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## A Parenting Guide During COVID-19: Be Kind To Yourself

By: Best Starts for Kids

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COVID-19 is causing stress for a lot of people and that stress can manifest very differently. So parents, this blog post is for you. Because parenting during COVID-19 is HARD.

Parents already worry about their kids and COVID-19 only increases those worries. Thoughts may crowd your mind like, “What am I going to do if my kids get sick? What am I going to do if I get sick? How can I help my neighbors? How bad are my bills going to be this month with everyone at home all day, using all the utilities constantly and eating SO much food!?”

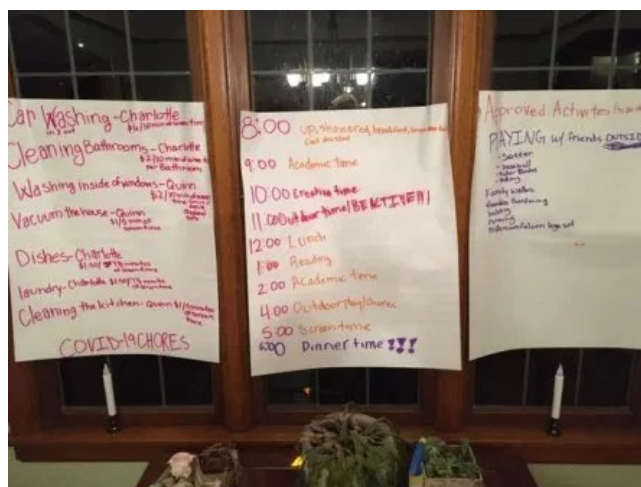
### Be Kind to Yourself

These are extraordinary times. We are calling on parents to work, teach, keep house, keep calm, but be vigilant and for goodness sakes, make sure everyone washes their hands all the time and keep 6 feet away from everyone else. This is a tall order and we parents need help. **However, the most important thing we can do for ourselves during this very odd and stressful time is to be kind to ourselves.** This is not the time to beat ourselves up for not being the “best” parent but rather to give ourselves grace as we parent through a global pandemic crisis.

### How to Survive Telecommuting and Homeschooling

For those of us who have the privilege of having a job we can do from home, telecommuting while homeschooling unexpectedly is a whole other level of stress. An attempt at structure can be helpful. Routines are beneficial for everyone. Some families are getting so creative, the kids are holding an auction to determine who does which chores and when.

But while a schedule and a routine is good for you and for the kids, rigidity to that schedule is not.



One family's daily plan and structure

Things happen. This particular schedule went out the window on the first day when the internet went out. A telecommuting parent and two kids attempting online school with no internet? Not going to happen. **So give yourself grace.** Deep breaths in and out. Take the advice you would like give your best friends. Fully unplug and reboot – it works for parents as well as modems.

Kids maybe feeling anxious so we need to [give them grace too](#) and let them explore creative ways to learn. Remember, the screen time recommendations from the American Academy of Pediatrics did not take into consideration social distancing, surprise long-term school closures, and telecommuting.

