



## Parenting during pandemic

### Day 30: Keeping your own promise to never miss an important moment with your children

One of the good things about lockdown is that families may be together more for the magic moments. The Easter Bunny was an essential worker in many households. The Tooth Fairy is still flying high. All of this can mean parents making promises to themselves about being present for their children and never again missing a magic moment.

But, how will this be achieved? To start with you could write down these promises, make them real. Make them goals, make them SMART goals or any other kind of goals you find helpful. Think about what it would be like to achieve these things. Think about your children's faces in the magic moments and what it's like to share that with them. Think about how you feel in those moments and what makes you personally want to be there for those moments in the future. Make this a vision, create a mission statement or a vision board. Feel all the positivity that comes with all of this.

If you do all of those things, you are likely to feel good. Essentially that's about positive thinking. But, it's really just dreaming unless you do something about it. Sorry – did you hear that bubble burst? The only thing that will actually achieve any goal we have is to take action. One step here could be about thinking about what the barriers are in the way of us reaching our goal and then thinking about solutions to each of them. Another step may be to actually make a plan of what we could do to remove barriers and start to get closer to our goals. Again, this is still just thinking.

We can think about things for a long time without actually doing anything about them. We can also do lots of things about our goals but then go back to old habits or ways of doing things that mean we need to try again. We all know we should eat a healthy diet, exercise, drink enough water, limit caffeine and so on but we don't all do all of these things all of the time because they can be difficult and things can get in the way.

What are you looking forward to at the end of lockdown? Your answers are likely to be actions or things you will do. So what action will you take about never missing a magical



moment with your children? What will you actually do? It's maybe a little unfair to ask you this now because there are a lot of things we can't do and we may be only allowed to think about rather than action things at present. If you do find yourself thinking about the time you want to spend with your children in the future though, it may just be worth remembering that taking action is what will actually get things done.

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

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

Wishing you a safe and healthy path through this pandemic.