

# 7 PARENTING TIPS DURING A PANDEMIC

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# EMBRACING THIS NEW REALITY

I have to say, this is hard. It's hard for all of us and it seems to be impacting people in such a wide variety of ways.

Unfortunately, our teens may struggle with this even more than we do at times.

Here are some ideas specifically to help parents with teens at home who are practicing social distancing.

## Parenting Tip #1:

### Manage Your Expectations

- Expect a period of transition for them
- They will need some time to adjust and to grieve
- Piling on ideas of all the things you think they should do right now is unlikely to help
- Teens who already experienced depression, anxiety, or other challenges might even struggle more

## Parenting Tip #2

### Allow Some Grace And Time To Adjust

- Give ourselves and our loved ones some grace and allow ourselves to not be perfect in how we deal with this
- Try to take a minute to remember that we are all in this pandemic for the first time and we truly are all in this together
- It is important to at least try for some grace and compassion

## Parenting Tip #3

### Give Them Space

- Your teen is likely grieving their life right now too
- They might not be ready to engage more with your family
- Remember, they do not have the same perspective about challenges that we do and likely feel scared that they will actually never see their friends again

## Parenting Tip #4

### Comfort And Support

- Avoid platitudes and engage them on a deeper level
- Focus on what could happen that would be good while acknowledging the fears about the terrible possibilities
- It's all about balance and learning to balance when to pause and breathe for self-care and when to take action and keep going

## Parenting Tip #5

### Compassion

- Let's all work on being compassionate about the things everyone is sad about and grieving the loss of
- It is truly okay to feel disappointed that our plans are being impacted and that we can no longer orient around the future being something we are entirely in control of
- This is going to be so difficult for them and it is important that we show them compassion rather than judgment

## Parenting Tip #6

### Model What You'd Like To See

- Try to show them how a person can both be scared and uncertain, feeling those feelings but still continuing to function
- Let's show them what resilience looks like - acknowledging our feelings, feeling them, but we don't live IN them
- We can move through them and navigate what life is like now

# Parenting Tip #7

## Therapy

- If your teen is struggling, help them continue or start therapy
  - Most teens are more receptive to advice from other adults than their parents
  - This is a perfect time to enlist a therapist's help so that we can support their coping and help them gain some perspective
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As always, my goal is to be a calming and helpful voice in the storm that can be parenting and my office is here to help for those who would like to talk more about parenting or who would like support for their teens.

We are accepting new clients for video therapy sessions today!

**Thrive Therapy Studio**

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