

THURSDAY 16TH APRIL 2020 EASTER SUPPLEMENT 7 STAYING CONNECTED AND CURIOUS DURING THE COVID-19 PANDEMIC

Knowledge and understanding of attachment and trauma

Being Good-Enough Parents (and Educators!)

I saw this excellent blog from Suzanne Zeedyk this morning and thought it would provide us with a great focus today and tomorrow. It relates to all parents at all times, not just during lockdown, and it also relates to all who work with parents, including us educators. Please read the article.

<http://www.suzannezeedyk.com/fed-up-of-being-cooped-up-in-lockdown-with-the-kids/>

I've also saved the article as a PDF, which might be easier for some people to access and/or distribute.

If you are a parent yourself, I'd like you to consider the questions from both your parent and educator roles. Obviously, our relationships with the children in our schools are much less intense and emotive than our relationships with our own children. However, as attachment-sensitive practitioners, we are called to develop loving relational bonds with the children with whom we work.

Questions for reflection

1. Are you comfortable with the notion of being '*... called to develop loving relational bonds with the children with whom we work*'? Why or why not?
2. '*He [Winnecott] believed that the sicknesses of a society were ultimately always attributable to the failure to support parents when they were in need.*' Do you agree with Winnecott? Why or why not?
3. **Parents:** Can you identify with Winnicott's claim that at times, parents may dislike or even hate their children?
Educators: Do you ever experience strong feelings of dislike for the children you work with?
4. **Parents:** How do feel when you 'disappoint' your children, not through maintaining appropriate boundaries, but by losing your temper, or being too busy to see, hear and respond, or by mis-judging their actions, or by blaming them for something they haven't done, or by harsh and critical words?
5. **Educators:** How do feel when you 'disappoint' the children with whom you work, not through maintaining appropriate boundaries, but by losing your temper, or by mis-judging their actions, or by blaming them for something they haven't done, or being too busy to see, hear and respond, or by harsh and critical words?

6. **Covid-19 relevance** Many parents at home for this extended period will be struggling with the issues raised in the blog. How can you support them during lockdown to own their feelings and not judge themselves harshly? Could you share the article with parents?
7. Thinking ahead, when schools reopen, parents will need a lot of support. How could you use Winnecott's concept of the 'good enough' parent to support and scaffold their recovery?

We'll look at this article again tomorrow.

This may be enough for today, but if you want to do more, reflect on the image below from the cover of *Representations of Motherhood*. Can you create an image to communicate your experience of being a parent on a difficult day or during a difficult phase? Please share your images with me.

Don't forget your self-care today. Enjoy the weather. Be kind to yourself. Breathe.

Have a good day, keep safe and healthy and ring or email me to chat if that would help. Jenny x

