Pandemic Parenting: A Virtual Roundtable

Connecting the Dots Conference
October 16, 2020
Parenting In 2020

Me wondering if I should run or hide.
Overview

- Discussion of trends for working parents during the pandemic
- Best practices for coping during times of transition
- The importance of community
- Introduction of roundtable panelists
- Open discussion and Q&A
Effects of the Pandemic on Working Parents

From a Boston Consulting Group survey of parents in five countries (2020):

- Many working parents having struggled to find childcare
- Parents now spend an average of 27 more hours each week on household chores and parenting—nearly the equivalent of a second job
- Women continue to bear a disproportionate share of the burden, with an average of 15 extra hours as compared to men
- Close to half of respondents feel that their work performance has decreased during the pandemic
Effects, continued

- Rates of anxiety and depression have skyrocketed among parents during the pandemic
- Many are experiencing extreme financial insecurity
- Risk is often increased for low wage earners as they do not have the option to reduce hours or work from home
- Childcare disruptions have furthered socio political disparities among families of color
- The effects of the pandemic have been especially hard on new/expectant parents, single parents, parents of children with special needs, and those who already struggled with finding adequate childcare
### Percent of Adults Ages 25 to 44 With Children by Sex and Survey Week Not Working Due to COVID-19 Related Child Care Issues

#### Women

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<th>Week</th>
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#### Men

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**Note:** The percentages reflect nonworking adults with children excluding those who are retired or not interested in working.

**Source:** U.S. Census Bureau, Household Pulse Survey (Week 12: July 16–July 21, 2020).
FIGURE 1
Black and multiracial families are more likely than white families to experience job disruptions due to child care

Estimated percentage of parents who quit a job, did not take a job, or greatly changed their job due to problems with child care, by race and ethnicity

Non-Hispanic white: 7.2%

- Asian American: 9.2%
- Hispanic: 9.4%
- American Indian and Alaska Native (AIAN) 1: 9.9%
- Two or more races 2: 10.1%
- Non-Hispanic Black or African American 2: 13.1%

1 Estimate for AIAN families is based on a small sample size and should be interpreted with caution.
2 Estimates for these groups are higher at a statistically significant level than those for non-Hispanic white families.
What can we do?

- Prioritize self care
- Promote flexible work schedules
- Recognize disparities and advocate for others
- Increase access to mental health
- Share community and university resources
- Celebrate small victories
- Hold space to support and learn from one another
- Normalize asking for help
Community as a Lifeline

- Self-care isn’t enough, we need community care to thrive
- “Shouting self-care at people who actually need community care is how we fail people.” - Nakita Valerio
- Community care can be both small and large scale
- Examples of community care:
  - Support groups
  - Check-ins with your team/department
  - Facebook groups (i.e. Washtenaw County Mutual Aid, AA Area Mamas Network)
  - Debriefings or grief processing opportunities
  - Presentations just like this one!
"THE GREATNESS OF A COMMUNITY IS MOST ACCURATELY MEASURED BY THE COMPASSIONATE ACTIONS OF ITS MEMBERS."

CORETTA SCOTT KING
An Introduction of our Panelists

Jill Castro, PsyD, Faculty & Staff Counseling & Consultation Office

Makeda Turner, PhD, Department of Political Science

Meghan Spiroff, Michigan Institute for Clinical and Health Research

Matt Snyder, University Human Resources

Linda Dabrowski, Staff Human Resources

Patrina Gregory, Health System Children’s Center