

# Parenting in a Pandemic

(& other stressful times)

Take Care of Your Mind and Body  
Keep Healthy Routines and Daily Structure

Take a breath. Reach out for help.  
Set aside no distraction time.

## Regaining Control

-Smell the flower, Blow the Candle Out

-Grounding Technique

Stay active  
Stay organized  
Stay present  
Stay connected

## Communication

Keep it open  
Keep it simple  
Keep it honest  
Keep in touch with loved ones

Use Positive Redirection  
Redirect unwanted behavior

Tell what you *want* child to be doing (instead of what not to do)

Give choices

Acknowledge positive behavior. Verbally. Specifically.

Explain clear expectations

Choose your battles

Use *time in*. Sit with them to talk about feelings. Address situation then *after* calm.

## Addressing Fears

Recognize feelings & Model how to manage them

Tell your child when you are leaving

Offer extra love and hugs

TV off (or explain on their level)

# Parenting in a Pandemic

(& other stressful times)

Take Care of Your Mind and Body  
Keep Healthy Routines and Daily Structure

Take a breath. Reach out for help.  
Set aside no distraction time.

Regaining Control

-Smell the flower, Blow the Candle Out

-Grounding Technique

Stay active  
Stay organized  
Stay present  
Stay connected

Communication

Keep it open  
Keep it simple  
Keep it honest  
Keep in touch with loved ones

Use Positive Redirection  
Redirect unwanted behavior

Tell what you *want* child to be doing (instead of what not to do)

Give choices

Acknowledge positive behavior. Verbally. Specifically.

Explain clear expectations

Choose your battles

Use *time in*. Sit with them to talk about feelings. Address situation then *after* calm.

Addressing Fears  
Recognize feelings & Model how to manage them  
Tell your child when you are leaving  
Offer extra love and hugs  
TV off (or explain on their level)



## How to talk with kids about hard truths:

Start with, *"I want to talk about something serious, that we'll all have big feelings about."* Talk slowly and with eye contact; this maintains connection and helps a child sit with painful realities.

It's important to share the truth. Use real words, not euphemisms, to describe what's happening. When we circle around the full truth, our children absorb our anxiety and avoidance.

Pause at various points and ask, *"What's this like, to talk about?"* Respond with acknowledgement, validation, and permission to feel.

It's ok to say, *"Great question. I don't know. As soon as I learn more, you'll be the first person I talk to about it."* It's also important to say, *"This will be something we will talk about again."* It's ok to pause, to give kids time to digest and think and feel and ask.

It's ok to cry. It's ok if your children cry. It's ok to be uncomfortable. If you are, remind yourself that discomfort is a sign of doing something new, not doing something wrong.