

Bringing the Lessons Home



Parenting during this pandemic

Over the last few weeks, I have had the privilege and opportunity to connect with Primary Project teams across New York State and nationally. The consistent message heard is that parents are overwhelmed with resources and information both related to COVID-19 as well as their children's schooling expectations. Parents have also assumed various roles in addition to the role of parent and caregiver. We have taken on less familiar roles such as educator while simultaneously refining our roles as mediator, head chef, and activities coordinator. It is our hope that as parents during this time, you are able to find some balance, a daily rhythm, and recognize that some days have a bit more tempo than others! Over the last several weeks and on multiple occasions, I have found some contentment in comparing our current state of shelter in place, work from home, and helping to support learning and academics to a buffet of sorts (you get to decide whether it is dinner, brunch, salad bar, etc.). We have "shown up" to this buffet and notice what is available to us. Despite the many choices, we are likely to pick the things that keep us healthy (maybe) and are familiar. At times, our curiosities may be peaked and we might leave our comfort zone to try out something new. No matter what, we can always revisit the buffet if we want, have another look, and take more away. For me, this comparison has been similar to parenting during this pandemic. With such an immense amount of information, we have had to filter what is most critical. What do I need to know to keep myself and family healthy? How do I continue to keep myself and my family healthy both physically and emotionally and at the same time remain connected with others, while maintaining physical distance? How do I welcome new things, new learning and when am I ready to pick up some more from the buffet? What do I tend to gravitate towards and is that helpful for me?

Each day brings us an opportunity to graze over the buffet. During this time, play and being "playful" continue to be vital elements of everyday! The simplicity of playing a game together (indoors or outdoors), working on a puzzle, taking a hike, or baking continue to support our relationships with our child(ren) and help us stay balanced. Enjoy the buffet!



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