

## **Pandemic Parenting by Rachel Simmons**

Keep in mind that we are not “working from home.” We are at home during a crisis and trying to work. That said, research finds that kids are remarkably resilient. The good news is that each week we’ll get a little better at this, as we build a new normal over time. Try not to look at the state of you or your child as, “this is the truth of who we all are and I’m just now discovering it.” Rather, this is us under prolonged crisis and stress.

### **Preventative Strategies for Harmony at Home and Self-Regulation**

- [Six self-care questions for quarantine](#) (great to post on the fridge!)
- Create ground rules for communication: work together to create a list of what we can and can’t say to each other when things get hard
- Create a care plan for each family member: what do we need from each other right now (or today)? What do we need to do for ourselves in order to enjoy this time (or this day)? (source: Tiffany Baker, @revtiffanybaker)
- At the end of each day, reflect: What worked today? What didn’t work today? How can we make tomorrow a better day?
- Help kids focus on what they can control, including problem-solving, making their own choices, exploring new hobbies or skills, and practicing generosity
- Respect privacy and physical boundaries
- Routine increases predictability in a time of uncertainty and makes kids feel more secure

### **Acute Strategies for Self-Regulation**

- Practice calming breaths and feeling your feet on the floor
- Apologize to your children when you make a misstep. Try writing a note or letter!
- Ask yourself what your child may be feeling “underneath” their anger or frustration (fear? Anxiety? despair?), and respond to that emotion.

### **Steps of Self-Compassion (learn more [here](#))**

- Mindfulness
- Self-Kindness
- Common Humanity

### **More Resources**

[Stop Trying to be Productive](#) (New York Times)

Tara Brach, [Facing Pandemic Fears With An Awake Heart](#) (video)

[Lynn Lyons Facebook](#) (focused on managing anxiety in children)

[Headspace](#) (free 2-week trial, special meditation vertical for kids)

[Lisa Damour's Facebook Live on managing teen anxiety at Grown and Flown](#)