

Parenting During Social Distancing

Doone Estey



Parenting
network

Work School Balance

Parenting While Working from Home

Anxiety and Anger Management

Positive Time Out

Self Care

- Acknowledge the difficulty
- Don't feel guilty
- Everybody's in the same boat
- Self-compassion - deep breath and relax
- You are doing the best you can, as are kids
- Beware of social media!

1. Work School Balance - Boss

- Communicate with your boss
- Brainstorm alternatives
- Discuss temporary leave options
- Ask for help

2. Work School Balance - Routine A

- Short Bursts of activity
Like school - 10, 15, 30 minutes time frame
- Work, exercise, snack, read, job, play, repeat
- Give them some control - give them a timer
- Encourage hard stuff first



3. Work School Balance - Routine B

- Make Schedule together
- Post it (Pictures?)
- Discuss Transitions - they're hard
- Incorporate routine - 'playtime comes after tidying up'
- incorporate small rewards and privileges throughout the day



4. Work School Balance - Organize

- Rearrange home - *for now* - set up play and workspaces. Declutter
- Help them organize and supply spaces
- Girls can multitask - boys need to move
- Be encouraging - don't expect perfection, point out mistakes sparingly, everyone is behind
- *Your relationship and their wellness, is more important than the homework*



5. Work School Balance - Calls

- Prepare them for your work call
- Set Boundaries - put a sign up
- What are they going to do then?
- Special Activity
- Timer
- Schedule regular breaks so your kids know



Online Sharing

- Enlist grandparents, teenage friends
- Share 'childcare' with another family online
- App - Words with Friends - scrabble
- App - Together - (free)
- App - Caribu - (charge)
- We.org/athome,
We.org/wellness
- Books on tape - get the kids drawing



Ideas for Home Fun

- Obstacle course - use tape to outline path of climbing, somersaults, jumping jacks, tunnels, etc.
- Scavenger Hunt - they make up the clues, draw pictures. In the dark with flashlights.
- They make up a play, video - costumes, puppets, play dress up
- Picnic under the kitchen table on a blanket or newspaper
- All the arts and crafts you can think of (google make playdoh - flour, water, salt)



More Ideas for Home Fun

Activeforlife.com

- Water play - sink and baths
- Balloons (volleyball)
- Build forts all over the place
- Map out hopscotch, checkers, with tape
- Bubbles - 4 cups of warm water, $\frac{1}{2}$ cup of dish soap, and $\frac{1}{2}$ cup of sugar. Wands - cookie cutters, apple slicers, spatulas, whisks, pipe cleaners.



Not Motivated? Anxious?

- Put schoolwork on hold for a bit
- Try something else - chess, checkers, bridge
- Lots of free lessons online
- art lessons, drawing
- music, singing, dance steps
- New language

More Strategies for Anxiety

- Time Management - schedules, routines, timers, lists and calendars (stickers?)
- Change Management - preview activities the day before, at breakfast
- Family Meetings - set a time and agenda
Appreciations and successes
- How to spend any money saved - movie rentals. takeout choices



Tantrums

- More tantrums? “Schedule’ them to let off steam. Do this ahead of time
-
- Manage and contain them by making a list of acceptable activities when angry
- SNAP - Stop Now and Plan
- Snap fingers when angry and decide what to do
- Prepare list - jumping jacks, make a face, shout into a pillow, take a bath, punch a cushion



Anger Management



- We yell - our kids yell
We yell - adult temper tantrum
- Managing emotions = modeling anger management
- Count to 10, deep breathe, stretch, walk away, snap your fingers, make a plan

Soft on people, hard on the problem

- Tell your kids you love them, but not their behaviour
- “I’m frustrated that the dishes aren’t done”
- State expectations - “Please walk the dog”
- Give info - write a note - pick your battles
- Build self-esteem - tell kids their strengths



Validate and Empathize

Go with their feelings

“You sound...anxious...”

“Because...it’s scary?”

“That’s normal...”

“But you can’t...”



Anger Management



Try to avoid:

Physical force, threats, judgments, criticism, comparisons, pulling rank

Any progress we can make in this area helps all our relationships - with our partners and even our parents

Positive Time Out

Important that it is not punitive but restorative

Create a calm down space – with chair, fairy lights, book, music, snack

Name, rules, design, benefits - tent, closet

Teaches self-soothing



Positive time Out

- Deep breathing, counting to 10, stretching
- Role Play what could happen next time - what could s/he say instead?
- Training - they pretend to have a tantrum and use comfy space
- Role Model - yoga, meditation



- Be kind to yourself and your family
- Taking the time to put a few strategies in place will save time and frustration in the long run
- Make a list of tools you like and post them and pick and choose
- All the best in your parenting!

Thank you very much.

Doone Estey

doone@parentingnetwork.ca



Parenting
network

For private consultations:

doone@parentingnetwork.ca

Get our Kindle or paperback book - [Raising Great Parents](#)

at [Amazon.ca](#)

