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

Week Six
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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!!!!

• I’m not ready to go back
  • Or am I?
  • Harder time getting out than going in

• What does normal even look like?

• We can’t control what others do
Quarantine Fatigue

- This really isn’t fun anymore
- I don’t know how much more I can do
  - But I also don’t want to go out
- Change is coming... right?
  - Are we ready for it?
  - Do my pants even fit?
What comes next?

- Things may be changing
  - Parents returning to work
  - Planning for summer activities
  - Fewer restrictions and more options

- But things may also stay the same
  - Mostly stay at home time
  - No change in kids routines
  - Still very limited on interactions
Into the Unknown...

- The problem is, we don’t know
  - If stay at home orders will be lifted
  - If there will be a second round
  - If we’re really safe
  - If summer camp will happen
  - If you can play with your friends
  - If you can go to school in the fall
  - If we can go swimming

- Managing the unknown together
Not my summer vacation

• May be harder to stay at home
  • Nicer weather
  • Longer days
  • Normal summertime activities

• What about vacations? Summer camps? 4\textsuperscript{th} of July celebrations? Water parks?

• All those same issues of grief and loss may resurface
But I’m also kind of used to it...

• Although may be issues of loss and excitement about summer
  • There may be real fear about doing something different

• Strategies:
  • Try to make changes slowly
  • One thing at a time
  • Keeping what works/changing what doesn’t
  • Recognizing when there isn’t a choice
  • Talking with a family about precautions and safety
  • Not everyone will adapt at the same rate
    • Within the family
    • Different families, different rules
What is your personal and family plan?

• How will we determine what the next steps look like for our family?
• How do we figure out return to work with NO return to school?
• What do we need to prioritize as a family?
• How can we help each other with this
Ongoing Resources

• Multiple online parenting programs/parenting support groups
• Reach out to the school for suggestions/support in your community

• Mental Health Colorado for referrals
• Colorado Crisis Services

• Health insurance options
• General help sites – United Way 211
Thank you!
We know you can do it.