

Tips for Caregiving During the Pandemic

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Acknowledgement

We acknowledge that Manitoba is on the original lands of the Dakota, Anishinaabeg, Cree, Oji-Cree, Dene, Inuit and Metis Nation.

We acknowledge that the Manitoba Adolescent Treatment Centre (MATC) is located on Treaty One territory.

We respect the Treaties that were made on these territories and we acknowledge the harms and mistakes of the past. We dedicate ourselves to moving forward in partnership with First Nations, Metis and Inuit communities in a spirit of reconciliation and collaboration.

A very trying time...

- Attachment is our greatest need
- Separation (actual or anticipated) = threat
 - fear, loneliness, grief
- COVID-19 pushes our faces into separation:
 - with each other, physically
 - reminds us of mortality
 - with routines, rituals, normalcy, plans

Check-in

- Invite your children to talk
 - Tell them you are available
 - Ask questions
 - What have you been hearing lately?
 - Anything you are wondering?
 - What worries do you have now?
 - How are you doing with all the changes?
 - What changes have been the hardest?
 - Are there any changes that you like?
 - What do you miss?



Check-in











- Stay focused and listen
- Understand and name their emotions
- Give physical comfort
- Encourage questions
- Reassure them
- Show helpful ways to handle emotions



Set Routines

- Planned ways to get things done, spend time together, and have fun
 - Use a calendar or visual schedule
 - Arrange a weekly fun activity
 - Grieve the loss of rituals this year and find alternatives

AFTER SCHOOL ROUTINE

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack 					
Homework 					
TV ½ hour 					
Set the Table 					
Eat Dinner 					
Computer Time ½ hour 					
Put on Pajamas 					
Brush Teeth 					
Read a Story 					
Go to Bed 					

Self-Care

- Intentionally create space to recharge
- Make healthy choices
- Connect with other adults
- Set realistic expectations
- Practice self-compassion
- Seek an activity you enjoy



Thank you for your time today
and your efforts everyday

Some Additional Resources

- Government of Canada – Resources for Parents:
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/resources-parents-children.html>
- Centre for Disease Control and Prevention - Parent Kit:
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/index.html>
- Understood.org – Visual Schedules:
<https://www.understood.org/en/learning-thinking-differences/understanding-childrens-challenges/simple-changes-at-home/download-sample-picture-schedules-and-visual-planners>