



Parenting during pandemic

Day 34: Dealing with the disappointment of ongoing lockdown

The Scottish Government announced today that lockdown will be extended for another 3 weeks and it looks like other UK governments are likely to extend lockdown as well. While there may be a mixture of feelings about this, one of the emotions may be disappointment. This is not necessarily disappointment at lockdown not ending or at not getting the children back to school or adults back to work; it may be disappointment at still not being allowed to see family and friends or disappointment at still not being able to go out to places we like.

Unfortunately, lockdown is something we cannot change right now. It is out of the control of most of us. Where there is something we can't change and disappointment about this, Psychologists sometimes use a therapy called Acceptance and Commitment Therapy (ACT). This therapy suggests that we practice acceptance of our thoughts and feelings about the things we can't change. Rather than trying to stop having these thoughts and feelings or trying to change them in some way. ACT suggests that we practice acceptance that this is what is happening for us right now and we can't change it so we need to process it. The commitment aspect of the therapy is about positive behavioural changes from where we are now.

If you and/or your children feel disappointed at the ongoing nature of lockdown, it may be helpful to try staying with this feeling of disappointment and the associated thoughts you have so that you know you are going through this and not just holding onto these difficulties. It may be helpful to talk to children about how they feel about lockdown being extended and to let them know that it's alright to be disappointed or feel a whole range of other emotions around this. By showing them that it's good to talk about these things, they are more likely to talk to you about other emotional processing in the future.

Positives from here include that lockdown seems to be working and that's why it's being extended. We have all come this far and by continuing with lockdown, we hopefully avoid a resurgence of COVID-19. We are all more used to the new routines around being at home, coping with keeping everyone entertained at home and home schooling. Rather than being stuck at home, we are safe at home. Doctors and Scientists have more time to manage the pandemic, learn valuable lessons and test possible cures and vaccines. None of these



things mean we are super happy about the extension of lockdown but they hopefully mean we can feel the disappointment, and mixture of other emotions, and then move on to tolerating lockdown for a little longer.

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

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.