

# Summer Pandemic Planning: Activities That Promote your Parental Self-Awareness, Self-Control, & Self-Compassion (root 4):



Prepared by The Purposeful Parenting Team at Southeast Psych

You can have a summer full of fun and meaningful memories with less stress, despite the pandemic. Here are activities that promote Root 4 of the 7 Guiding Principles to Parenting with

## PURPOSE:

### Activities that promote your Parental self-awareness, self-control, & self-compassion:

- Begin each morning with your **Personal Parenting Mantra** to set your intention for the day, such as: *“I will be patient. I will be present. I will practice self-compassion.”*
- Each morning, identify your **3 most important self-care rituals** for the day. Write them down and/or say them out loud. *“I will go for a walk, Facetime two friends, and mediate for 10 minutes.”*
- Allow yourself **Parental Time-Outs** throughout the day to pause, reset, and recharge.
- Know your **threshold and set limits on social media and COVID news**. Disable notifications and consider deleting the news apps from your phone.
- **“WWW -- What Went Well” bedtime ritual**. When you lay your head to bed, reflect and name 3 things that went well that day. *“We had fun playing hide-n-seek. I was calm and patient when the boys started complaining. I went on a nice long walk.”*
- Consider **meditation** as a way to practice self-care. Try this [Loving Kindness Meditation](#)
- Take anywhere from 10 minutes to an hour to flow through [Yoga With Adriene](#). It’s a great way to start or end your day on a positive note and even beginners can use yoga to practice courage, strength, and resilience.
- **Hug!** During times of social distancing, make an effort to provide extra physical contact and affection with those in your family.
- Establish a **regular routine** to keep you and your family motivated.

### Check out these additional resources:

- [10 Positive Parenting Practices During Coronavirus](#)
- <https://www.mindful.org/category/covid-resources>

Go to [MyPurposefulParenting.com](https://www.mypurposefulparenting.com) or Follow Southeast Psych on Facebook and Instagram for more family summer fun activity ideas and Purposeful Parenting Tips for kids in all ages and stages.

**Purposeful Parenting Program** provides parents with the **key knowledge** and **practical skills** for **what matters most** in parenting.