

# Parenting, Technology & General Survival during Covid-19

Supporting Children and Families

Nicola Doughty  
April 27th, 2020

# You are enough!

Who you **are** to your kids matters more than what you **do**!

*“I’m grateful for all the guidance on daily learning schedules, at-home science experiments, parent-led learning activities and online tours of the world’s museums. I love all those resources, really. But if I’m honest, they are also seriously stressing me out.”*

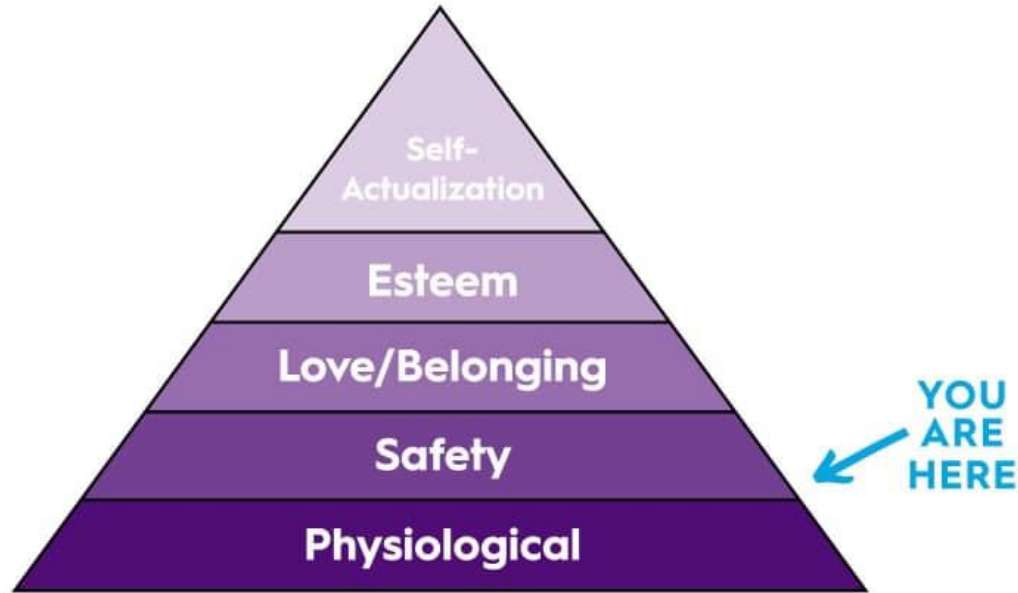
*(sentiments shared by many parents)*

This is an **unprecedented** experience that is shared with others but in a combination of effects and responses that are unique to each individual and family.

There is no **one** right way to live and respond to this.

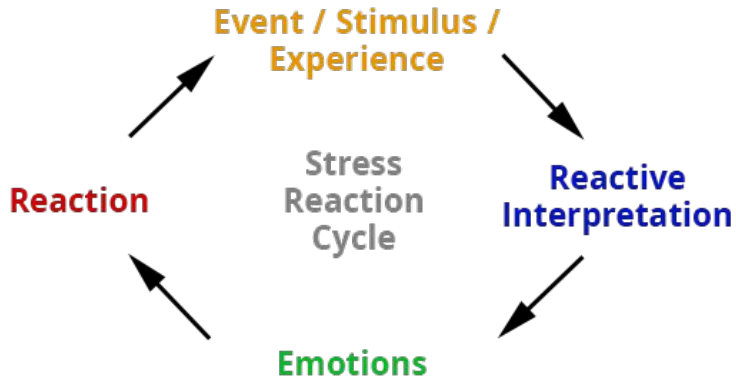
We each have to find the way that fits for us, and our needs.

# Maslow's Hierarchy of Needs



**Maslow's Hierarchy of Needs**

# Stress Response



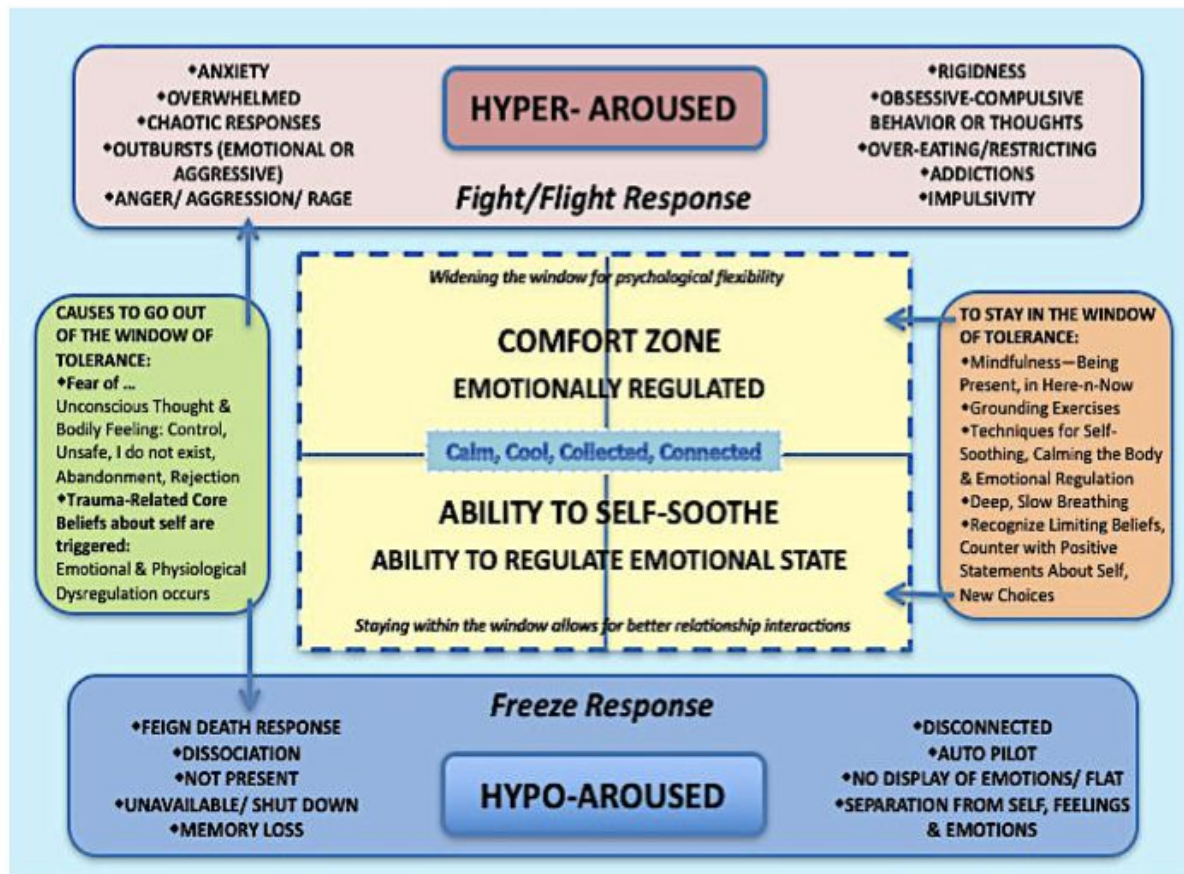
© 2017 somaticpsychology.com

Fear of the Unknown

Fear stemming from feeling out of control

Fear of Loss

# Window of Tolerance – Anxiety and Trauma Related Responses



We need to make sure we are meeting  
our own needs so we can meet our  
child(ren)'s needs.



You cannot *drink*  
from an empty cup.

FILL YOURSELF UP. YOU'RE WORTH IT.

### Daily Quarantine Questions

1. What am I **GRATEFUL** for today?
2. Who am I **CHECKING IN ON** or **CONNECTING WITH** today?
3. What expectations of "normal" am I **LETTING GO OF** today?
4. How am I **GETTING OUTSIDE** today?
5. How am I **MOVING MY BODY** today?
6. What **BEAUTY** am I creating, cultivating or inviting in today?



# Making Decisions about Technology



- What is your biggest concern about your kids spending time?
- What are the hopes you have for your child(ren)?



# Fear-based or Goal-based Mindset



Life online = Lifeline

- Covid-19
  - Future Opportunities
-

# Judgment vs. Genuine Curiosity Mindset



**Judgment** = Fear (Disconnection)

- “Why are you spending all your time on screen?”

**Curiosity** = Thoughtful (Relationship)

- What did you learn from that?
  - What made you laugh?
  - Who are you connecting to?
-

# Self-Reflection Mindset



Kids learn from the adults around them.

When asked, almost 100% of kids will say their parents spend too much time on the computer or their phone.

Why do we do it: “it’s important”

It is to them too!

---

# Games, Apps & Social Media

- Who is the audience?
- Who is the consumer?
- What/who is the product?
- What is the target market?

## Criteria for Consideration

- Age/stage appropriate
- Function (entertainment vs. avoidance)
- Refer back to swimming/driving metaphor
  - Download apps together
  - Learn /teach it together
  - Create accounts together (passwords)
  - Discuss rules of use
  - Go through practice sessions
  - “Drive in the car together”

Apps: Snapchat, TikTok, Roblox

---

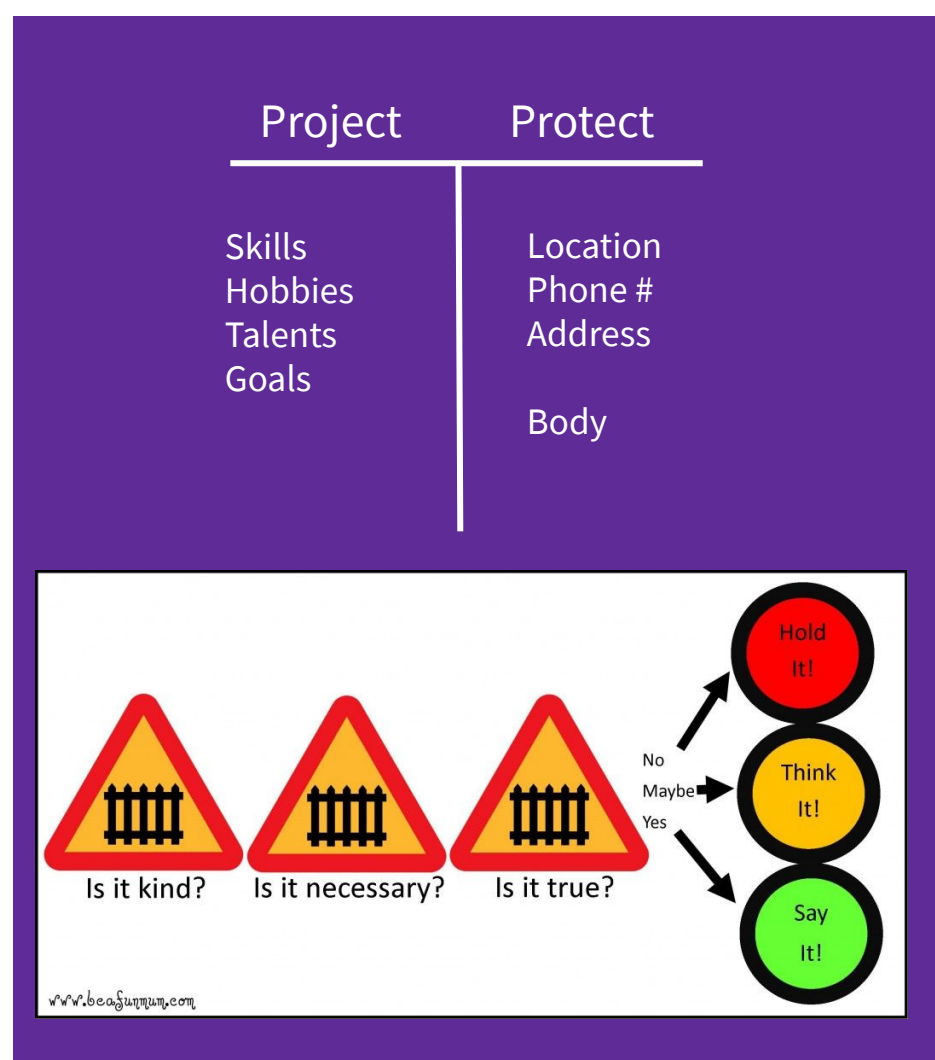
# What should we be looking for:

- What is your child's “**baseline**”?
- Are there changes?
- What are you noticing?
- Are you becoming aware of different aspects of your child?
- Curiosity & conversation
- How will you navigate screen time battles?
- Reaching out...

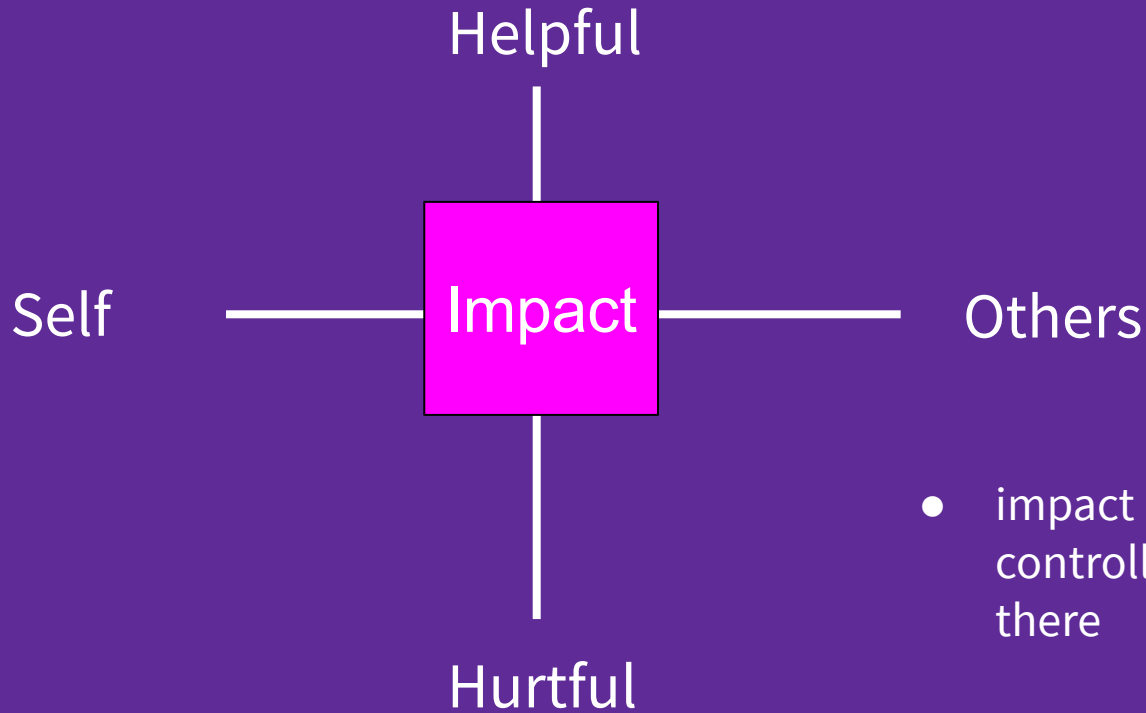


# Conversations with Your Kids

## Q#1: Project or Protect



## Q#2: Hurtful or Helpful



- impact is not controllable, it's just there

## Covid-19 Positives

Increased interaction with kids,  
appreciating their abilities and  
personalities

Slower pace

Eating together, cooking more

Going outside for walks or bike rides,  
practicing sports

More family members/friend involved in  
Zoom parties

**What is happening?!?  
My kid just asked... "Mom,  
would you mind giving me  
some advice?"**



# SELF-CARE BINGO BOARD

On the next slide, there is a grid of different activities to choose from. Some of those activities have a link with more information or resources to complete that activity. Choose whichever activities will bring you joy--try to get 5 in a row! When you complete an activity, erase the words and **input an image** instead--an image of you doing the activity or the completed product! If you are unable to input an image, or the activity itself doesn't lend itself to photos, you can also just write a sentence or 2 about what you did! Remember the main goal of this is to practice self-care, improve mental health, and to explore different activities that might bring you joy, growth, or a sense of accomplishment as we are social distancing!

Go on a walk or a bike ride	Create a scrapbook, collage, or video slideshow of your favorite memories from this school year	Call a family member or friend and talk to them	Create a social distancing playlist of 10 songs or more	Do <a href="#">mindful coloring</a>
Go on a virtual tour of a <a href="#">museum</a> or <a href="#">national park</a>	Write a letter or an email to someone you appreciate	Play a game that doesn't include technology: cards, board games, puzzles, <a href="#">sudoku</a> , etc.	Read a new book	Try a 15-30 minute YouTube exercise video (yoga, dance, anything!)
Draw, paint, build, or create something	Start learning a new skill you've always wanted to try	<b>FREE SPACE:</b> Any self-care activity of your choice	Journal every day for one week about what you're doing or how you're feeling	Recreate a <a href="#">famous piece of art</a>
Do that thing you've been avoiding or procrastinating on	Try 10-15 minutes of <a href="#">mindfulness</a> or breathing exercises	Write a gratitude list of what you are thankful for	Research something you have always been curious about	Pick one room in your home and straighten up/organize/clean it
Do a chore at home	Take a nap	Create your own board game or card game	Try to <a href="#">cook or bake</a> something new	Watch a movie or TV show you have been meaning to see

## Anxiety Reduction Tip - **APPLE**

- **Acknowledge:** Notice and acknowledge the uncertainty as it comes to mind.
- **Pause:** Don't react as you normally do. Don't react at all. Pause and breathe.
- **Pull back:** Tell yourself this is just the worry talking, and this apparent need for certainty is not helpful and not necessary. It is only a thought or feeling. Don't believe everything you think. Thoughts are not statements or facts.
- **Let go:** Let go of the thought or feeling. It will pass. You don't have to respond to them. You might imagine them floating away in a bubble or cloud.
- **Explore:** Explore the present moment, because right now, in this moment, all is well. Notice your breathing and the sensations of your breathing. Notice the ground beneath you. Look around and notice what you see, what you hear, what you can touch, what you can smell. Right now. Then shift your focus of attention to something else – on what you need to do, on what you were doing before you noticed the worry, or do something else – mindfully with your full attention.

# Resources

[Via Institute on Character](#)

[Some Good News](#)

[Being on Zoom: the constant presence of others' absence](#)

[Open Parachute](#)

[What to Say to Kids When Nothing Seems to Work](#)

[Canadian Mental Health Association](#)

[Common Sense Media](#)

# Foundry

Now offering free virtual counselling services (via chat, videocall, phone call) for youth 12-24 years old and their families, province-wide.

Visit [Foundry Virtual](#) for more info.  
Call 1-833-308-6379 to book an appointment.

## · FOUNDRY VIRTUAL ·

Foundry is working to make sure all young people in British Columbia can get the care and support they need, when they need it. We are now offering virtual drop-in counselling sessions by voice, video and chat to young people ages 12-24 and their caregivers!

Foundry's virtual service offerings will expand over the weeks and months ahead to include primary care and peer support.

