

## Taking care of yourself to take care of your kids

**0:06**

I think the first thing for everybody to remember is to take care of themselves. The parents are stressed as well. And there's financial pressures and all kinds of things going on. So they need to take care of themselves to take a little bit of time, even a little walk, whatever you can do to be sure that you're healthy. Because if you're not healthy, there's no way you can take good care of your kids. Age wise, like the little kids, even the zero to two year old kids, they may not really get it as to what's going on, but they will sense that mom or dad or you know that they're upset or something's going on. So just spending time with them, reassuring them that you're there, you're going to take care of them and that everything's okay. preschoolers will have more of the verbal skills. And be able to communicate things better again, just reassurance that you're there, you're going to take care of them. that things are okay as kids get into school age, they may be getting more information from say, social media or TV. really recommend limiting the amount of time that even you spend watching this on TV. It just they seem to keep rehashing the same thing over and over. And that's just going to make everybody more anxious. So get good information, but limit it. Spend more time just talking, finding games to play, being involved with the kids and reassuring them as much as you can.

## Explaining COVID-19 to kids

**1:53**

I would tell kids that yes, there's an infection that's going around even the world that it...there's a lot of people at risk, but we're going to be safe, we're going to stay home. We have plenty of food, we have everything we need, we have food for the dog, whatever's necessary, that reassures them, that you're doing everything that you know how to do. Let the social media we just mentioned could be negative that they're getting bad information could also be a way to connect, you know, FaceTime with the grandparents FaceTime with different people. And another thought is to find ways to help people help you yourself and your kids. to not focus on yourself so much. Find ways to help people have the kids write letters to people who are in assisted living or the nursing homes. They can't have visitors right now. A lot of them are very feeling very isolated and scared. So write letters to them. If they're your own parents are isolated, you know, have the whole family call or FaceTime to keep everyone connected.

## Understanding your own emotions to keep from being overwhelmed

**3:15**

Right? The whole world is different. They're not able to the kids aren't able to go to school or you're not able to go to work. A lot of people now have financial concerns that they've never had before. And the recommendations are, you know, kids not to have playdates kids to stay home, stay away from other children and to really this social isolation extends to the children. So that's really important. Again, taking care of yourself is very important in being able to take care of your children and to maintain your ability to be calm. Kids can really pluck your nerves as you're, you're trying to do things with them and everybody's not accustomed to being

together and kids get anxious and, you know, maybe not understanding why things are the way they are, why they can't go to out to whatever venue to go bowler or whatever kids want to go D, they can't go to the mall. So and sometimes that frustration is going to come at the parent, really important to remain calm to find other activities for the for you and your children to do and also to really understand your own emotion, your own self. One of the things I'm hearing nationally, is increased rates of severe physical abuse from various places. Babies with the head trauma and broken bones, just the frustration that's going on. Remember that and know yourself and remember that it's always okay to step away. And it's harder to step away. Now that, you know maybe you're in an apartment, it's really hard even just to go outside, but to remain cognizant of your own emotions and nobody would, would want to do something like that. But sometimes out of frustration, things like that can happen.

### Finding apps to help you relax

#### **5:34**

There's so many demands on people right now. And there are apps available mindfulness apps, that maybe just help you stop and relax. You have to stop and relax. There are things I use just little devotional guides, where you sit and read a little piece, a point or a scripture and stop and meditate on that, just stop and think about it, stop and breathe deeply. It sounds kind of simplistic, but it really does help. And particularly if you have a partner that you and your spouse can talk about these things and you can share those responsibilities can really be helpful.

### Added stress for new moms and resources for all parents.

#### **6:34**

One of the things I've noticed in clinic is just sort of an increased anxiety level, particularly among new mothers at the two week checkups.

#### **6:45**

People are not necessarily coming to help when there's a new baby, which is traditional, you know, a lot of people will come help or stay a few days and that's not happening. And so those new moms So I think are many times are having a lot more anxiety and just pressure and not having the support that or not feeling the support that they normally have been feeling. So again, FaceTime phone calls, there's so many resources available, go to reputable resources, the American Academy of Pediatrics, has great information for free available on their website, that's a really good place to go for information. All parents get frustrated even in calm normal times. This is no longer normal time. We're having a lot of pressure from a lot of different directions from people being home from work who normally are not around their children as much kids being home from school which so there's that different, the kids may be acting out just because things are different. It's not that it's that they're doing that intentionally or that they're a bad kid. It's just things are different. And kids pick up anxiety among the parents and society and they're saying lots of things. So just because you may be getting frustrated at some

of the things that are going on, that doesn't mean you're a bad parent, it means that you're a normal person just trying to deal with extraordinary circumstances.

### Getting out while being isolated

#### **8:32**

The concept on social isolation is to stay away from other people. And that doesn't mean you have to stay locked in your room, it means that you stay away from people so it's okay to go to the park. Avoid touching stuff. avoid being around other people. If you want to go for a walk, that's great, but it's not just staying in the room all the time, which, of course it's gonna become depressing. The weather was fantastic yesterday. Get out and walk, go out in the backyard, play with the dog. All those things are great things and mentally, just good for you.

#### **9:12**

Sunshine can be very helpful.