



Parenting during pandemic

Day 5: Self care for parents during the coronavirus pandemic

Parents often put themselves last, pandemic or not, but why do you think the airline companies encourage you to put on your own mask before helping others with theirs? There are a few reasons. The one people often think of is that you should look after yourself first so that you are the best you can be to look after others. One of the less immediately thought of reasons is that by looking after yourself, you model to your child that it is important to look after yourself.

Imagine your child when they are older. What do you want for them? Do you want them to be able to be self-sufficient? Able to look after themselves? Or do you want to see them looked after last? Children do a lot of learning from what they see, particularly what they see those closest to them doing. So, if you don't look after yourself, they learn that self care is not important.

This is the end of the first week off school in the UK due to coronavirus and you may be noticing that you have focused on your child or children and possibly your work and/or friends and family most of this week. It may be helpful for both you and your child or children, for you now to take some time to reflect on your own self care, how you have managed it this week and what you might like to do in the next week around this.

If you have been feeling stressed and anxious this week, then take a look at our resources around this [here](#). If you have been struggling with motivation this week then check back soon because we are currently writing resources on this. If things have been great this week, then use this as an opportunity to build self esteem by writing down all the things you have been great at and the strengths and skills this proves you have. Building self esteem allows you a positive self concept and image of yourself and is protective for your mental health and wellbeing.

If you have been struggling a bit this week, it may be helpful to think about your sources of support. It is important to keep in touch with people particularly when we are all so socially isolated due to coronavirus. You can also think about the things we have focused on for the

children this week. Remember on Monday we talked about rewards, well you can use these too to keep yourself motivated and positive. Be aware of moderation though, just as we suggested for the children, the rewards shouldn't be something that could cause other difficulties later. On Tuesday we talked about setting up routines for children. Again, you can do this too and it may help you to organise things so you have a sense of being able to fit everything in at the moment, particularly if you are working from home and home schooling at the same time. On Wednesday we talked about motivating children. Your motivation is important too. As mentioned, we are planning some resources around this which will be released soon around working from home. Yesterday we talked about managing worries in children and again this is important for you. The news currently reports a constantly growing number of coronavirus cases and related deaths and it can be overwhelming. Take a look at our resource on managing stress and anxiety during COVID-19 [here](#) for some advice.

Well done on managing the first week of school closure!

We hope these tips are helpful. Well done on managing the fifth day off school and we hope you will join us again on Monday.

Monday's topic: Family communication when you're all at home during the pandemic

Please [contact us with questions, comments or topics](#) you'd like to see covered. We'd love to hear your feedback.

Have a good weekend.

Wishing you a safe and healthy path through this pandemic.