



Parenting

I'm Still Standing
– Parenting in
the Age of Covid

Week Five

Amy Lopez, PhD, LCSW

Helen & Arthur E Johnson Depression
Center

How are you doing?



- Take a minute to breathe
- Congratulate yourself on making it through another week!!!

Patient and personal trends

- There's a light at the end of the tunnel
 - No, Wait! That's a train!!!!
- Some of this is working
 - I want to keep it...
- My time, your time, our time?
- I miss my friends



Just because we're together...



- Trying to sort out the day
- Figuring out what is “normal” together time
- Being clear about:
 - Work or school time
 - Family time
 - Free time
 - Couple time

Dealing with the guilt



- Someone might be disappointed
- Just because you can be together doesn't mean you have to be
- Absence makes the heart grow fonder

Relationships

- Personal Relationships

- In the house
- With close relatives not with you
- Friends, family, others you worry about



- Community Integration

- Kids – classmates, teachers
- Parents – coworkers, kids' friends parents, neighbors
- Those you interact with regularly, even if you don't have a close relationship

Social Integration and Community

- Humans are pack animals
- We need to feel like part of a community to belong
 - Research about social integration
- Being afraid of our communities
- What are the various communities you and your children have?
- How have you interacted with them during this time?



How do I do this and social distance?

- Strategies for connecting
 - Live classes with distance learning
 - Online extracurriculars
 - Finding new communities
 - Organizing time with the communities you already have
 - Front porch project
 - Neighborhood Howls, Bear Hunts, Chalk Art
 - Thank you to others in the community



What is your personal and family plan?



- What will we do to care for ourselves and each other
- How are we setting and respecting each other's boundaries?
- How are we reaching out to others who are important to us?
- How can we help each other with this

Keep encouraging each other

