



# Reach for Resilience

Helpline for  
ND Healthcare Workers

Call us at:  
701-365-4920

In a crisis? Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)

## Being “Good Enough” Is Okay

“Parents can’t be constant companions, teachers, or saints at this time. You can be enough” (Siqueland, 2020). During this pandemic parents are facing obstacles while navigating new territory. Obstacles like navigating changes at work, working from home, distance learning, and limits on childcare. With these demands on your energy, it is important to recognize your own limits. It is alright if you aren’t a “great parent” right now.

Some strategies to help cope with stress of parenting during this pandemic include the following suggestions by Dr. Siqueland:

### Keep A Routine:

- ◆ Post and review a daily schedule
- ◆ Even if everyone sleeps in, do morning routine as usual.
- ◆ Schedule screen time with start and end times.
- ◆ Keep usual bedtimes – Parents need time for themselves at night.

### Parent Self-Care:

- ◆ Ask your teens and kids to help out during this time.
- ◆ Put a quiet zone sign on your door, use kid movie time to lie down, call a friend.
- ◆ Two Parent Households: Check in with each other on important needs.
- ◆ One Parent Households: Try to create time to be alone and debrief.
- ◆ Gratitude Journal: Find small things to appreciate (cup of coffee, talking to a friend, etc.). This can be done individually or as a family (or both!)

### Exercise:

- ◆ Walk outside and take time to look at plants, bugs and throw a rock.
- ◆ Get out the Wii – share family/kid memories.
- ◆ Just dance! Different family members pick a song!
- ◆ Try a free at-home workout.

## PARENTS LEAD

Parents Lead is an evidence-based prevention program that provides parents and caregivers with a wide variety of tools and resources to support them in creating a safe environment for their children that promotes behavioral health.

<http://www.parentslead.org>



#### References:

Siqueland, L. (2020). *Parents – Being “good enough” right now is ok*. Anxiety and Depression Association of America. <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/parents-being-good-enough-right-now-ok>

