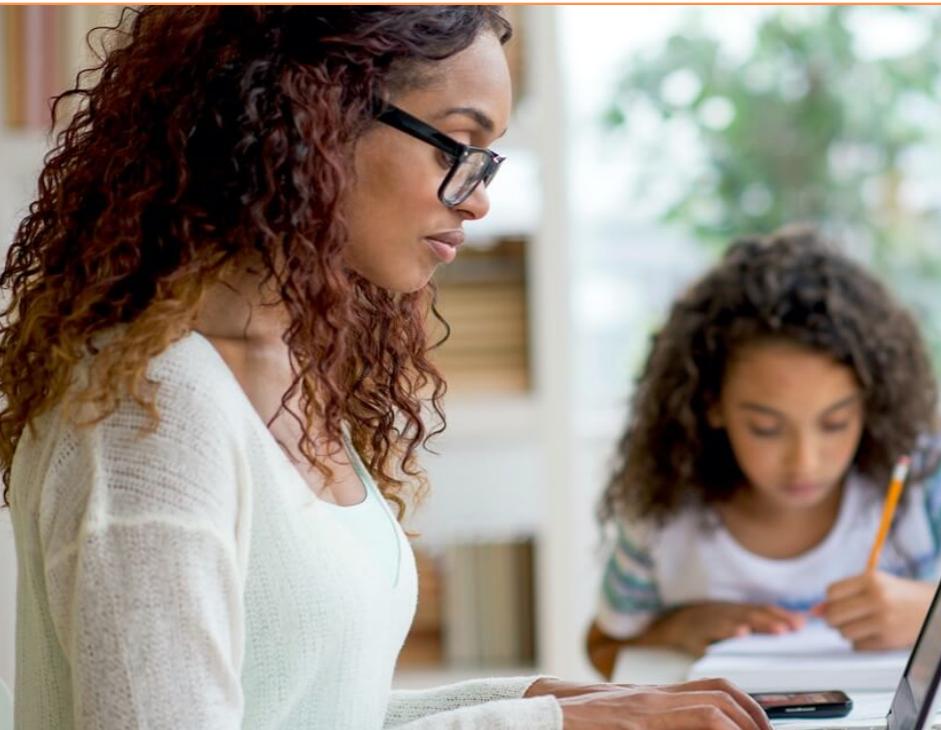


SCHOOLING & PARENTING DURING A PANDEMIC



PARENTING IN THE AGE OF COVID-19

As families grapple with an ever-changing normal, stress and anxiety can increase. Many parents are juggling multiple roles and as the pandemic continues to develop, they are required to learn how to balance schooling, parenting, and working.

Parenting during this time comes with many new challenges

- more tension
- less patience
- behavioral changes
- constant interaction
- decreased socialization

You can implement the advice below in your home to help with your parenting during this time

- Create a routine that works for everyone and stick to it.
- Have a social support system in place that can help.
- Eat well and exercise regularly.
- Manage media consumption
- Communicate often
- Plan fun and safe family activities

More Useful Techniques

Certain strategies are difficult to implement in real life, but can be effective when done repeatedly. A child psychologist advises parents to:

Do Special Play every day - special playtime is a chance for you to focus on your child's good behaviors and build a strong, nurturing relationship.

Use lots of praise - when a behavior is followed by a positive outcome like praise, that behavior tends to become more frequent.

Use rewards - parents can and should use rewards liberally, but make sure that the reward is linked to specific behaviors.

Use consequences - having consequences following undesirable behaviors can reduce misbehavior.

REMOTE LEARNING

Not only are parents balancing their parent and work responsibilities, many have become teachers overnight with remote learning. Teaching may be something that you did not expect to ever do and may not be comfortable with that kind of responsibility. This shift into remote learning has been a huge transition for everyone, and can often feel isolating, but it is important to remember that you are not alone and feeling overwhelmed is normal.

Unconventional choices make it work: If getting your child through the school day is a constant battle, find other creative ways to keep them engaged.

- Backyard science lessons
- Read books together on subjects that interest your child
- Create educational games and puzzles



Know the expectations: Your school district may have expectations set for your child so it is a good idea to reach out to their teacher or school district to figure out what assignments are most essential and what skills your child should master by the end of the school year.

Reach out to teachers: Many teachers value parent feedback and hearing about your particular struggles with remote learning can be helpful for them.

Be productive and quick with schooling: Try to keep subjects short and allow frequent breaks. If you are able to, try to get ahead in schooling, so that your child has more space during the week to relax.



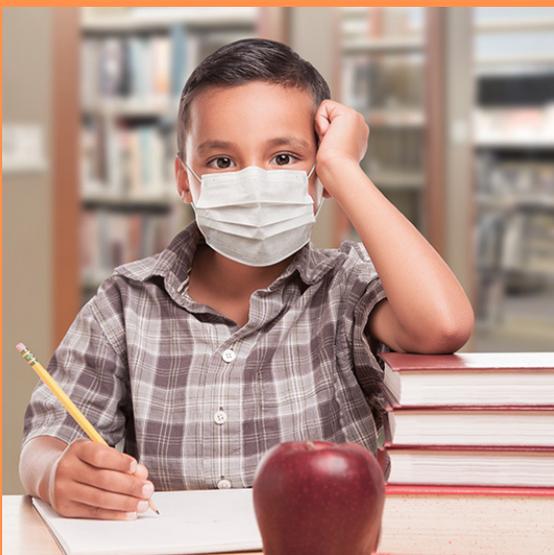
In-Person Learning

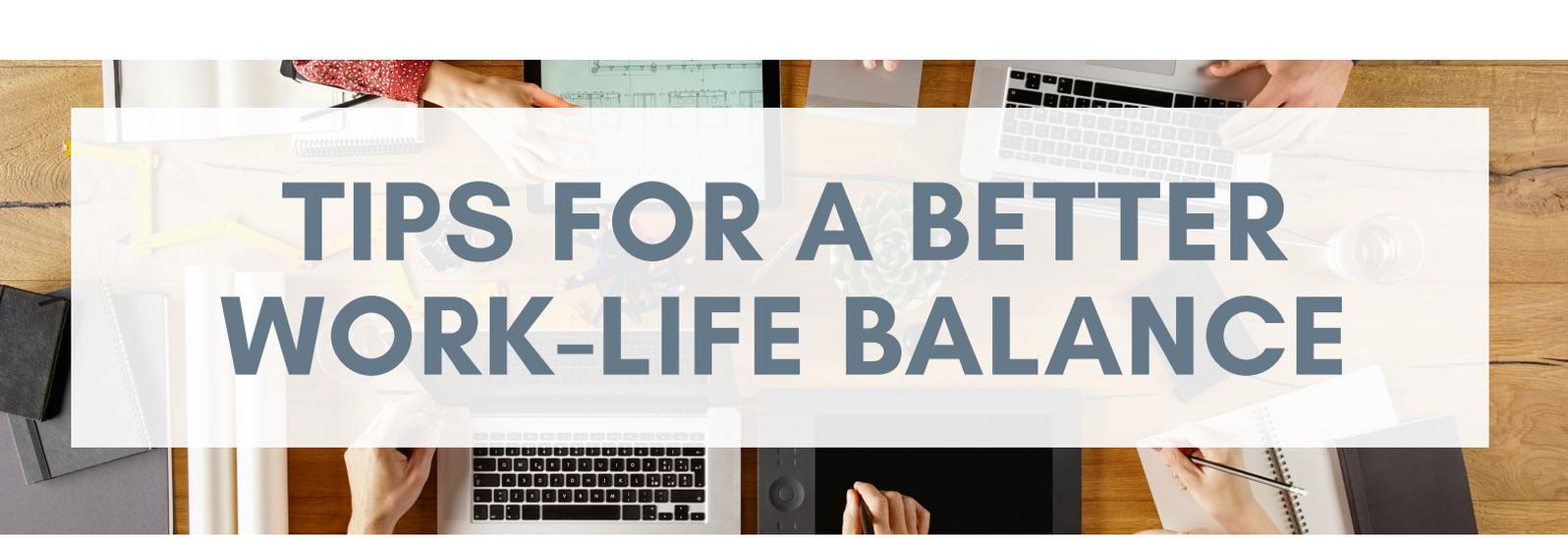
Every school district is making their own plans for how to open safely, and your child may return to a classroom instead of remote learning.

Practice different scenarios: Practice your school district's plan ahead of time with your child to give them a sense of control.

Teach and encourage preventive behaviors: Help your child understand the importance of social distancing and wearing masks. Letting them know they can play an active role in the safety and well-being of everyone at school gives them something tangible to do.

Check in with your child: Communicate with your child often and ask questions about how they are feeling, emotionally and physically. If they have a fever of 100.4° or are showing signs of illness, they should not go to school.





TIPS FOR A BETTER WORK-LIFE BALANCE

Today, it is harder today than ever to pull yourself away from work—thanks, in large part, to mobile technology. So, how do we manage to balance work and life today? Even when work was strictly considered a 9-5 commitment, trying to maintain a work life balance has always been a major stress on the workforce. Today, this balance is nearly impossible. The tips below will help you learn how to better balance your work and life.

Time Management

Whether you are at home or at the office, it is critical to make use of your time efficiently. Don't let personal issues spill over to the workplace, and equally, if not more important, keep your work issues at the office.

Set Career Goals

In order to stay satisfied at your place of work, you must be forward-thinking and equipped with goals and a vision for yourself at your company. You spend at least 40 hours a week committed to your career, take a few minutes each week to set and evaluate both short and long term goals for your self and take into account your motivation levels.

Prioritize Your Life

Part of maintaining a healthy work life balance is establish priorities both at home and at the office. There are only so many hours in the day and it is up to you what will get the most of your time, attention, and energy. The first thing to do is identify what truly matters to you and communicate it.

Set Personal Goals

It's important to remain happy at home regardless of how your work life is going. Most people rely on the future as a natural motivator, and by setting goals for your future at home (this doesn't include career goals) you are automatically making your personal happiness a priority. Think exercise, travel, new hobbies, reserving time for family and friends, etc.

Exercise & Meditate

Even when we are busy, we make time for crucial things such as eating and sleeping, but another crucial need is exercise. As our calendars fill up, exercise is typically one of the first things to be pushed aside. Exercise is an effective stress reducer as it pumps feel-good endorphins through your body.

Take Care of Yourself

People fail to realize the importance of 'me' time. It's inevitable, sometimes you have to finish up work late at night, or early in the morning. If that is the case, make sure you take at least a few hours off when you get back home. Relax, make some dinner, get some exercise, and then get back to it. You will be more focused and driven if you give yourself a bit of time to unwind between sessions.



Healthy Eating Habits

Food is fuel and sometimes it takes a lack of healthy options to realize you need to change your habits. When people work full-time, especially in an office setting, it is not unusual to snack throughout the day or eat unhealthy lunches. If you find yourself letting go of your healthy habits, it's time to change. The types of food you eat greatly affect your mood, sleeping patterns, and overall health. Just one week of fast food can make you run-down, irritable, and exhausted. Don't have time to go out every day if you work from an office? Take the time to pack a lunch, or consider asking your office manager for healthy snack options.

Get Enough Sleep

The numbers of hours required for a "full night's rest" varies greatly from one individual to the next, but it is recommended you get between 7-9. Listen to your body and get to rest when you are run-down. Don't over-exert yourself when you know you have a full day of work the next day. Get on a schedule and try to turn off all gadgets, including TV, social media, and internet at least 30 minutes before you go to bed.

Pace Yourself

One of the greatest lessons to learn as you grow through your career is to pace yourself. At times, you will need to set the fast forward button to get you through a challenging task or time. Other times, you will need to slow down, even take a few steps back to really concentrate on your current responsibility. Self-awareness is crucial. Doing so will help you enjoy the journey as much as the destination.

Make Time for Hobbies & Passions

Make time for hobbies, passions, and relationships outside of work. Consider keeping a list of things you would like to do (just for fun) and start checking them off this week! Set aside a certain number of hours per day or days per week that you are going to commit to your passions and making yourself a better person.

Exercise

One of the most critical things that we as humans need to thrive is exercise. So why is it so often left on the back burner in terms of healthy priorities? Exercise is an effective stress reducer. It pumps feel-good endorphins through your body. It helps lift your mood and can even give you increased energy levels!

Turn off Your Gadgets

There is a reason our gadgets have off buttons —use them! Start to commit to reducing the amount of time you spend with technology after getting home from the office/finishing up your work for the day. Staring at a computer screen for 7 hours a day has incredibly negative effects on your mood and energy, take a step back once you have a moment to breathe. To get started, do it in phases. Don't bring your cellphone to the dinner table. When you are on vacation, be on vacation.

It Doesn't Have to be Perfect

The chances are, you have a perfectionist among you at the office. This person doesn't try to stress out over every little thing, but from a young age, they learned to put their all into what they do. This is a positive in some cases, but will eventually drain the energy of most workers. It's easier to maintain that perfectionist habit as a kid, but as you grow up, life gets more complicated. As you climb the ladder at work and as your family grows, your responsibilities begin to add up. Perfectionism just no longer is an option. It is unrealistic, will cause stress, and will put unnecessary pressure on all teammates involved.



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