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## Parenting during a pandemic

Kelly Evans

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**Name for posting:** Kelly Evans

**Relationships to EWU:** faculty

**Additional information:**

**Your experience during COVID-19:** The pandemic has shed light on the unseen work that many parents do every day. Society can take for granted parenting and sometimes see the work as being not so challenging. As a mother and a full time faculty member, my life as a parent has been significantly altered during this pandemic. Parents have been put upon more than ever to be the sole emotional support for their children, be their children's playmates and friends, and their children's teachers. Much is discussed about the pandemic's toll on our children yet for parents the toll is overwhelming. Most of my colleagues don't know how many work meetings I sit through where my children interrupt or need my attention. That at the same time I am working I could be reading to my youngest, helping the oldest with school work and overall keeping my concentration under control with the multitude of distractions. Parents are not meant to be their children's sole source of input, of learning and of friendships. Yet we have been asked to do this just as in making sure we keep ourselves safe health wise by the sacrificing of our time and energy. However, the positives of all this time with my children is what I have learned from them in resilience and strength. The deepening of the emotional bonds between parent and child are pivotal in these lifelong relationships. Overall I am grateful for the time with my children yet the pandemic has reshaped so much of parents lives and we look forward to a time where we can have our kids fully engaged in society again for their health and wellbeing and parents as well.