



Therapiediatrics Family Center

6 Parent Tips

To Develop Healthy Balance During A Pandemic

As parents, we are pushing ourselves to the breaking point between parenting, school, work, and all our other daily obligations. Many parent's first concern is to promote a sense of normality but nothing about growing up in a pandemic is normal for children. Included below are some tips on navigating how to find a balance in parenting during this historic time.



#1. Invest in future growth

Focus on how this difficult time is actually an opportunity to encourage social emotional growth in ways that kids would not normally be exposed to. Value is often placed on academic success but promoting healthy life skills helps children become resilient, successful adults. Teaching children to learn to manage expectations and encouraging flexible thinking will enhance their ability to become adults who can successfully navigate challenges in life.



#2. Define what is success

How do we define what success with children is? That definition is a personal choice for each family. For children what would you include: good grades, your best effort, learning to make good choices or gaining coping skills to deal with the challenges virtual learning brings. For parents would it be surviving the day? Managing emotions,? Finding time for self care? Developing a sense of community? When we define what type of success we strive for there is a goal to work towards and measure rather than feeling like you are failing at everything.



#3. Managing Expectations

Managing expectations is key in navigating growth during the pandemic. Help your children to understand that while our reality may change from week to week that there are ways to cope with the unpredictability of life. Even out of the pandemic, this will help your children to manage stress throughout their lives. For parents, understand that parenting during a pandemic has never been addressed in modern times and it's impact on kids and families will continue to evolve.



#4. Lean on your community

Don't reinvent the wheel. Talk to friends, family, and coworkers to find out what is working well for them that you might be able to implement at home.



#5. Know when to log-off

Knowing when to give yourself a break and "log off" can be tough. In our increasingly connected society this can be one of the most challenging aspects for parents. It is okay to stop a take a break to support your own mental health. Stopping to take a break also models a good coping mechanism for children, showing them a healthy way to manage stress. Avoid increasing distress that occurs by following social media comments regarding current events.



#6. Take time for self-care

Parents put pressure on themselves to keep their children safe both physically and mentally. As the pandemic drags on, you might find your stress levels beginning to increase. While certain situations can require your input and assistance, sometimes it helps to accept that you do not need to be the perfect parent all the time. Some children many need more supervision than others but many times children can manage challenges when given the opportunity. Give yourself time for you. Commit to a routine that includes fitness, good nutrition, and activities that recharge your batteries.

For more information on how Therapiediatrics Family Center can help you, contact us at: www.therapiediatrics.com, follow us on social media, or call us at 847-996-6666