Parents...let’s be honest, parenting is already one of the toughest jobs a person can have. Now, add on the Coronavirus pandemic and a quarantine and parenting becomes exponentially more difficult! Between working from home, transitioning into online schooling, and staying in the house due to the quarantine it is easy to feel overwhelmed and experience an increase in anxiety levels. With all of the uncertainty surrounding this situation, it is completely normal and understandable to experience these feelings. Adapting to a new schedule and increased time at home can be difficult for any parent. Below are some tips on how to help kids, teens, and yourself through these tough times! For more helpful tips, visit https://childmind.org/coping-during-covid-19-resources-for-parents/.

**Younger Kids...**
- **Maintain routine**—Having a schedule helps kids deal with uncertainty and gives them a sense of control in these unpredictable times.
- **Be flexible with screen time**—Allowing kids to play games and use social media helps maintain connections with friends that they may otherwise miss out on due to social distancing.
- **Limit news consumption but keep them informed**—While it is important for kids to stay informed with the current situation, be sure to filter and limit the news they receive as too much may overwhelm them and cause unnecessary anxiety.

**Teens**
- **Validate their feelings**—Many teens are missing out on important experiences such as sports, prom and graduation. Acknowledge and validate these feelings of anger and frustration and work with your teen to make a plan for how to deal with them.
- **Relax screen times**—Teens may fight back against social distancing because they are not as vulnerable of a population as older adults or sick individuals. Reinforce the importance of social distancing, but allow youth access to screen time and social media usage to help them maintain their social life and communication with peers.
- **Help structure remote schooling**—Just like younger kids, teens benefit from routine and may need help adjusting to their new remote school schedule.

**YOU!**
- **Me time**—You can’t pour from an empty cup. Set aside time to care for yourself and make sure your needs are met.
- **Be realistic**—Working from home may mean reduced productivity...and that is OK! Make sure to keep goals realistic to prevent feelings of disappointment.
- **Set boundaries**—Just because you are working from home does not mean you are on the clock 24/7. Shut down email and calls at the end of work hours to keep boundaries between work and home.

Information on this handout was retrieved from https://childmind.org/coping-during-covid-19-resources-for-parents/.