

4 BEST PRACTICES FOR WORKING PARENTS WORKING FROM HOME DURING THE PANDEMIC



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Best Practice #1: Self Care & Self Compassion

PUT YOUR OXYGEN MASK ON FIRST



SELF-CARE AND SELF COMPASSION

- ▶ Sleep well
- ▶ Eat well
- ▶ Move your body...*Emotions need motion*
- ▶ Tend to your mental health
- ▶ Be Kind to Yourself



MINDFULNESS ACTIVITIES:

- ▶ Focused breathing
- ▶ Morning Mantra/Ritual
- ▶ Yoga
- ▶ Meditation

EXTERNALIZING ACTIVITIES:

- ▶ Journaling
- ▶ Music
- ▶ Art
- ▶ Gardening

COGNITIVE TOOL – 3 STEPS:

- 1. Name it to Tame it and Normalize it – Feel the Feelings. Identify the emotions, give them space in the moment & normalize:**
 - ▶ *“I am feeling anxious, overwhelmed, weary right now...and this is normal. This is new, hard and uncomfortable situation.”*
- 2. Hope to Cope – Zoom out, take the long-view, practice optimism & gratitude:**
 - ▶ *“This feeling will pass. It will get better. I am grateful ”*
- 3. Pivot: Adjust expectations & Be Kind to Yourself ~ Give yourself a “Pandemic Pass”**
 - ▶ *“What is most important right now?” “What can I let go of in this moment?”*



**Best Practice #2: Be intentional with
spending one-to-one time
with your child**

**FEED THE NEED FOR
FUN & ATTENTION**



1:1 SHARED JOY TIME PROMOTES CONNECTION, SECURITY, AND WELLBEING:

- ▶ Focus on Quality versus Quantity
- ▶ Give your undivided attention, be fully present (no cell phones, no multitasking). Show interest in *their* interests. Be curious.
- ▶ Play what your child enjoys playing. *"I really like playing with you."*
- ▶ Build it into natural parts of the day, eg meal time, bath time
- ▶ Front-load fun & 1:1 connection before work, when possible.
- ▶ Young children need to run & play like puppies



Best Practice #3:

**Be proactive to structure your day
& set a schedule**

WORK IN BLOCKS



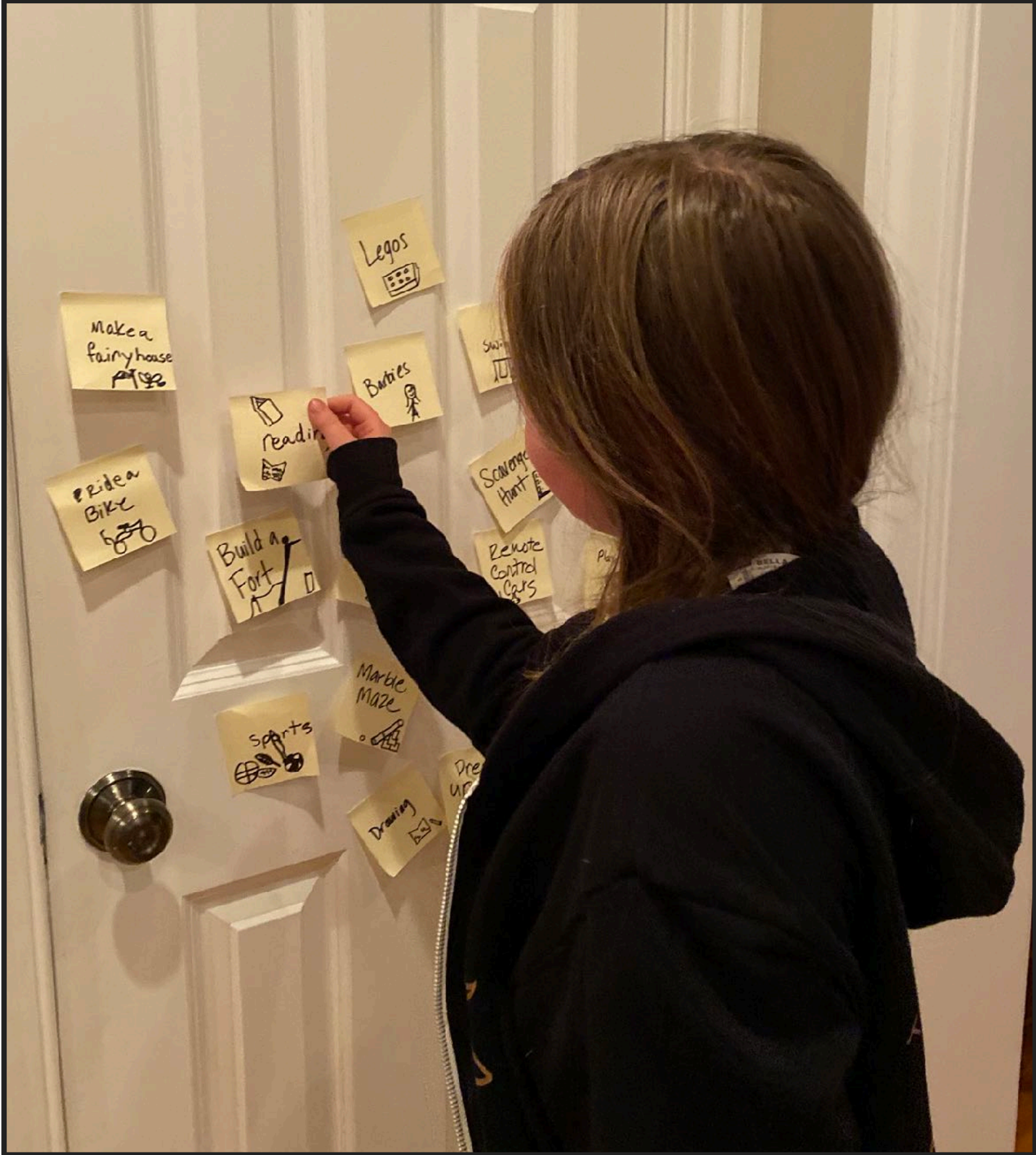
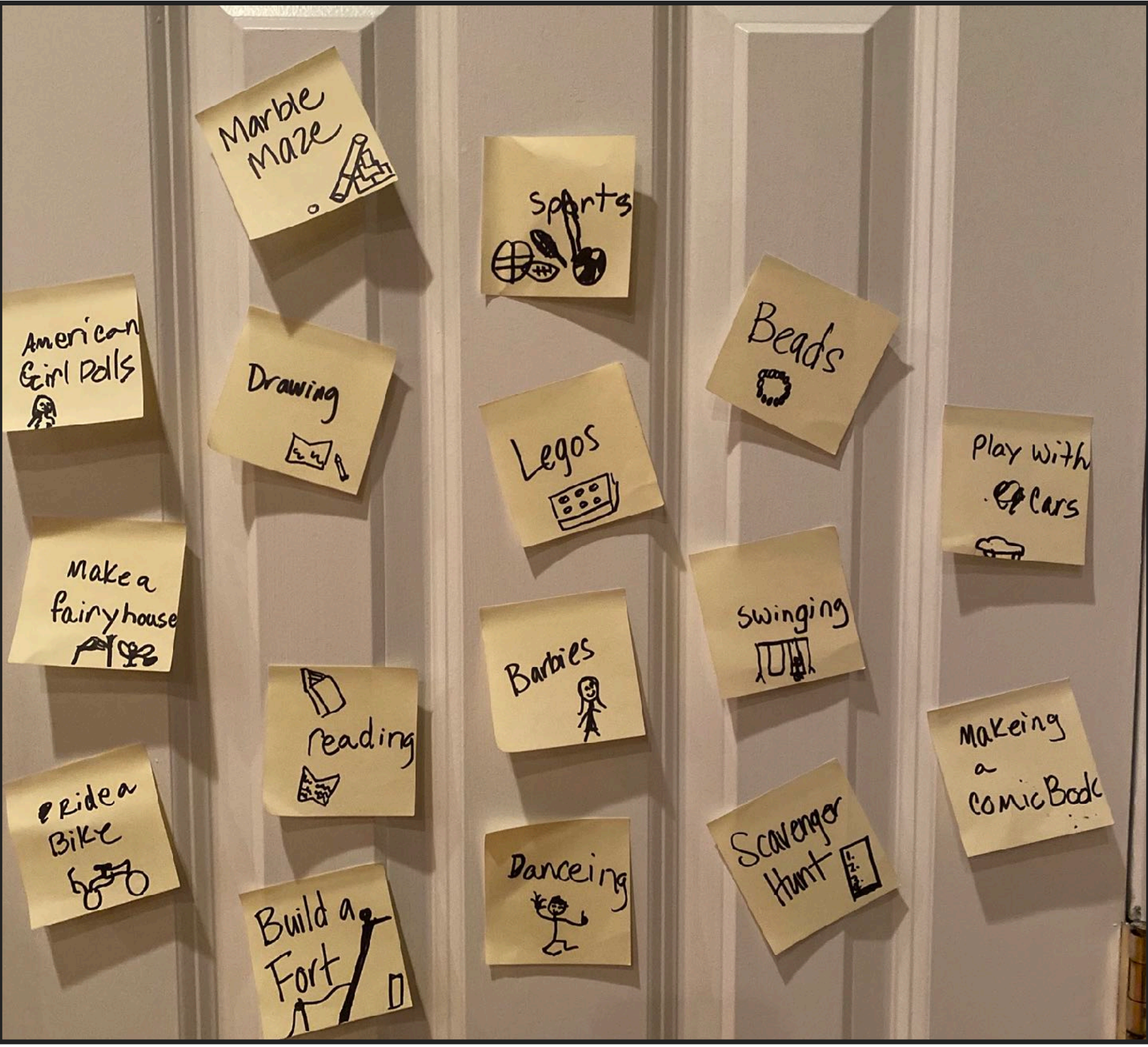
Best Practice #3:
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WORK IN BLOCKS: ME-WE-WORK TIME

- ▶ “We Activity” - Work Block - We Activity - Work Block
- ▶ Create a visual schedule with your child
- ▶ Focus on short, specific units of time
- ▶ Carve out breaks & time for yourself, eg 5-10 mins top of each hour go outside
- ▶ Have a plan for your child during Work Block, eg Stickie Note Strategy to transition to child’s solo activity (“Me Time”).

STICKIE NOTES OF SOLO ACTIVITIES



“Time Timer”
visual time trackers
really help!

Together, have your child write or draw fun independent activities. Have your child select 1 or 2 stickie notes to do while you take that Zoom call.

"Go to work" together





Best Practice #4: Lead with LOVE and EMPATHY

**LITTLE HUMANS ARE
EXPERIENCING BIG
EMOTIONS OF THE
TIMES TOO...**





HUGS HEAL

Releases Oxytocin, the “love hormone” that promotes feelings of love, bonding, safety, and wellbeing.



LEAD WITH LOVE AND EMPATHY

- ▶ Physical affection often
- ▶ Tune in & be responsive to cues
- ▶ Help them identify & express feelings
- ▶ Listen with patience & genuine care
- ▶ Validate: take all emotions seriously
- ▶ Ask questions & Answer questions honestly with kid-language
- ▶ Comfort & Support

NAME IT TO TAME IT...AND NORMALIZE IT.

This is really hard. These are uncertain & uncomfortable times...you may be feeling scared, upset, unsure, sad...and this is normal. I am here for you. We will get through this together.



Purposeful Parent

WE WILL
GET THROUGH
THIS TOGETHER





best practices to pandemic parenting:

1. SELF CARE & SELF COMPASSION
2. FEED THE NEED FOR FUN 1:1 ATTENTION
3. WORK IN BLOCKS
4. LEAD WITH LOVE & EMPATHY





Our Mission

Purposeful Parenting Program promotes **family flourishing** through parent **education, skills training, coaching, and support.**

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QUESTIONS?

THANK YOU!



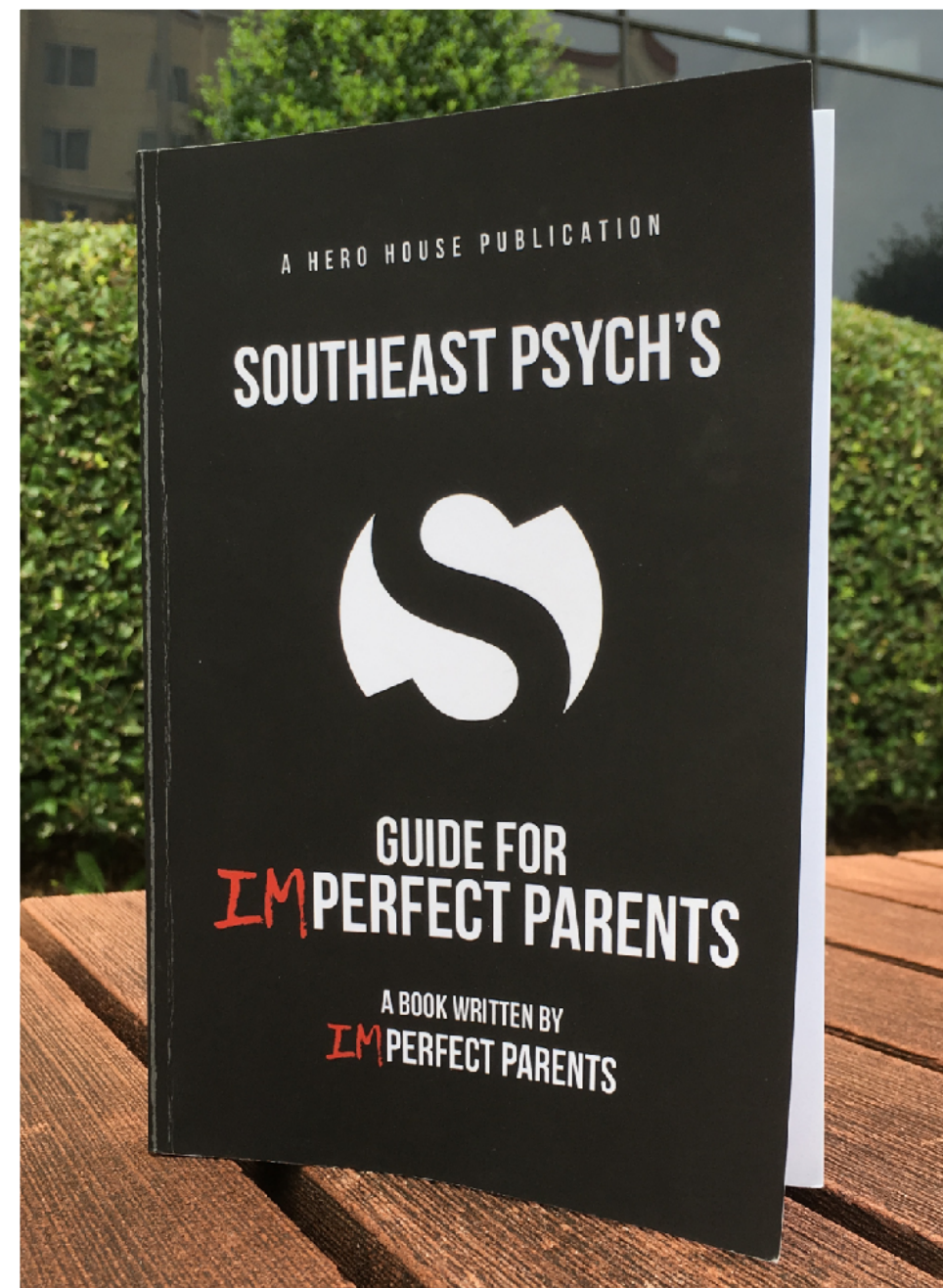
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