

# PARENT TALK

## Tips of the week from Judge Baker Children's Center

We hear you. Getting through the week without school and our usual routines is just as tough for parents as it is for kids. **Judge Baker Children's Center** is here for you with helpful advice from our expert clinicians...and you, our parents!

### Tip of the Week from our Clinician

**Zoom fatigue is a new challenge we're now facing during social distancing.**

We are all experiencing the impact of spending the day behind a computer screen. It can be exhausting! While most of us cannot eliminate our time on Zoom, it's important to keep in mind the things we can do to make virtual reality less draining."



Katie Grealish, MS, MA  
Doctoral Psychology Intern

This is a challenging time for everyone. Please know that you don't need to do it alone. If you or your child is struggling, we encourage you to schedule an appointment or join a parent support group at our Center for Effective Child Therapy. Contact us [here](#).

## ZOOM FATIGUE REMEDIES

WAYS TO BEAT TO THE EXHAUSTION OF CONSTANT COMPUTER USE

### TIPS AND TRICKS

#### Take Breaks

Build in regular 10-minute breaks. Bonus points for fresh air or movement breaks!



#### Get Outside

Take your Zoom meeting on the porch/yard, or switch to the phone so you can walk.



#### Switch It Up

Consider taking notes on paper to avoid screen overload. Sitting to the side of the screen might help, too.



#### Connection is Key

Checking in on each other's wellbeing helps people feel cared for and reduces fatigue.



#### Separate Work and Home

Designate separate spaces to work from home and live from home. If you can't get physical space, try different lighting, music, air freshener, or outfit.



#### Turn the Video Off

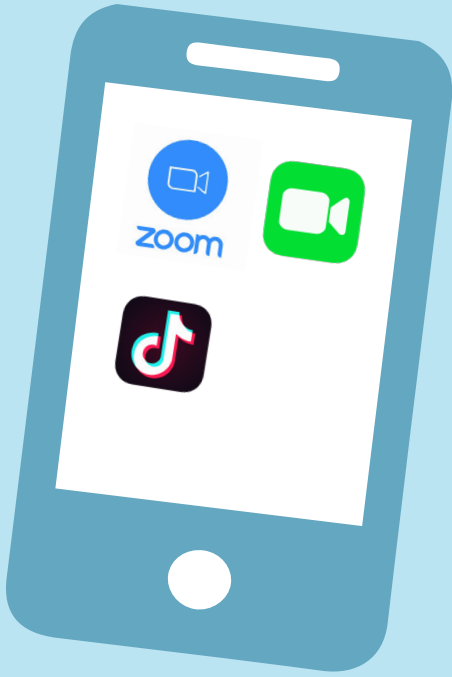
Request permission to turn off your video; consider a video-off staff meeting day or pick one meeting per week to turn off video.



#### Watch Your Free Time

Try to avoid screens when you're off the clock - consider socially distanced driveway hangouts or park meetups rather than another Zoom meeting.





## Parent Tip of the Week

Scott and Amy G. are parents to three teens (aged 13, 16, and 18). Like many other parents, they've had to shift their rules around how their kids use devices due to COVID-19. Scott told *Parent Talk* that the family rules around screen time have been adjusted since their teens use their devices in two ways: to interact with friends and for passive content delivery. The family now breaks up device limits in these two categories: passive consumption (**streaming services, YouTube, one-person video games, TikTok, etc.**) and one on interactive uses (**multiplayer games, FaceTime, and Zoom**).

Social isolation is especially tough on teens. If you feel that your teen will adhere to the guidelines around distancing, Scott and Amy also recommend socially-distant tailgate parties. "If you have a teen driver, consider allowing him/her to meet friends at an agreed-upon parking lot. **Each teen stays in their car, and they can either roll down windows or lift tailgates to interact in a socially distant manner,**" said Scott.

Another great suggestion from Scott and Amy: "Have the kids make dinner! Everybody gets tired of the same old chores—and mom and dad get tired of cooking. **Help your children plan a menu for dinner—and then let them cook it. Everyone eats, and everyone cleans up afterwards.** Be prepared with a box of cereal as a back-up dinner if necessary."

Thanks for the great tips, Scott and Amy!

[Click here for some recipe suggestions for your teen to cook!](#)

The best tips are the ones that work! We'd love to hear from you about what is working for your child and family. Please email your ideas to [Cassie Poirier](#) so we can share them with other parents and caregivers.



## Resource Highlight

Please visit our [COVID-19 Resource Page for Families](#) for a list of articles, helpful tips and activities, and suggestions on how to talk to your child about COVID. Here's a resource tip for this week!

### Tip of the week

Fred Rogers reminds parents, "Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting and less scary."

[Click here to read the full PBS interview on how to help your kids through their difficult emotions during Coronavirus.](#)