

Keep Calm and Parent On: Tips for Coping with Quarantine



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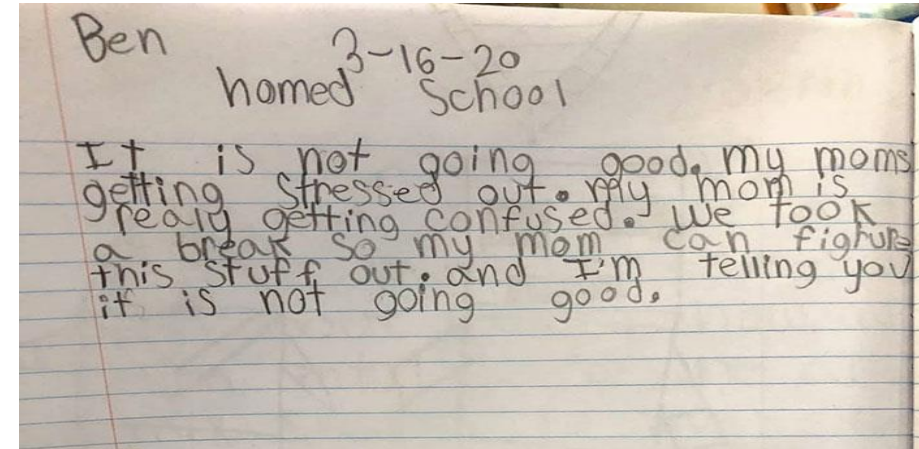
Objectives:

- Explore psychological impact of COVID-19 on working adults
- Discuss impact of stress on parenting and children
- Identify helpful strategies to promote well-being among parents and their children

**Homeschool Day 2:
Wondering how I can
get a kid transferred
out of my class.**

Psychological Impact on Working Parents

- Anxiety and stress
- Isolation and burnout
- Uncertainty
- Multiple roles
- Feeling out of control



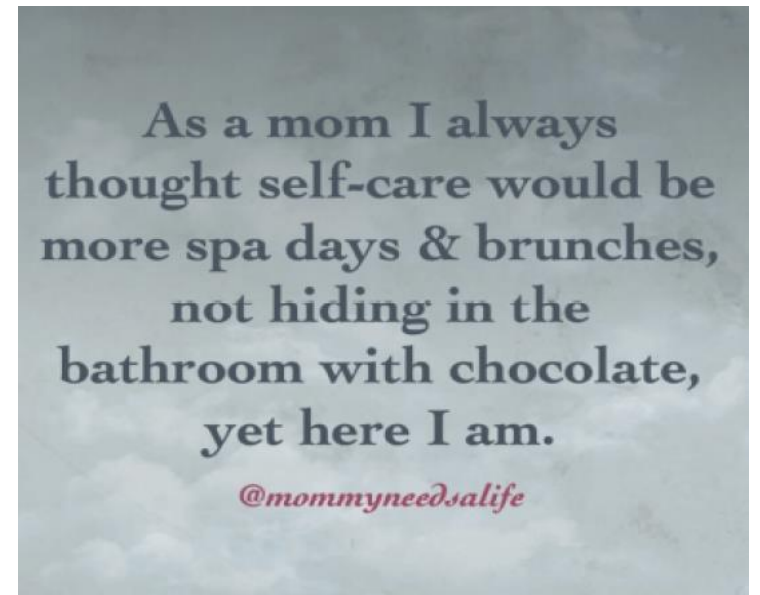
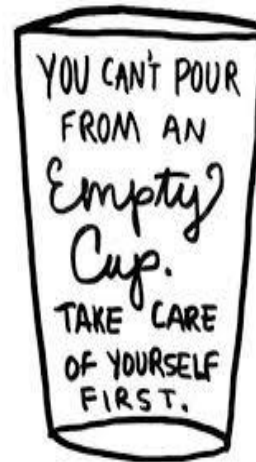
THE INVISIBLE LOAD OF MOTHERHOOD: WORKING FROM HOME DURING COVID

@_HAPPYASAMOTHER



What Can You Do?

- Continue treatment/medication
- Reach out to coworkers when feelings of isolation occur
- Create a separate work space
- Find your outlet
- Set boundaries



Stress and the Parent-Child Relationship

- New roles and self-esteem
- Lower frustration tolerance
- Parent stress → child well-being
- Re-evaluating our expectations

Me homeschooling my kids

@mombieneedscoffee



Let it Go

- YOU ARE ENOUGH!
- Be Flexible
- Forgive Yourself
- Focus on the Small Achievements
- Take a social media break
- Incorporate humor



Supporting Children

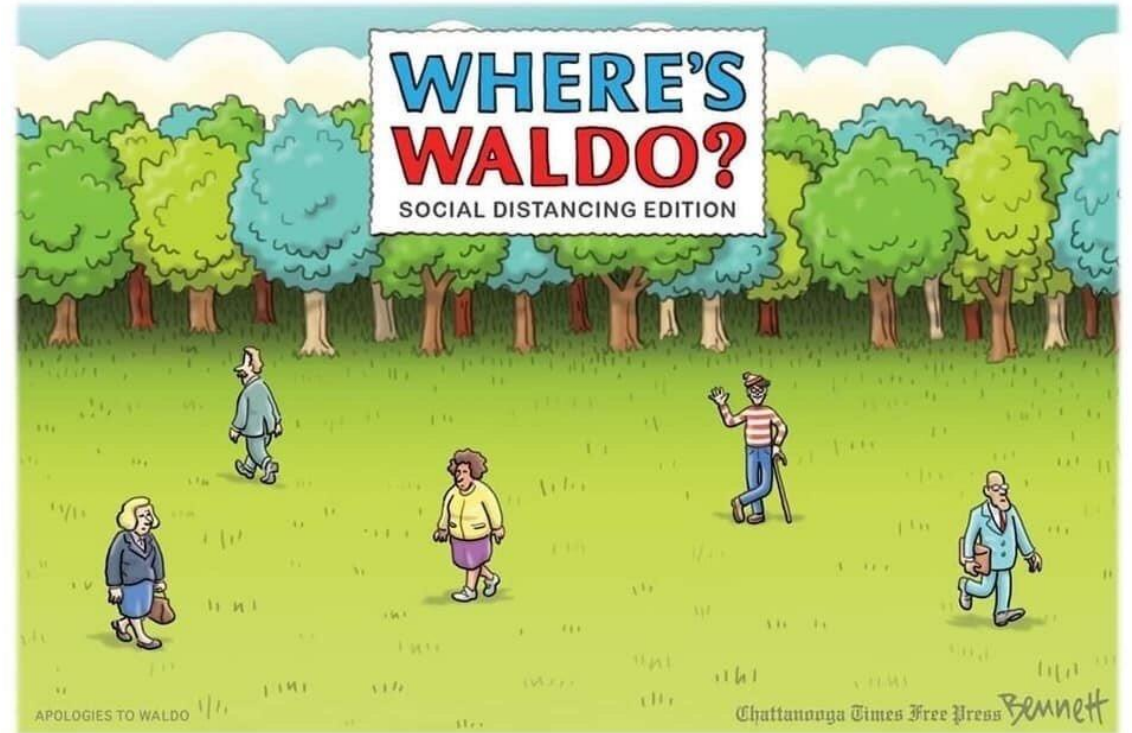
- Exercise empathy
- Pick your battles and manage expectations
- Focus on the positives
- Monitor/Limit media consumption



Supporting Children

- Address Fears
 - Make space for them
 - Age/Development
 - Follow their lead
 - Answer truthfully

- Consider professional support/EAP



Supporting Children

Routines

- Provide opportunities for control
- Highly structured vs flexible
- Time vs activity focused
- Focus on sleep

Daily Schedule	
8:30	Wake up, eat breakfast
9:00	Reading
9:30	Math assignment

Move Your Body!

OUTSIDE FUN

Create!

SCHOOL TIME

Help Someone

Show Kindness

CookChildren'sSM

Supporting Teens and Young Adults

- Acknowledge “losses”
- Provide empathy
- Allow other opportunities for social engagement
- Privacy
- Telehealth



Keeping Kids Safe

Have a “safety plan”

Resources:

- Texas COVID-19 Mental Health Hotline - (833) 986-1919
- National Child Help Hotline - 24-hour chat service www.childhelp.org OR call 1-800-422-4453
- National Domestic Violence Hotline - 24-hour chat service <https://www.thehotline.org> OR call 1-800-799-7233
- TexProtects COVID-19 Parenting Resources - <https://www.texprotects.org/parent-strategies-covid/>