



# THE POSTPARTUM STRESS CENTER

The Postpartum Stress Center, LLC • 610.525.7527 • [www.postpartumstress.com](http://www.postpartumstress.com)

## TIPS FOR PARENTS NAVIGATING A PANDEMIC

*As discussed in virtual support group these tips have been compiled here for your reference*

- **TRUST** the medical professionals who help you take care of your body and your family to guide your decision making about how to handle your children's well-check ups, your pre- and postnatal care during this time and TRUST that your medical professionals will provide you with the best information they have related to risk management for you and your family during the COVID-19 pandemic.
- It is okay to **GRIEVE** when expectations go unmet. Recognizing feelings of loss if your partner is unable to support you during birth, loss of opportunity to welcome your newborn in person into your family or community, loss of access to childcare and other supports, loss of access to self care, loss of employment and loss of stability... can help you cope with the feelings and move through them.
- Balance grief with **GRATITUDE** by intentionally identifying things that cause you to feel grateful even if the feelings of gratitude are not enough to reduce the feelings of grief. Strive to balance grief with gratitude.
- Practice **COPING WITH UNCERTAINTY** by using your "mama bear" or "protective parent" voice to soothe yourself the way you would soothe your child ("It's okay, take a deep breath, it will be okay").
- Use **BOUNDARIES** to protect yourself from too much access to news, social media, or others' distress. When you begin to feel overwhelmed by information, it is time to take a break.
- **DECREASE PANIC** a little bit at a time. Although panic feels overwhelming you can gain control a little bit at a time. For example, feeling panic at a 8 feels better than panic at a 10. To slowly decrease your panic, try using distraction by enjoyable or engaging activities, visualization (imagining your thoughts pass by on a cloud or in a bubble), and one deep breath at a time.
- Seek out **SOCIAL SUPPORT** by joining The Postpartum Stress Center's Facebook support group for parents.
- Take **DAILY PREVENTATIVE** measures to protect your emotional health by spending time outdoors, guarding your sleep, laughing, and socializing (virtually) with loved ones.
- You are not alone. We are all challenged as we **WAIT FOR A NEW NORMAL TO EMERGE**. Try the **SELF COMPASSION** exercise discussed in our group as taught by Dr. Kristin Neff:  
<https://self-compassion.org/category/exercises/>

Other wonderful resources for new parents:

- The Postpartum Stress Center web content: [www.postpartumstress.com](http://www.postpartumstress.com)
- Postpartum Support International: [www.postpartum.net](http://www.postpartum.net)
- For more tips, try the book [Good Moms Have Scary Thoughts: A Healing Guide to the Secret Fears of New Mothers](#)