

THE VERY FACT
THAT YOU WORRY
ABOUT BEING A GOOD
PARENT MEANS THAT
*you already
are one.*

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Overview

- Acknowledge first pandemic in a century
- Serious first times: in quarantine, social distancing, virtual learning & homeschooling, in virtual jobs, teens unable celebrate milestone events like senior graduations, proms, middle school graduations, university students moved back home abruptly, loss of income, jobs, homes
- Due to more tensions and stress, higher risk in family dysfunctions, domestic violence, parental substance abuse, mental disorders, risk of child abuse
- Quarantine is either bringing more families closer together OR causing more conflict

HELPFUL TIPS

- **Keep a sense of perspective** – Not parents with superpowers. You cannot be everything to everybody (Keep it simple philosophy)
- **Practice ACCEPTANCE** - accepting that we can't change or have control over what we can't control
- **Accept the boredom** - OKAY for teens to be bored. Pre-Corona was not healthy for any of us. Accepting the downtime now will inevitably help parents and adolescents realize what they desperately needed all along
- **Acknowledging Independence Using Free Resources** – Accomplishing activities on their own (i.e. sciences and STEM, coding, photography, drawing, knitting) – thejournal.com
- **Getting Rid of Constraints Mentality** – it's more about WHAT teens are doing on social media (Josh Ochs, Smart Social & free webinars)
- **Take the Distance Out of Connecting** –time for family meetings, to gather and talk about weekly feelings. Opportune time for “emotional check-ins” and connecting (practicing respectful communication)

- **SET REALISTIC INTENTIONS** – “keep it simple”, one day at a time philosophy
- Make a doable workspace & separate it from comfortable, time-out space
- Practice respectful communication. Be cautious about good intentions being dismissed due to fear & frustration and be mindful of impulsive behaviors & short tempers.
- Take frequent mental and physical breaks – taking on a new activity/hobby (i.e. yoga, sewing, photography)
- Talk to teens about giving back, being more empathic, doing some philanthropic work (i.e. organizing a fundraiser, helping elderly neighbor)

Support & Shifting

- **Reach out for support**
 - A sign of strength, not weakness
- **Shifting Breathing & Attitude, Attention to Body Language**
 - Retraining our breathing, shifting our mindset - what we think we make manifest
- **Respecting personal space** – Parents need to reflect back on their own teenage years
- **Mental Health Professionals**
 - Reaching out to a mental health professional to help regulate feelings, emotions, thoughts and behaviors, & create coping skills
- **Virtual Teen Groups -“Let’s Get Social”, www.realteentalk.com**