



Parenting during pandemic

Day 37: It's OK not to be sure what you're doing

If you have the feeling sometimes that you're not sure what you're doing, either in terms of parenting during the pandemic, or indeed anything else at the moment, it's OK. Beyond being OK, it's actually a typical response to the current situation. When we face situations we haven't faced before, we are not expected to just know what to do and to have all of the answers. We are expected to use all of our skills and experience up to that point to try to figure out a plan of action about what might work best as a way forward.

If you are home schooling during the pandemic and feeling like you don't know what you're doing, remember that teachers train for years to do this: it's OK not to be sure what you're doing after only a few weeks. If you are feeling unsure about what to do about staying home or leaving the house for exercise or work, watch the news and notice that the governments of the UK don't know what to do about this either and are giving different advice to different people and even different advice from each other at times: it's OK not to be sure what you're doing about this either. You can see where we're going with this, essentially we're in a new, unknown situation here and feeling unsure is to be expected. To manage it, all any of us can do is use our skills and experience and do the best we can.

Parents can sometimes feel a pressure to know what to do and to have all of the answers. This is partly due to having children who look to us for the answers when they are unsure. There may be a temptation to look like we know all of the answers for our children but it can be more helpful to be honest and let them know that sometimes we are unsure. The key here is to follow up with information about what we do when we feel unsure. So making a statement like "I don't know but let's try to find out together" and following with some action around looking into things, shows children that it's ok to be unsure and there is still action you can take. This means their own feelings of being unsure sometimes will be less scary and they learn that things can be worked out even if the answers aren't immediately obvious. So while the feeling of not being sure what we're doing as adults can be overwhelming sometimes, it can be a good teaching opportunity for our children to model for them how to get through that feeling.



So, it's OK not to be sure what we're doing sometimes and particularly during unprecedented times like these. You may have noticed that we have said 'it's OK not to be sure what you're doing' a number of times in this blog. This is because some people find it helpful to have phrases like this that they repeat to themselves in times of feeling anxious or overwhelmed. Try it and see if it's helpful for you.

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.