

TIPS FOR STUDENT PARENTS: COPING DURING COVID-19 PANDEMIC

Mason understands that parenting and attending school can be stressful. During times of crisis, this stress can be heightened. In this period of social distancing and increased concern about contracting the coronavirus (the virus that causes COVID-19) there are resources to help minimize the stress and bring some semblance of normalcy. While it's important to be cautious, being overly cautious can lead to anxiety and can affect your mental health. Here are some tips to help maintain physical, social and mental well-being while parenting and observing social distancing guidelines.

1. CREATE A ROUTINE

Establishing a routine at home will be based on your children's ages. It will look differently for infants, toddlers, and preschoolers. To help them adjust, provide routine and structure. Some of the daily routines you can maintain structure for are bedtimes, learning, play, snacks, meals, and physical activity. Routines help you focus.

2. KEEP YOUR CHILDREN ENGAGED

There are many local resources for parents to work on literacy, engagement, and play. The [Fairfax Library](#) has a host of resources you can use for yourself and your family. [Children's read-along](#) books included.

3. PRACTICE MINDFULNESS AND SELF-CARE

By establishing a routine you can carve out time that is dedicated to refreshing your energy, mind, and body. If you're interested in a beginner's guide try [Mindfulness for Parents](#) to learn activities like "Practicing Self Compassion."

George Mason University also has a lot of resources, including our [Counseling and Psychological Services](#) and the Center for the Advancement of Wellbeing.

4. KEEP YOUR BODY ACTIVE

Mason has recreational resources for you to use while you're off campus. [Burnalong](#) allows you to do physical activity from wherever you are. You can also invite your friends, share your screen, and schedule workouts.

5. SET ACHIEVABLE GOALS

Give yourself permission to let go of unrealistic expectations for what you (and your kids) can achieve during stressful times. Enjoy your successes every day.

6. STAY CONNECTED VIRTUALLY

There are many opportunities to stay connect to community while we are away from campus. Join [Mason360](#) and join the group Contemporary Students. Use filters like #familyfriendly and to find events for you and other student parents.

7. COMMUNICATE INTERNALLY AND WITH FACULTY

Communicate with family, friends, and especially children on what you need to be successful. Sometimes this can be a quiet time and place to study or upcoming projects or exams.

We know that not everyone is comfortable disclosing parental status with your professors but talk to them as soon as you know of potential conflicts. Some classes can be more flexible than others, but you never know until you ask.

Success coaches within the [Mason Care Network](#) can support you with holistic advising. Setting up a meeting with them is easy via [Navigate](#).

8. KNOW YOUR RIGHTS

Pregnancy and parenting is protected from discrimination in education by [Title IX](#), even during COVID-19. Ask questions if you are unsure about what is covered.

Student Parent Meetups:

June 23rd

July 21st

4 – 5 pm

Go to [Mason360](#) and
follow the tag:
[#familyfriendly](#)

Contemporary Student Services

We want to hear from
you! Contact us:

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