

Preventing Parental Burnout during COVID-19

Presented By: Family & Collaborative Services Interns

Araceli Rodriguez, MSW Intern

Ceirra Venzor, MSW Intern



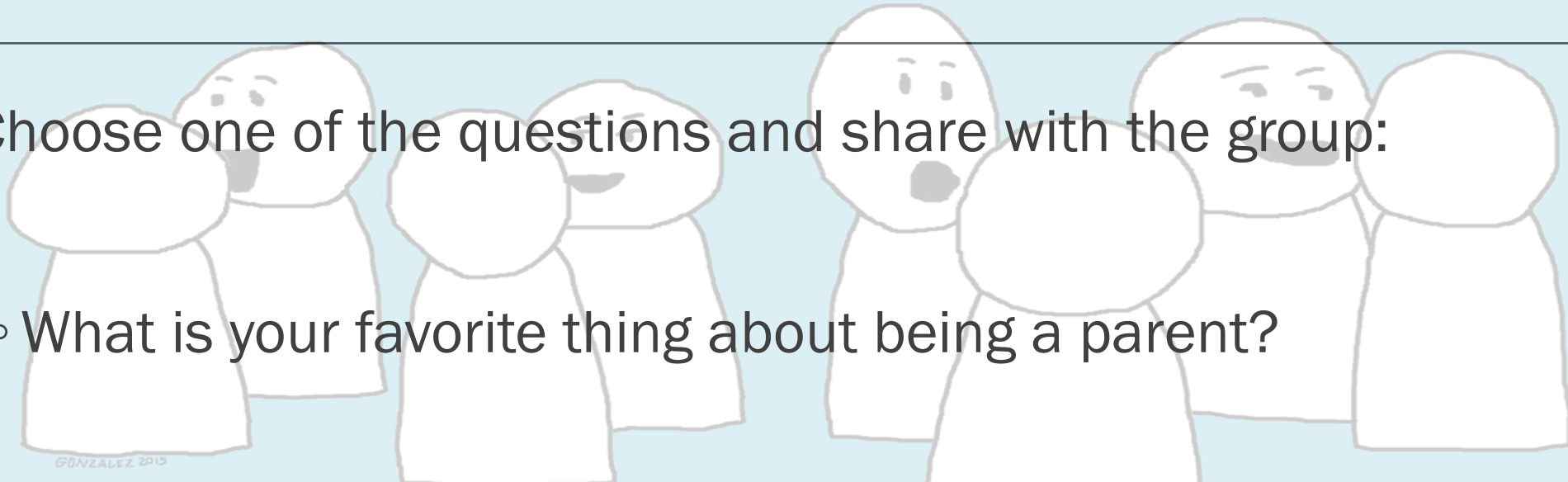
Table of Contents:

- ❖ Ice breaker
- ❖ What is parental burnout?
- ❖ Impacts of COVID-19 on children and their families
- ❖ Recognizing symptoms
- ❖ Factors contributing to parental burnout
- ❖ How to decrease parental burnout?
- ❖ Resources

Ice breaker

Choose one of the questions and share with the group:

- What is your favorite thing about being a parent?
- What is a positive memory you have with your child(ren)?



GONZALEZ 2013

What is Parental Burnout?



Burnout: A state of emotional, physical and mental exhaustion caused by excessive and prolonged stress.

Parental Burnout: A specific syndrome resulting from enduring exposure to chronic parenting stress. Simply put, it is a feeling of overwhelming exhaustion stemming from one's parental role.

Impacts of COVID-19 on children and their families: Statistics

- Prior to COVID-19
 - 90.8% of children under the age of 18 had one employed parent
 - 63.0% had two employed parents
- Since COVID-19
 - 55.8 million K-12 grade students impacted by the closure of schools
 - 28% report one parent has lost employment
 - 33% report income has significantly decreased
 - 53% report difficulties with paying bills due to limited to no emergency savings
 - 6.6 million people have applied for unemployment in the one week

Impacts of COVID-19 on children and their families:

- ❖ Health issues
- ❖ Parents working from home
- ❖ Financial Stress/Unemployment
- ❖ Lack of childcare options
- ❖ Isolation
- ❖ Lack of resources (school lunch, church, after school programs)
- ❖ Homeschooling

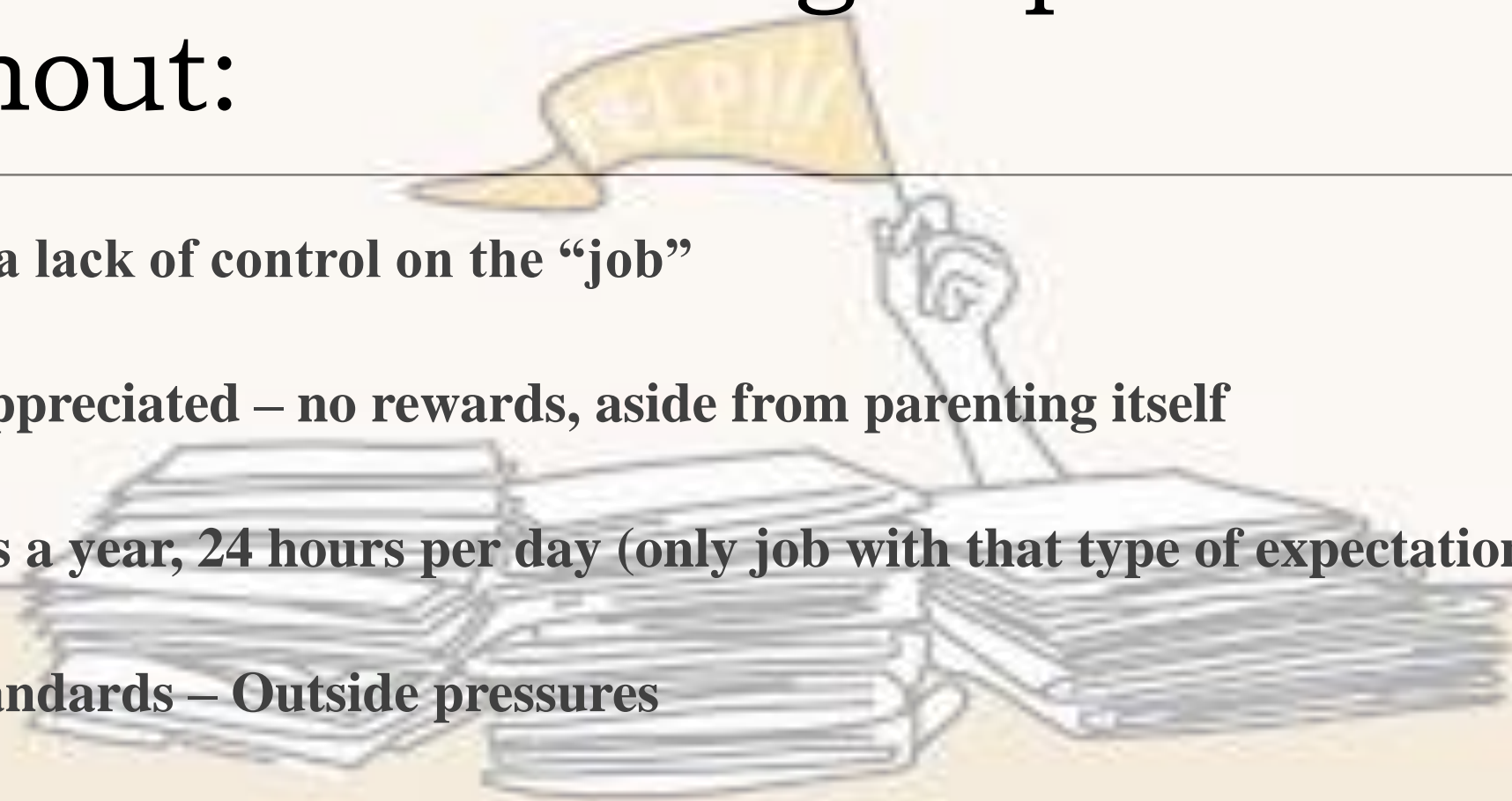


Recognizing symptoms:

- ❖ Overwhelmed with daily tasks
- ❖ Tired
- ❖ Drained
- ❖ Emotional distancing
- ❖ Less involved with children
- ❖ Interactions are limited down to functional aspects
- ❖ Loss of accomplishment
- ❖ Physical and mental exhaustion
- ❖ Decrease in sleep
- ❖ Feeling incompetent in role as a parent
- ❖ Feel fed up with parenting
- ❖ No longer enjoy being with the kids

Factors contributing to parental burnout:

- ❖ Feeling a lack of control on the “job”
- ❖ Underappreciated – no rewards, aside from parenting itself
- ❖ 365 days a year, 24 hours per day (only job with that type of expectation)
- ❖ High standards – Outside pressures



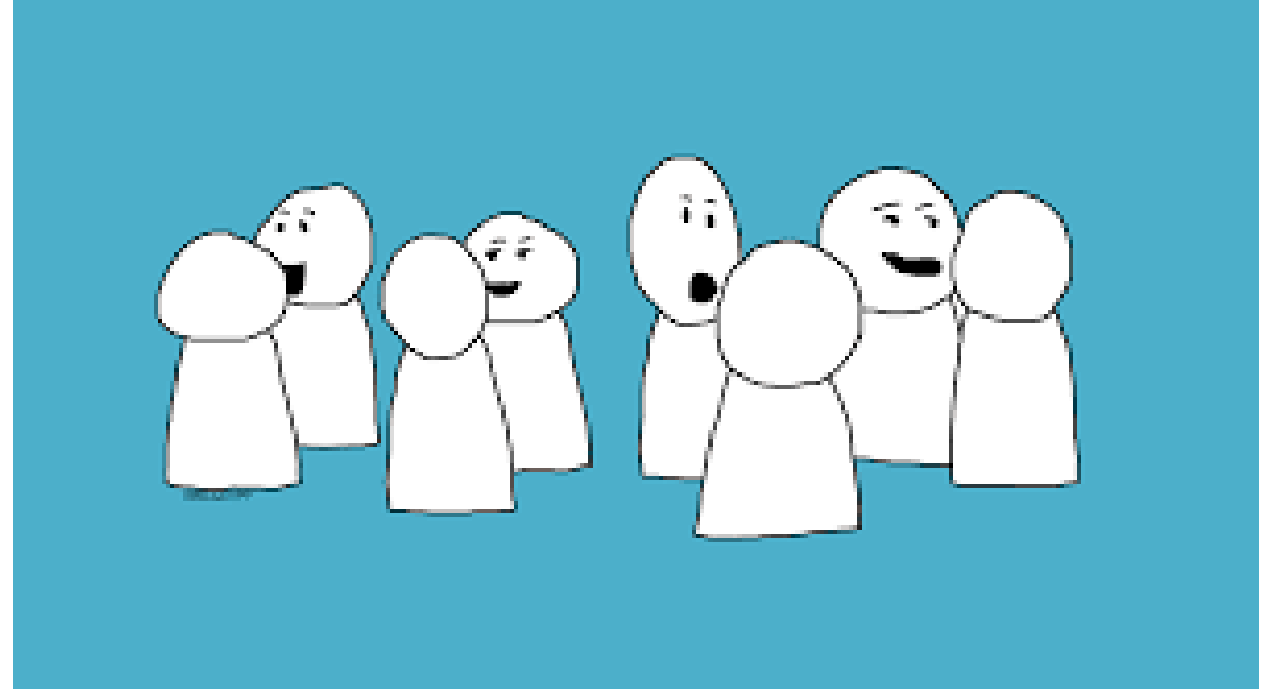
Factors contributing to parental burnout: Increases risk



- ❖ Both parents working outside of the home
- ❖ Financial concerns and insecurity about future employment
- ❖ Not enough support (co-parent, family, daycare)
- ❖ Parental history of trauma
- ❖ Single parent
- ❖ Increased parental duties/chores
- ❖ Staying employed in high risk environments (hospitals, grocery stores, clinics, shelters)
- ❖ Transitioning to working from home at the same time engage children in homeschooling

Check in:

Share with the group what you do to decrease stress?



How to decrease parental burnout?

Decreasing parental burnout

Self compassion

Understanding child
development

Hobbies (alone time)

External support

Decreasing parental burnout: (cont.)



- ❖ Awareness of early symptoms
- ❖ Ask for help
- ❖ Set realistic expectations
- ❖ Look at the positives
- ❖ Develop a plan
- ❖ Engage in self-care

What is self-care?

Self-care Definition: Any action or behavior that helps us avoid triggering health problems and benefits us by improving our mental and physical health through increased self-esteem, decreased stress and overall wellbeing.

Engaging in activities and practices regularly to reduce stress, maintain and enhance short- and long-term health.

In short, self-care is personal health maintenance.

Parent self-care activities to manage burnout during COVID-19:

- ❖ CREATE: Create routines and structure for the children
- ❖ INCLUDE: Include family fun time
- ❖ MAKE: Make weekends special
- ❖ INCLUDE: Include alone time for each family member

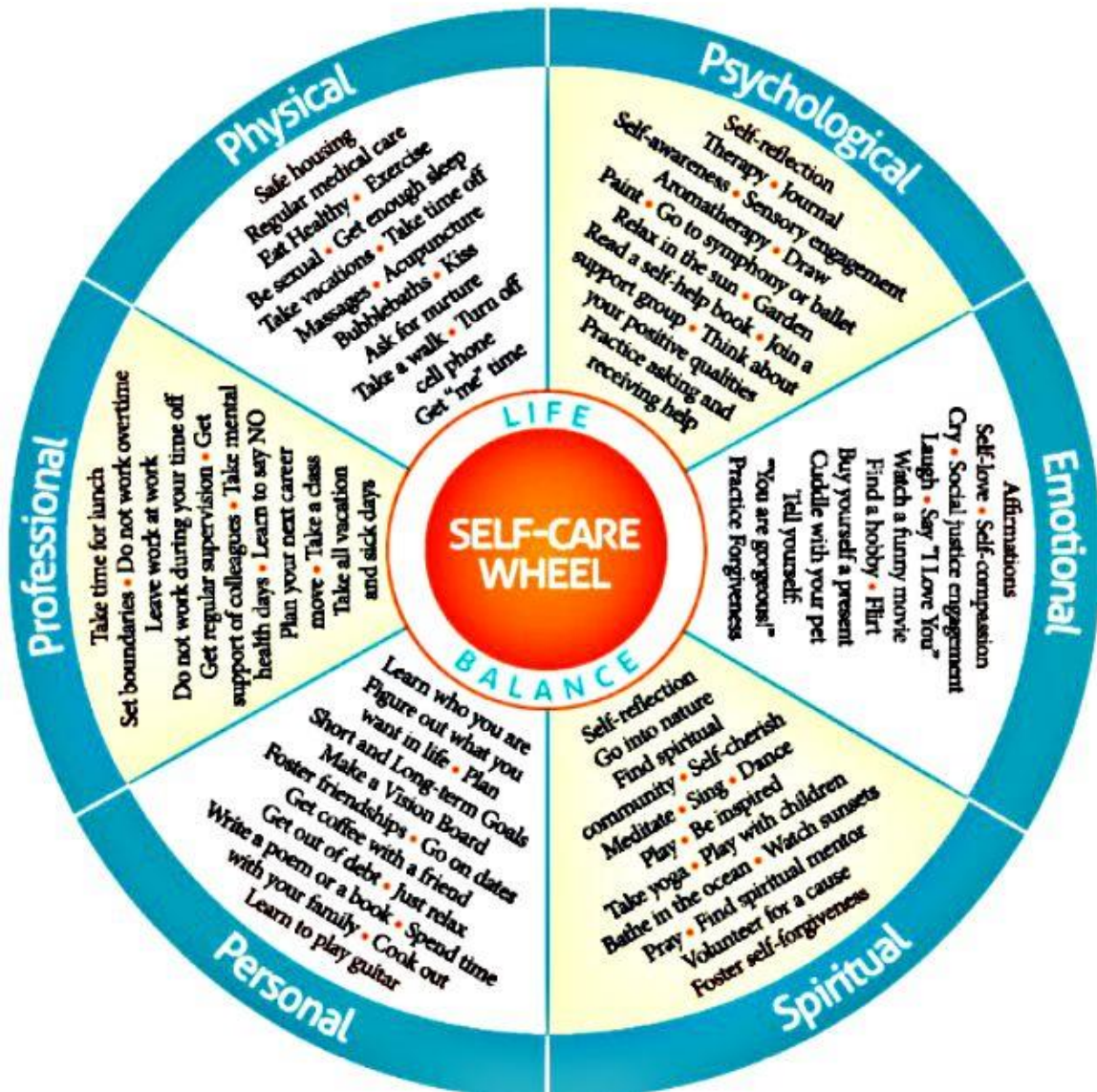
CREATE a daily schedule that fits your family needs:

* Adjust as needed and remember to include activities you enjoy!!

Daily Schedule

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	Outdoor Time	Family walk or outdoor play
10:00-11:00	Academic Time	No Electronics! Reading, homework, study, puzzles, journal
11:00-12:00	Creative Time	Creative play, drawing, Legos, crafts, music, cooking, baking
12:00-12:30	LUNCH	
12:30-1:00	Home Chores	Clean rooms, put away toys, take out garbage, pet care
1:00-2:30	Quiet Time	Reading, nap, puzzles, yoga
2:30-4:00	Academic Time	Electronics OK! Educational games, online activities, virtual museum tours
4:00-5:00	Outdoor time	Family walk or outdoor play
5:00-6:00	Dinner time	Family dinner, help with clean-up and dishes
6:00-9:00	Free Time	Relaxing before bedtime
9:00 PM	Bedtime	Put on PJs, brush teeth, clothes in laundry

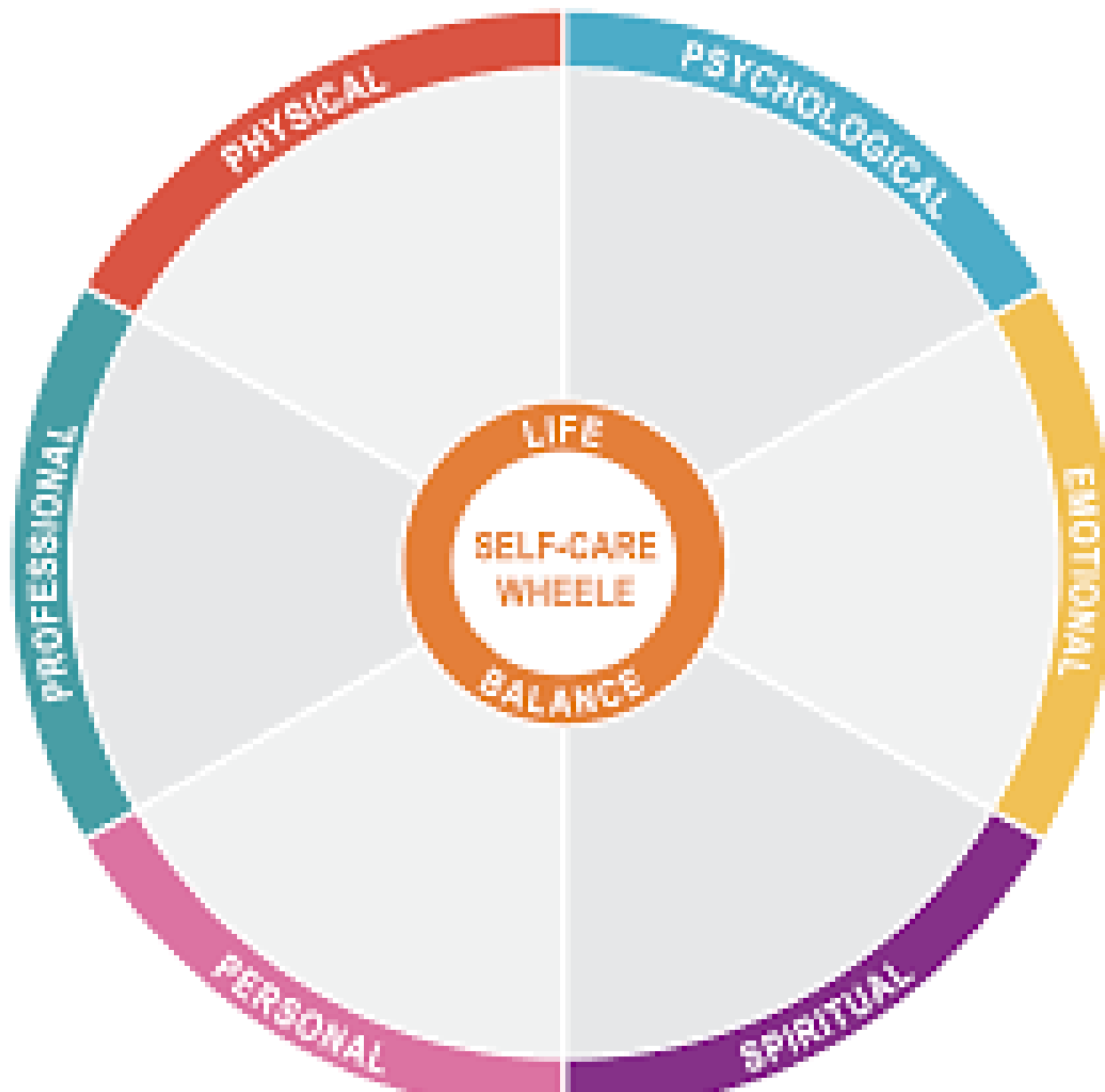
SELF-CARE WHEEL



Focus areas:

- ❖ Physical
- ❖ Psychological
- ❖ Emotional
- ❖ Spiritual
- ❖ Personal
- ❖ Professional

Create your own



Resources:

- ❖ Facebook Groups:
 - ❖ Coronavirus Parents – Parenting in a pandemic (English and Spanish)
 - ❖ Quarantine School – For parents that are homeschooling
 - ❖ COVID-19 Baby Parents’ Group – Parents who have or will have delivered during pandemic
 - ❖ Single Parents – Surviving Single Parenthood
 - ❖ Special Needs Parents Support & Discussion Group – Parenting children with special needs during pandemic

Resources: (cont.)

- ❖ Free Fitness Workout: workout videos for every fitness level. <https://www.fitnesblender.com/>
- ❖ Insight Time: Meditation app 40,000 free guided meditations <https://www.insighttimer.com/>
- ❖ Stay at home activities, recommendations and ideas to help you stay in and take care of yourself and other. Updated every day. <https://www.stayhometakecare.com/>
- ❖ Video: Coping tips for parents during the Covid-19 pandemic. <https://www.mcleanhospital.org/video/coping-tips-parents-during-covid-19-pandemic>

Resources: (cont.)

- ❖ National Suicide Prevention Crisis line: 1-800-273-8255 (chat available online)
- ❖ Safe Horizon's hotline (Domestic violence): 1-800-621-4673 (chat feature from phone or computer)
- ❖ Crisis Text Line: dial 741741 free confidential support via text message to people in crisis 24/7
- ❖ Quarantine Chat app: talk with someone else stuck at home. Calls happen over the internet through the app dialup instead of the phone, so they are entirely toll-free. All calls are end-to-end encrypted. Available 24/7 worldwide.

Family & Collaborative Services

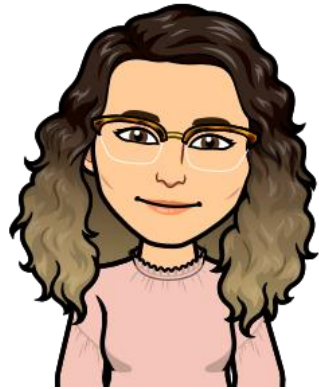
- ❖ Case management services for housing, food, health care needs, and much more!
- ❖ Mental Health services – Therapy for students and adults living in the community.

* Contact your school representative for more details



Any questions?

you matter.



*In addition, if there are any follow up questions feel free to contact your school representative