



# Parenting

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

*Enough  
is enough*



- 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<sup>th</sup> 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!

The image features the phrase "Thank you!" in a highly decorative, whimsical font. Each letter is a different color and is adorned with various elements: a pink butterfly on the 'T', a yellow butterfly on the 'h', a pink heart on the 'a', a blue butterfly on the 'n', a blue butterfly on the 'k', a yellow butterfly on the 'y', and a blue butterfly on the 'u'. The 'l' is also decorated with a blue butterfly. The entire phrase is set against a plain white background.

We know you can do it.

