

Kids are at home, with the expectation that they will continue to learn while schools are closed due to the coronavirus pandemic. If this causes chest pains, shortness of breath, or full-blown panic as you figure out how to navigate your kids' schooling while you're doing all the other things you have to do to keep your lives stitched together during this challenging time, you are not alone.

Some words of reassurance:

- This is uncharted waters for everyone—teachers, parents, and kids, alike, and it will take time for us all to adjust to “the new normal.” There’s no prescribed framework or template to work from because we’ve never been here before. It’s a work-in-progress for all of us, and none of us will get it perfect in the first pass. So, cut yourself some slack, use some positive self-talk (“We will survive,” “Perfect is not the goal here”), and as you fall into bed at night, pat yourself on the back for getting through the day.
- Your job is to be a parent, not a teacher. If you provide a place for your children to work and some structure to help them spend some time productively, then you are doing your job.
- Even if you are able to give kids the place and structure they need to get work done, it will take a few days for kids to adjust to a new way of schooling. At the end of the day, if you can, take a few minutes to debrief with your kid. What worked well today? What didn’t work? What should we do differently tomorrow?
- Keep in mind that stress shortens fuses, increases irritability, and undermines our ability to access skills and strengths that under normal circumstances we may have in some abundance. On top of that, kids pick up on the stress level of the adults around them even when those adults are trying to hide that stress. If everyone in your house seems to be “out of sorts,” this is a normal response to an abnormal situation.
- Some things are more important than school. If you feel like things are coming apart at the seams, give yourself permission to let some things slide. If you have in your head an image of the “perfect parent” and you don’t fit that description (and NO ONE DOES), then set it aside. Doing what you can to keep your family intact is way more important than making sure your kids fit in their 120 minutes of daily lessons (or whatever your child’s school is recommending).

For additional words of advice and resources, including sample schedules, from Peg Dawson, please [click here](#).

Source:

<http://app.bronto.com/public/viewmessage/html/11605/efqdfnrnke8kayld8ojgfty7kw1m1b/f226c1dd0c714697b18a95e2c9ee37b2>