

Balancing Working From Home & Parenting: A COVID-19 Dilemma

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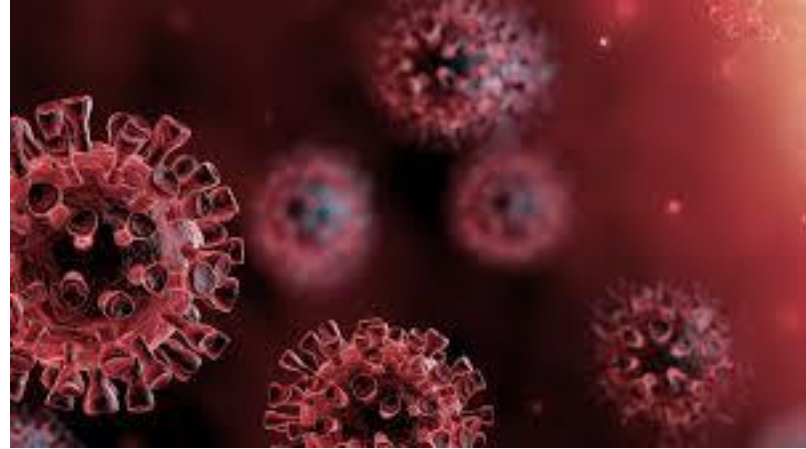


My Background

- Clinical Child & Adolescent Psychologist
- Assistant Professor at the University of Colorado & Clinical Director of Ambulatory Mental Health Services at Children's Hospital Colorado
- Clinical and research expertise in treatment of child mental health concerns

Unique Challenges of COVID-19

- Stress/Anxiety
 - COVID-19
 - School/Future
 - Finances
 - Working from home
- Mood Concerns
 - Grief of important milestones (e.g., graduation)
 - Social isolation
 - Unstructured schedule
- Increased conflict between family members
 - Changing dynamics



Parenting Balancing Act

- How many roles are you juggling?
 - Parent
 - Employee
 - Educator
 - Spouse
 - Chef
 - Friend
 - ???



Parenting during COVID

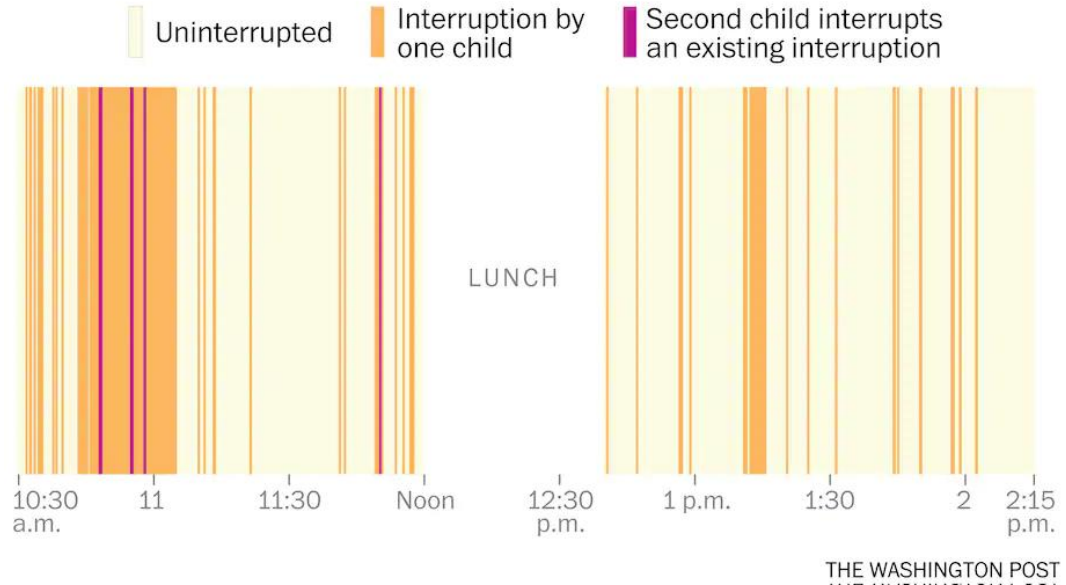
- 27% of parents have reported a worsening in their own mental health
- 48% of parents have reported loss of regular childcare
- 21% of parents have reported having to change/reduce their work hours due to changes in school/childcare, while 7% of parents have had to quit their job
 - Of those who have remained employed, 45% of parents report being unable to perform optimally at work and having to revise their career goals
 - This is despite parents working, on average, 1 hour more per workday
- 53% of parents report feeling guilty when working due to decreased ability to attend to childcare duties



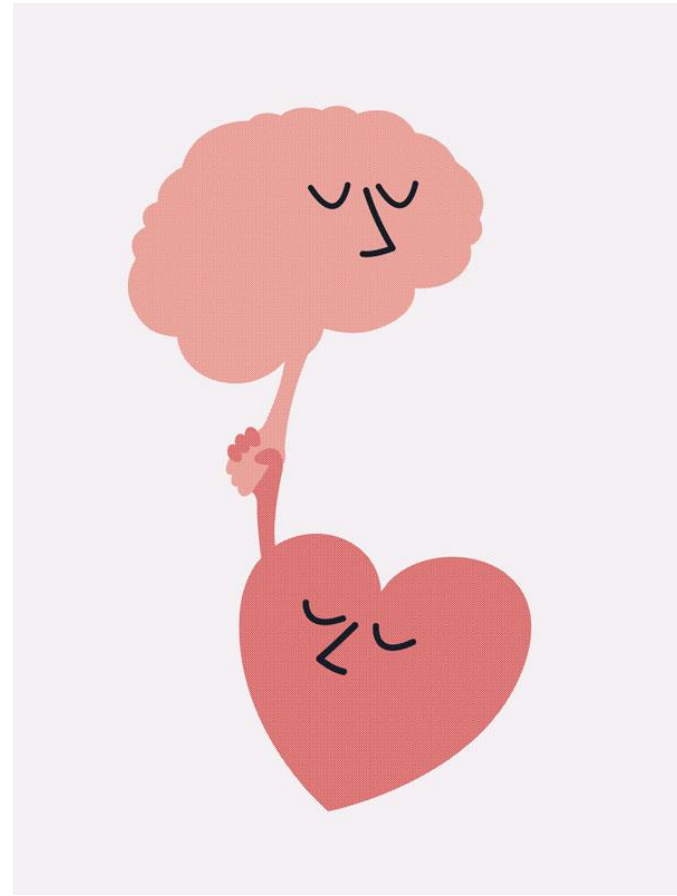
Balancing work and parenting in the pandemic

One day, two parents documented how often their two children interrupted a portion of the workday.

- 15 interruptions per hour
- Average uninterrupted time was 3.5 minutes



Be Compassionate Towards Yourself and Others



How Can Families Best Cope with COVID-19



- Limit News
- Be Available
- Healthy Modeling
- Daily Schedule
- Social Connection

Back to Basics

- Eating healthy
- Adequate sleep
- Regular exercise
- Self-care
- Have some fun!



Sleeping Concerns

- Maintain a schedule
 - Wake and Sleep Times
 - Minimize naps
- Limit screen use in evening
- Bedtime routine
- Use the bed ONLY for sleeping



The Power of Routine

- Plan ahead
- Discuss as a family
- Get ready for the day
- Create checklists
- Sleep & Eating Schedules
- Breaks!



Create Boundaries

- Consistent workspace
- Have “work hours”
- Realistic expectations
- Implement a transition plan

EXPECTATION

vs

REALITY

1. Work from home

Home becomes work



Positive Parenting

- Set clear expectations
- Create goals
- Use attention strategically
- Offer incentives
- “Time In”
- Be a good model



What has been working for you?



Resources

- Apps
 - Headspace
 - Calm
- Community Resources
 - Children's Hospital Colorado - (720) 777-6200
 - Colorado Crisis Services - (844) 493-8255
- Online Resources
 - childmindinstitute.org

Questions?

