The ABCs of Parenting During a Crisis

Advice from Pandemic Parenting Podcast guest expert Dr. Julian Ford

"PARENTS CAN MAKE AN ENORMOUS POSITIVE DIFFERENCE IN HELPING THEIR CHILDREN."
- Dr. Julian Ford

How do I help my child(ren) when I don't have the answers? Dr. Julian Ford explains how being available, present, and thinking clearly will make a positive impact on kids who are dealing with trauma.

Being consistently available for your kids creates an environment where your kids feel comfortable to turn to you when they have something to say. By setting aside just a few minutes here and there, you validate your kids’ feelings and reinforce that you are there for comfort and guidance.

During the moments where you’re making yourself available to your kids, it’s crucial to be fully present. Emphasize that no matter what, you believe in and value your child, that you’ll always be there for them, and that you know they will be okay.

A big challenge when we are stressed is thinking clearly. Though you may not know in the moment what is best for your child, taking a second first to pause, breathe, and think will allow you to figure out what your child needs next – whether it’s giving them some time or space to calm down or stepping in to help in a specific way.