eyes and rest for a few minutes instead of playing video games”



# Dr William Glasser's *Basic Needs*

				
<b>Love &amp; Belonging</b>	<b>Power</b>	<b>FUN</b>	<b>Survival</b>	<b>Freedom</b>
<ul style="list-style-type: none"><li>✓belonging</li><li>✓being loved</li><li>✓being respected</li><li>✓friendship</li><li>✓sharing</li><li>✓cooperation</li></ul>	<ul style="list-style-type: none"><li>✓recognition</li><li>✓success</li><li>✓importance</li><li>✓achievement</li><li>✓skills</li></ul>	<ul style="list-style-type: none"><li>✓enjoyment</li><li>✓laughter</li><li>✓learning</li><li>✓change</li></ul>	<ul style="list-style-type: none"><li>✓health</li><li>✓relaxation</li><li>✓sexual activity</li><li>✓food</li><li>✓warmth</li></ul>	<ul style="list-style-type: none"><li>✓choices</li><li>✓independence</li><li>✓freedom from</li><li>✓freedom to</li></ul>

Acknowledge  
We need to  
have fun now.  
Playing video  
game is FUN  
(Wii Sports).  
Children want  
parents to be  
proud of  
them.  
Autonomy  
and  
relationships  
are both  
important.

# Other FUN Things to Meet Our Basic Needs?

Ask your  
children for  
other FUN  
ideas...

## FOOD

Food is the first essential ingredient in family dinner. Bring everyone to the table with recipes that are easy and family-approved.



<https://thefamilydinnerproject.org/>  
<https://www.pbs.org/show/asian-americans/>



## RECIPE FOR CONVERSATION

TALK ABOUT: RESILIENCE



Do you know any stories about family members who survived major world events, like the Great Depression? What do you know about their stories?

Do you think those family members might have advice for us now?

What difficult experiences have we already faced, like a broken water pipe or a parent losing a job? What helped us then?

Mr. Rogers said that his mother taught him to “look for the helpers” in difficult times. How have people been “helpers” in the past? What about now? Are there ways our family can become “helpers?”

## TAGS

[COVID19](#)[conversation of the week](#)[conversation starters](#)[coronavirus](#)[current events](#)[family history](#)[family stories](#)[pandemic](#)[resilience](#)



# The Family Dinner Project

- Research shows that kids and adults who are more familiar with family stories are more **resilient**, probably because of the **sense of belonging**.
- Many of us have ancestors who lived through some of the worst moments in history: immigration, war, economic hardship, and even other outbreaks of disease. Their stories can be particularly helpful right now, and could give everyone in the family much-needed perspective on how to get through hard times.
- Maybe remembering Great-Grandma's struggles will be just what you need to get through the COVID-19 pandemic.

<https://thefamilydinnerproject.org/>

# The Pandemic's Pet Gains

*Survey by Alums' Veterinary Tech Firm Finds Owners Are Feeling the Love*

By Dan Novak M.Jour. '20 / May 11, 2020



Ask your  
children  
for other  
FUN  
ideas...

*How*  
**CHILDREN  
SUCCEED**



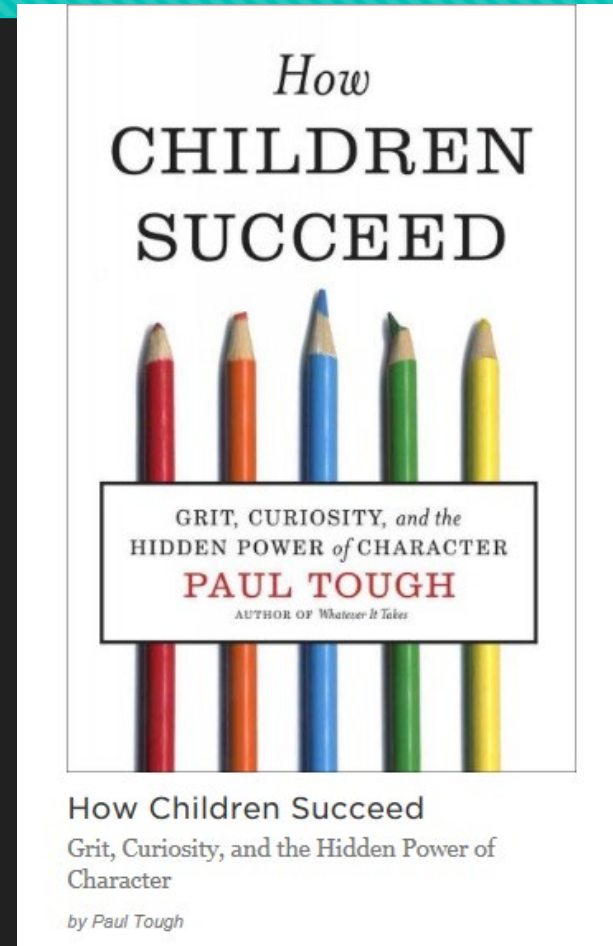
New York Times best-seller list

**PAUL TOUGH**

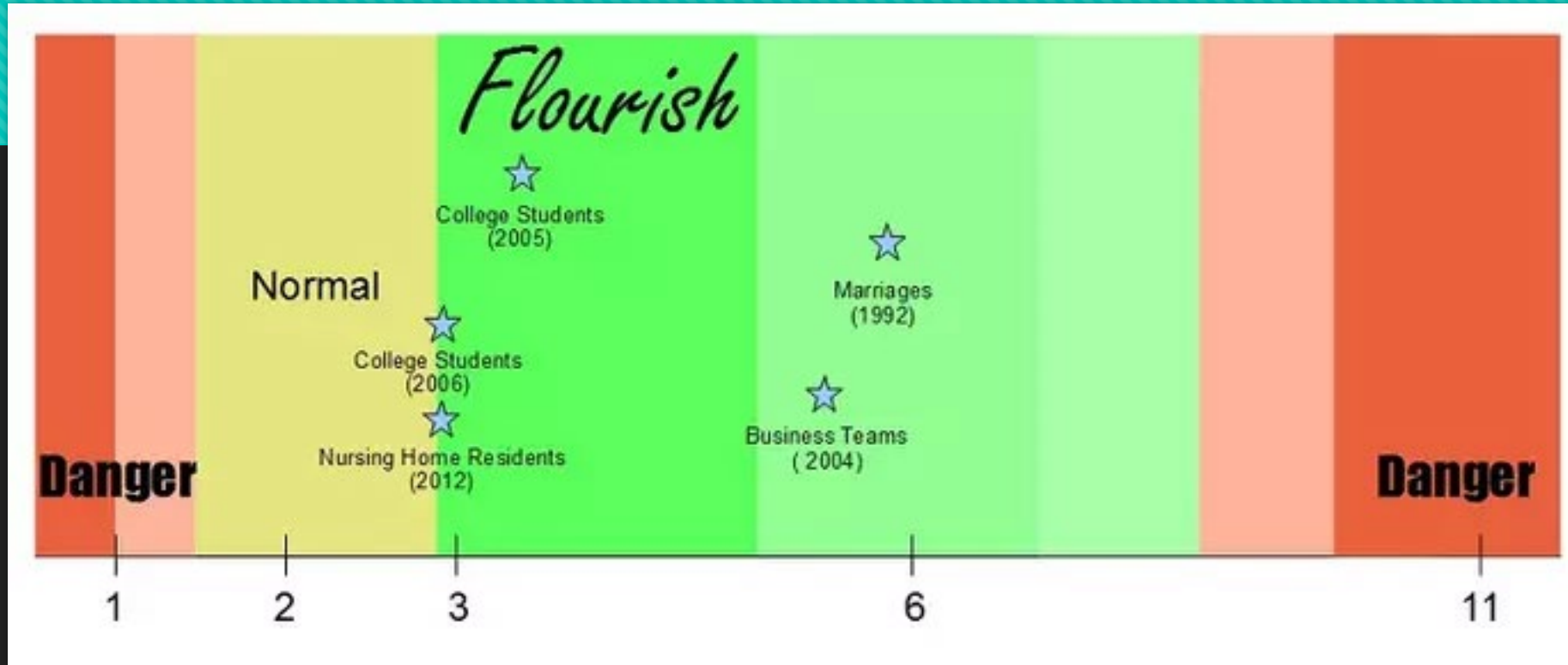
AUTHOR OF *Whatever It Takes*

# 'Children Succeed' With Character, Not Test Scores

- Grit (passion and perseverance)
- Self-control
- Zest
- Social Intelligence
- Gratitude
- Optimism
- Curiosity



# Positive Parent-Child Relationships



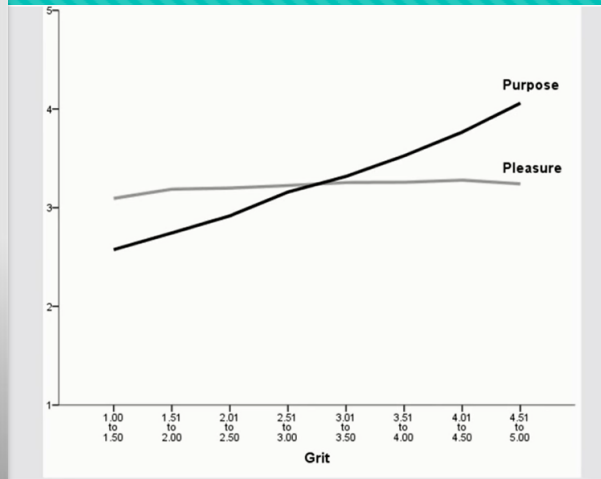
**Losada Ratio= The sum of the positivity in a system divided by the sum of its negativity.**

**A ratio of 3:1-6:1 → better performance.**

<https://www.happierhuman.com/losada-ratio/#c3>

# Purpose

- In choosing what to do, I take into account whether it will benefit other people.
- I have a responsibility to make the world a better place.
- My life has lasting meaning.
- My life serves a higher purpose.
- What I do matters to society.



Bett Keynote: Grit: The Power of Passion and Perseverance

79,493 views • Jul 6, 2016

754 30 SHARE

<https://www.youtube.com/watch?v=smHZNr5qOb0>  
by Dr. Angela Duckworth

JUNIORCOACH GOLF

## FREE ONLINE ACADEMIC TUTORING FOR KIDS

STUDENTS AGES 6-17 ALL WELCOME!

**TAUGHT BY ACADEMICALLY QUALIFIED AND  
VETTED HIGH SCHOOL STUDENTS**

Free tutoring lessons designed to address your individual child's questions about the subjects you want covered. We will personally pair your child with a high school student who we believe to be a good match.

FOR MORE INFORMATION AND TO SIGN UP: CONTACT  
INFO@JUNIORCOACHGOLF.ORG



# Practice Gratitude, Think about Positives

- Science has shown that people who practice gratitude are happier and more optimistic - and you can easily teach yourself how to do it.
- "I'm grateful for my daughter because she is home with me right now.
- "I'm grateful for my other son who has figured out every possible way of getting food online that there is in the entire county"
- "My son was interested in watching cooking shows instead of doing his school work. I was mad... But I reminded myself "relationship is more important than school work now." He surprised us by making a big meal for the family."

# Common Conflicts at Home during COVID

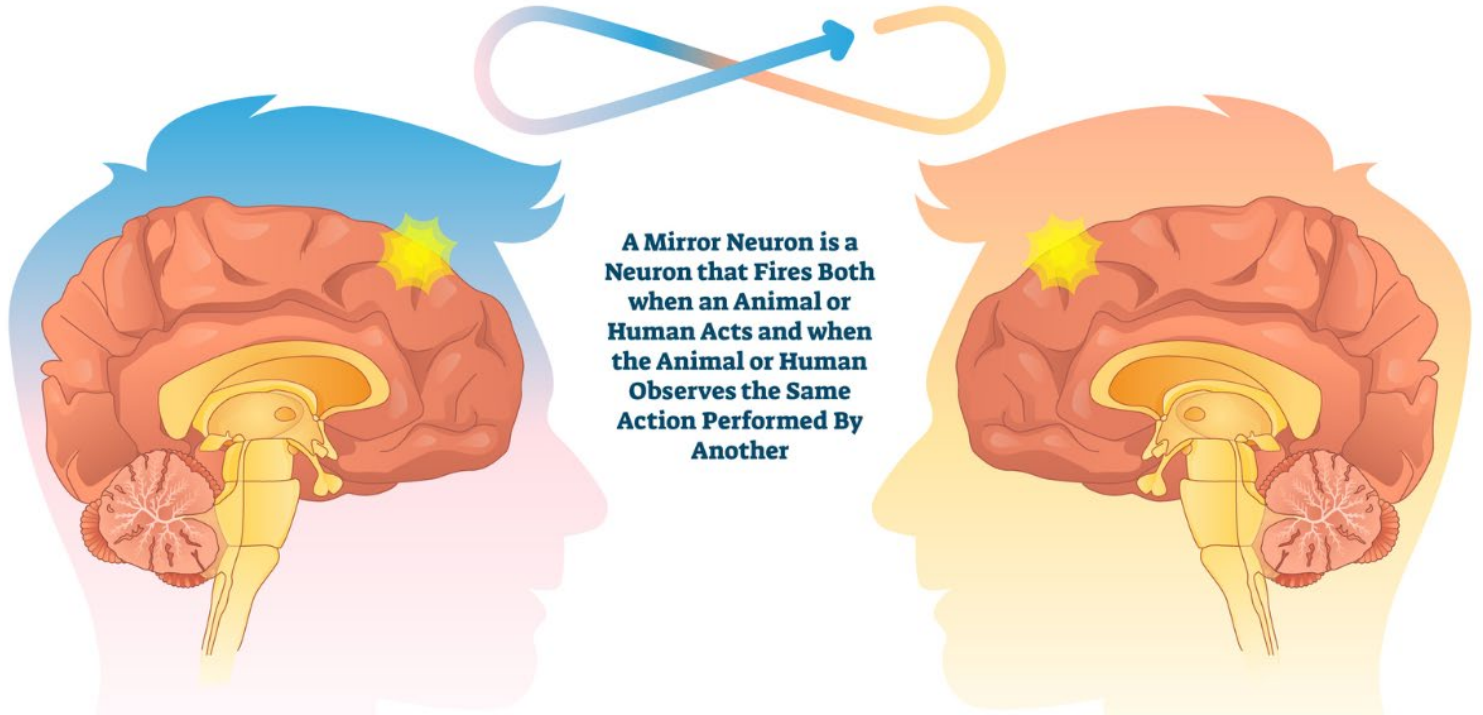
## Case Study 2

“Everyone in my house is very grumpy in the morning. I only slept for four hours last night. So we have a lot of arguments.”

Note: lack of sleep → mood difficulty, lower productivities



# Mirror Neuron



Allow us to stimulate the observed action implicitly in the brain to get ready to produce the action later.  
Child imitates parent facial expressions  
Parent's anxiety → child's anxiety.



# Coping Strategies

## Belly breathing

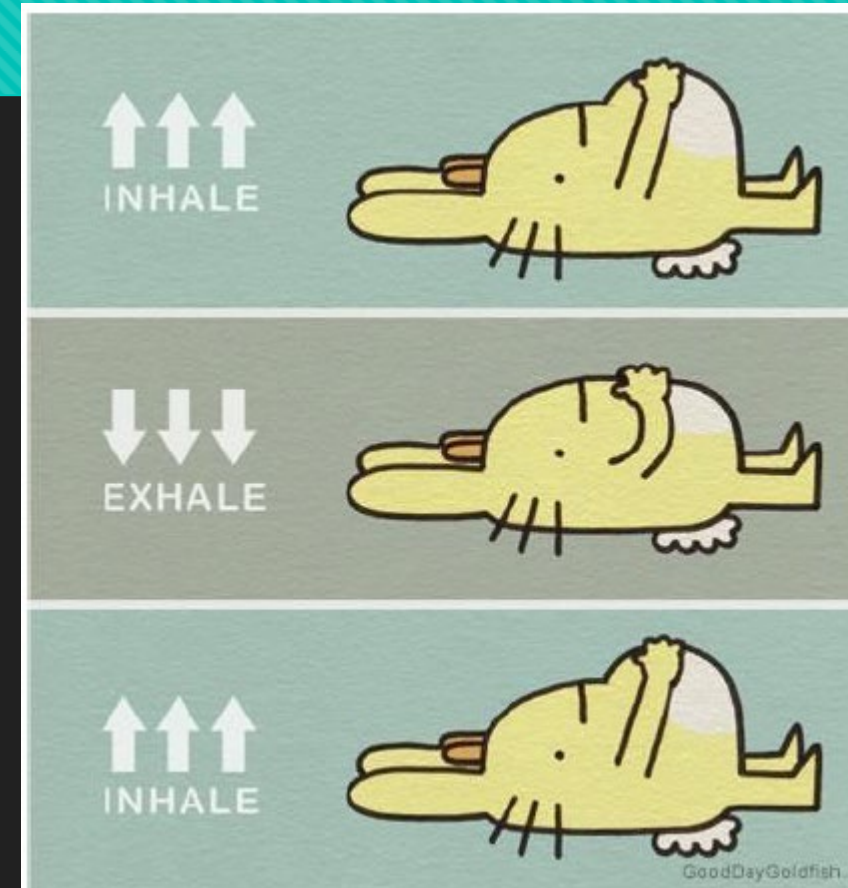
**Positive self-talk:** “Cixin, you can do this.”

## Looking at the situation through a different lens

- “Cixin, you’re following all CDC guidelines to stay safe.”
- What will you say to your best friend?

<https://www.youtube.com/watch?v=8UE2mWPPj0k&t=>

<https://education.umd.edu/about-college/covid-19-updates-and-resources/keep-educating>



# Coping and Emotional Regulation Strategies


- Are developmental
- **Must be taught**
- **Require practice:** Strategies have to become healthy habits.
- Need to be evaluated and refined: is the strategy working for me now?
- Need a tool box (you need a Plan B, C...)
- Effective coping strategies are specific to:
  - Emotion, personality, family background, culture, situation & relationship.

Online FREE Social Emotional Learning (SEL) lessons:

<https://www.secondstep.org/covid19support>

<https://www.youtube.com/channel/UCjT99EwssFEIpBSpToxgxnw/videos>

# Behavior Charts to Motivate Your Child



## Weekly Chart

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend

If I earn \_\_\_\_ points for the week I can \_\_\_\_\_.


### Complete Work

9:00	
9:20	
9:40	
10:30	
11:00	
11:45	
12:00	
12:30	
1:10	
1:30	
2:00	

Help Spiderman Get to the Top of the Building.

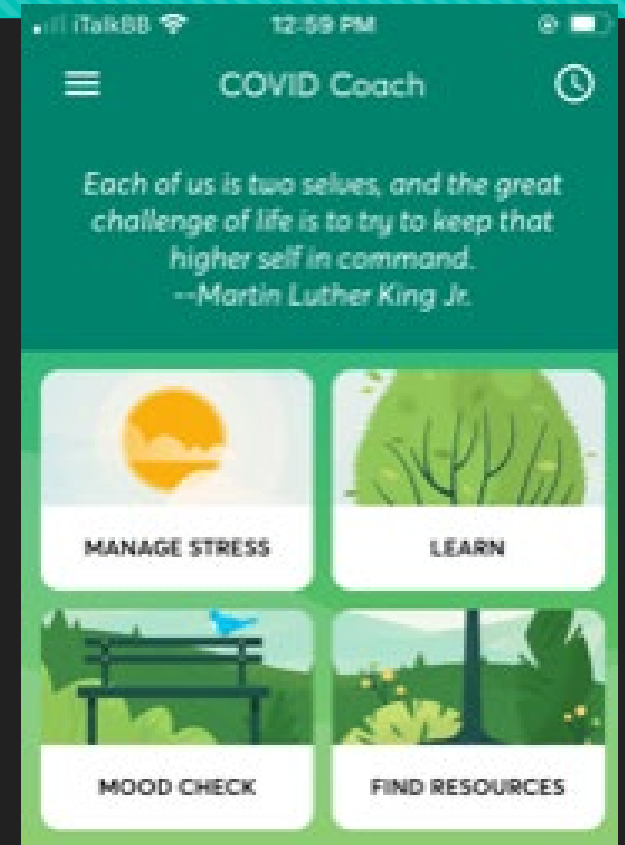
When you are completing your work, you can earn a smiley face.

Earn enough stickers to help Spiderman get to the top and then you can have a prize!



# Resources

- **National Suicide Prevention Lifeline**, call 1-800-273-TALK (8255).
- **Crisis** Text line: text "START" to 741-741.
- <https://www.activeminds.org/about-mental-health/be-there/coronavirus/>
- Sheppard Pratt Virtual Crisis Walk-In Clinic
- <https://www.sheppardpratt.org/care-finder/virtual-crisis-walk-in-clinic/>
- **2-1-1, then press 1** to connect with a helpline representative — 24 hours a day, 7 days a week.
- Maryland Crisis Hotline – 800-422-0009
- Educational Resources at UMD: <https://education.umd.edu/about-college/covid-19-updates-and-resources/keep-educating>
- WHO stress management guide. <https://www.who.int/publications-detail/9789240003927>
- WHO parenting during COVID: [www.covid19parenting.com](http://www.covid19parenting.com)





# Resources for Parents

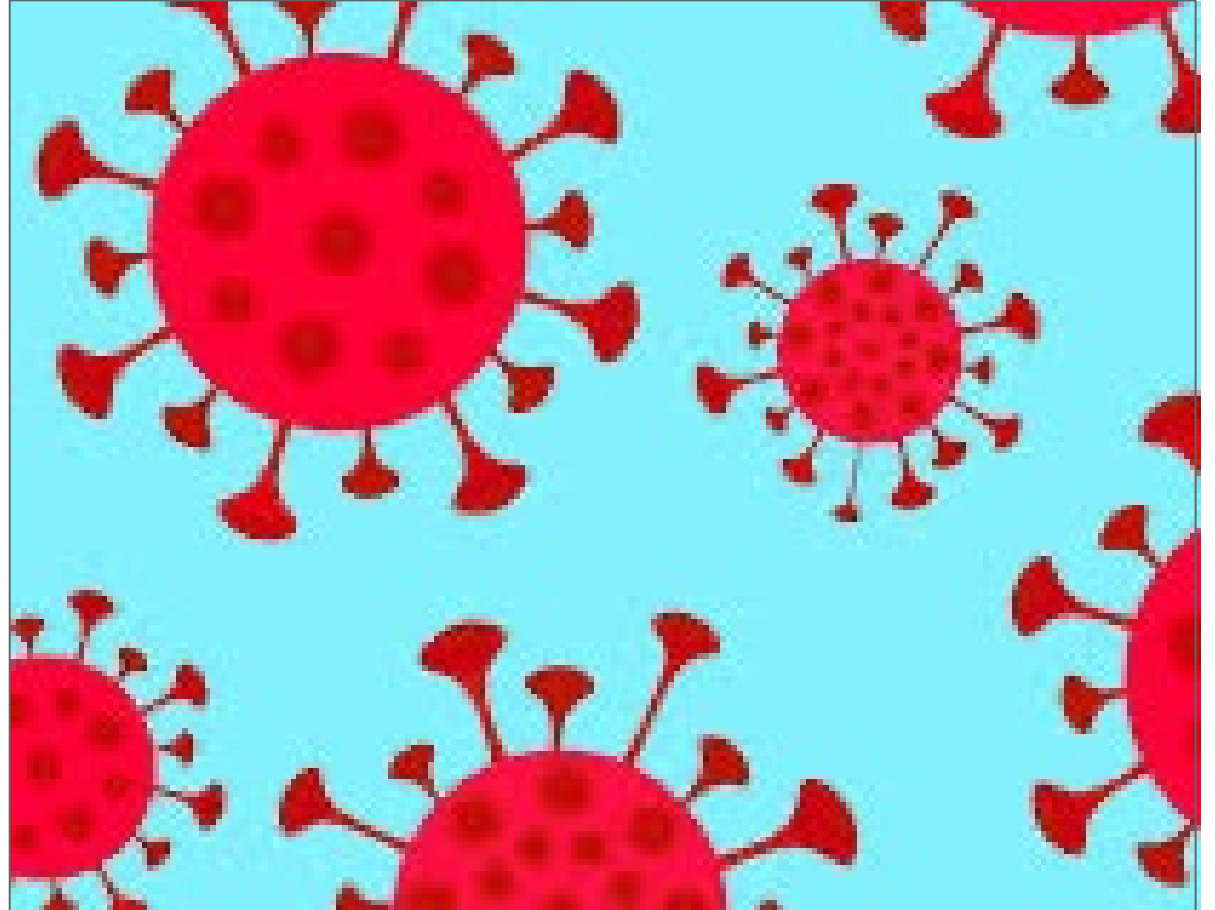
- <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/covid-19-resource-center/family-and-educator-resources>
- [http://www.bbi.umd.edu/news/news\\_story.php?id=13031](http://www.bbi.umd.edu/news/news_story.php?id=13031)
- <https://www.cnn.com/2020/05/05/health/anxiety-coronavirus-turns-dark-wellness/index.html>
- <https://www.jedfoundation.org/covid-19-and-managing-mental-health/>
- Maryland mental health resources: <https://www.mhamd.org/coronavirus/get-help-now/crisis-resources/>
- <https://sourcesofstrength.org/homebased/>
- <https://childmind.org/article/managing-problem-behavior-at-home/>
- [https://www.additudemag.com/webinar/coronavirus-homeschooling-parent-strategies/?utm\\_source=eletter&utm\\_medium=email&utm\\_campaign=webinar\\_march\\_2020&utm\\_content=031620&goal=0\\_d9446392d6-049aae7e7a-297270053](https://www.additudemag.com/webinar/coronavirus-homeschooling-parent-strategies/?utm_source=eletter&utm_medium=email&utm_campaign=webinar_march_2020&utm_content=031620&goal=0_d9446392d6-049aae7e7a-297270053)
- Online FREE counseling lessons: <https://www.youtube.com/channel/UCjT99EwssFEIpBSpToxgxnw/videos>
- <https://www.secondstep.org/covid19support>

# Questions?

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# Thank you!

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