



Parenting

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

Week Two

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

- Trying to be teacher and parent and worker all at the same time
- Managing personal anxieties
 - Possible versus probable
- This isn't fun anymore
 - Kids becoming more anxious/emotional
- Figuring it out and finding our flow



Trying to “fit it in”

- You are already working at home
- You are already parenting
- You are already trying to live through a pandemic
- And still trying to do laundry, dishes, feed everyone who is home, participate in the neighborhood activities posted on Facebook, get to the grocery store safely, take a shower, and work on that project you said you would do now that you have so much extra time.



Trying to manage the “home classroom”

- Let’s give a shout out to teachers
– You are awesome!
- We can’t all be teachers
 - Teachers have education, skills, years to develop their craft
 - We have one strategy
 - The SpongeBob problem
 - Teacher/student – parent/child relationships are different
 - The hardest student in the class



Managing expectations/strategies

- Focus on process, not product
 - Kids should have some learning activity, but don't link that to outcome or time span
 - Have time set aside each day when learning is expected
 - But timing can be flexible
 - Balance schoolwork with exercise, chores, snack breaks, and free time
- Allow for of flexibility an choice in what counts as learning
 - The world is your classroom
 - Free reading
 - Independent research



Things to remember...

- Kids do not technically have a full day of work...
 - Recess
 - Lunch
 - Specials
 - Off periods/study hall
 - Free reading/in class work
- Educator Expectations are low
 - Giving them something to do
 - Trying to prevent any backslides
 - Staying connected and offering support



It may not be about the schoolwork



- Kids are stressed too (but may not have the language or understanding)
- School work is a tangible frustration
 - Easier to complain about school than express overall feelings
- Okay to let them cry and express frustrations
 - Open the door to other related issues
 - Missing friends
 - Fears and worries

Things to remember...

We're all doing the best we can
and what we think is right...

Even if it doesn't feel like it's
enough.

This is not the time for guilt, but
to remember, this is a work in
progress



Bare Basics – a lesson from DBT

- A – Accumulate positive emotions
 - Do something fun
 - Remember fun times in the past
- B – Build mastery
 - Feeling competent and confident
 - Working toward long term goals with short term achievements
- C – Cope Ahead
 - Planning for tough times
 - Having a plan in place before it's a problem

- P – care for your physical body
- L – manage illnesses
- E – balanced eating
- A – avoid unhealthy coping skills
- S – sleep
- E - exercise

What is your personal and family plan?



- What will we do to care for ourselves and each other
- Beyond the PLEASE basics, what do we need?
- How can we help each other with this

Keep encouraging each other



Digging Deeper

- Want a little more?
- Join our breakout sessions
- If you just want general support, remain on this meeting
- Or, if you are done for tonight – good night and we'll see you next week!
- To join one of the breakout sessions you will have to:
- Exit this zoom room and enter the new meeting ID
 - Listed on the following page
 - If you need help, please chat on the main page and they will direct you to the right room.

Break out sessions

- ADHD and the home classroom – Dr. Amy Lopez
 - Zoom room 595-585-462
- The couple relationship – Dr. Dana Steidtmann
 - Zoom room 507-276-297
- Working with the younger kids (6 and Under) – Dr. Melissa Batt
 - Zoom room – 497-985-543
- Military, First Responders and Front line workers - Dr. Daren Norris
 - Zoom room 446 486 295
- Technology: social media, mobile apps, and telehealth– Dr. Matt Mishkind
 - Zoom room - 929 431 321
- General support --- remain here



Special Topics: ADHD and the Home Classroom

Strategies and support

Some challenges you may face

- May be less able to self-direct
- May be less able to complete work
- Might have harder time with transitions
 - Especially free time to work time
- May not be able to follow directions as written
 - May need additional explanation
- Medication timing issues

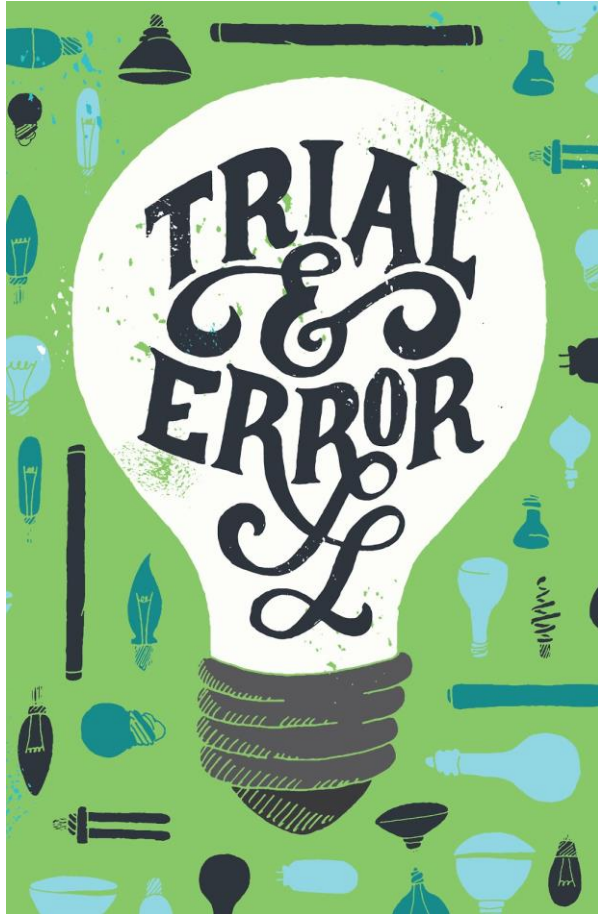


Special topics – ADHD and the home school

- Setting aside time to be fully present with the child
 - Doing work together
- Flexible in how work gets completed
 - I'll type, you just talk and explain it to me
- Loose routine and expectations
- Focus on one subject at a time
 - Announcing any transitions with plenty of advance notice
- Flexibility in what is considered learning
 - Self-directed projects
 - Cooking, household chores, reading to siblings
 - Scavenger hunts, outside activities, create your own homework
- Movement
 - Work doesn't have to be done at a desk – or lots of places to create a desk...
 - Use movement as homework



Do what works for you



- Figuring out a few things that work and then repeating them
- Asking for input on what they most need
- Flexibility from the parent

Q&A

