

PANDEMIC PARENTING: A VIRTUAL ROUNDTABLE

**Work-Life Conference:
Connecting the Dots**
October 2022

PRIMARY GOALS

During this roundtable discussion, we will address kids' and families' reintegration to school and childcare during the current phase of the pandemic. Experts in psychology, social work, and child development will be available to answer questions, and discuss ideas and strategies for a smooth social, academic, and emotional transition. There will also be opportunities to brainstorm with fellow parents, provide support for one another, discuss challenges, and celebrate victories big and small.

TWO YEARS AGO:



Parenting In 2020

***Me wondering if I
should run or hide.***



WHAT HAS CHANGED

- Increased access to testing
- Available vaccines
- Return to in-person school
- Less lockdowns and strict guidance from government
- Masking optional in most schools and public places
- Quarantine protocols
- Workplace changes/many positions are now remote or hybrid



WHAT HAS STAYED THE SAME

- Economic shifts/significant financial hardship for many
- Ongoing mental health crisis
- Lack of childcare
- Staffing challenges
- Developmental concerns for children who were born during the pandemic or children with special needs who did not have access to services
- The pandemic continues to disproportionately affect women, particularly women of color and ethnic minorities, as well as low-income families

COMMUNITY AS A LIFELINE

- Self-care isn't enough, we need community care to thrive
- 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/conversations just like this one!



PANELISTS

Jill Castro, PsyD

Senior Counselor, Faculty & Staff Counseling & Consultation
Office

Christine Snyder, MA

Interim Director, Work-Life Programs

Juanita Houston, PsyD

Community Psychologist, Collaborative Changemakers

Christian Boyer

Teacher, Towsley Children's House

Jenn Cooper

Educator, Supervisor