

APPENDIX E

Pandemic Parent Stage Checklist



The Four Stages of a "Pandemic Parent"

STAGES	DESCRIPTIONS
<input type="checkbox"/> The Hero Cake Stage	When faced with an unprecedented challenge, parents progress through four stages. The first stage is filled with parental heroism. Parents in this stage take time to plan every single minute of every single day. Parents in this stage even create cute, visual schedules tailor-made for each of their children. If that wasn't enough, they build in their own self-care routine complete with Yoga and healthy smoothies! *Note: This stage lasts for about 12 minutes.
<input type="checkbox"/> The Reality Burger with Guilt Fries Stage	The second stage for parents is all about choking down the charred, greasy burger that is our current reality. We shove mouthfuls of "guilt fries" in our faces and feel guilty for not meeting the goals we set during or (extremely brief) "Hero Cake" stage. The result of this stage is a surprisingly minimal routine at home where the goals are much less lofty. For instance, parenting goals in this stage consist mainly of "waking up, getting something to eat, and attempt to read, write, or do arithmetic." That's it.
<input type="checkbox"/> The Two Middle Fingers for All Stage	The third stage for parents involves a surprising amount of rebellion and anger. In this stage, parents actively refuse to "conform" to a routine or schedule and become open to "whatever." Parents in this stage become comfortable "not caring" about routines and schedules. Interestingly, this stage helps parents transcend judgement and even helps them jettison some of the guilt they were experiencing. This stage is not as brief as the "Hero Cake" stage, but quickly becomes unsustainable when the kids adopt the "rebellion mindset."
<input type="checkbox"/> The Acceptance and Amnesia Stage	The fourth and final stage is a culmination of the lessons learned from the previous three stages. We accept that our schedules and routines will never be "heroic" and must be grounded in a minimalist reality. We transcend judging ourselves and commit to the "basics" of good diet, sleep, exercise, and a dedicated time to follow-up on school. We adopt "selective amnesia" so we can forgive ourselves for any missteps we've made and commit to doing better every day, baby step by baby step.

Source: Author created using Venngage.com

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