As social distancing has become the new norm, so has spending more time at home. For many families, this shift is making it seem impossible to balance work and home life. For others, the constant thought of lost income is a distraction. It’s difficult to manage oneself, let alone the stress and emotions of children. These feelings are normal, and you might take comfort knowing other parents feel the same. An approach to finding a balance is through mindful parenting, which is not being a perfect parent, but bringing your conscious attention to what’s happening. It is letting go of guilt, and focusing on the present. Staying mindful is important during these uncertain times, both for you and for everyone at home.

**Mindful parenting tips:**

1. **Spend time talking.**
   Encourage open conversation to ensure your child feels heard. Ask your children how they feel, and provide messages so they feel safe and supported. Six [handouts](https://www.who.int) from the World Health Organization help parents interact constructively.

2. **Create a new normal.**
   Be creative with schedules and stick to routine. If possible, splitting time between parents or caregivers with an on-point parent approach helps guide younger children with structure for activities, school and food, while the other parents or caregivers work. Also, manage any fear and anxiety caused by this big change.

3. **Practice self-care.**
   We all need alone time. Make sure you have some even if you feel like you do not have the time. Schedule a 15 minute walk in nature, relax in a bath to calming music or take a five minute meditation break to rejuvenate. Remember, modeling self-care teaches children how to take care of themselves — a win-win for everyone.

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**We cannot direct the wind, but we can adjust the sails.**

- Bertha Calloway

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Johns Hopkins Employee Highlight:

Andrea (Andi) Miles, Clinical Dietitian
Johns Hopkins Bayview Medical Center

- I am working to spend less time on screens and more time being present when I’m home.
- I am motivated to eat well, stay active and have fun so that I can set a good example for my family.

Share your mindful parenting tips. [Click here](https://www.healthyathopkins.org) to submit your story.

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**Click here** for Healthy at Hopkins Resources to Support You and visit the [Healthy at Hopkins Portal](https://my.jh.edu) via [my.jh.edu](https://my.jh.edu), and select the Healthy at Hopkins logo.

Or visit the [Office of Well-being webpage](https://www.jhu.edu/).