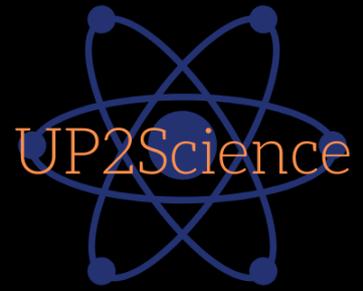


SURVIVING THE PANDEMIC



BY CHRISTOPHER LABINJO

THE TRUTH ABOUT PARENTING DURING THE COVID-19 PERIOD



Despite our differences in ethnicity and language, we are all united in the sufferings caused by the Coronavirus. The pain can be felt across all cultures. COVID-19 has transformed our lives. This pandemic has destroyed the health and socio-economic structure of society and every family has its own story to narrate.



Impact on low-income families



In addition to health risk, some low-income families are struggling to survive the financial crisis. Hundreds of businesses have collapsed due to repeated lockdowns in the UK. People are spending time at home, following the lockdown guidelines set by the government. Parental responsibilities are augmented by this responsibility.

Single and Working Parents

Single-parent families face their own set of worries. Closure of schools and nurseries added to their misery. Parents who are working from home also must look after their children, help them with their homework, assignments, etc. The extra time demands may affect their work commitments, and they end up sacrificing sleep to keep up with their schedules. Parents who have no background in computing must struggle to help their children who are failing computer-based learning and assessments.

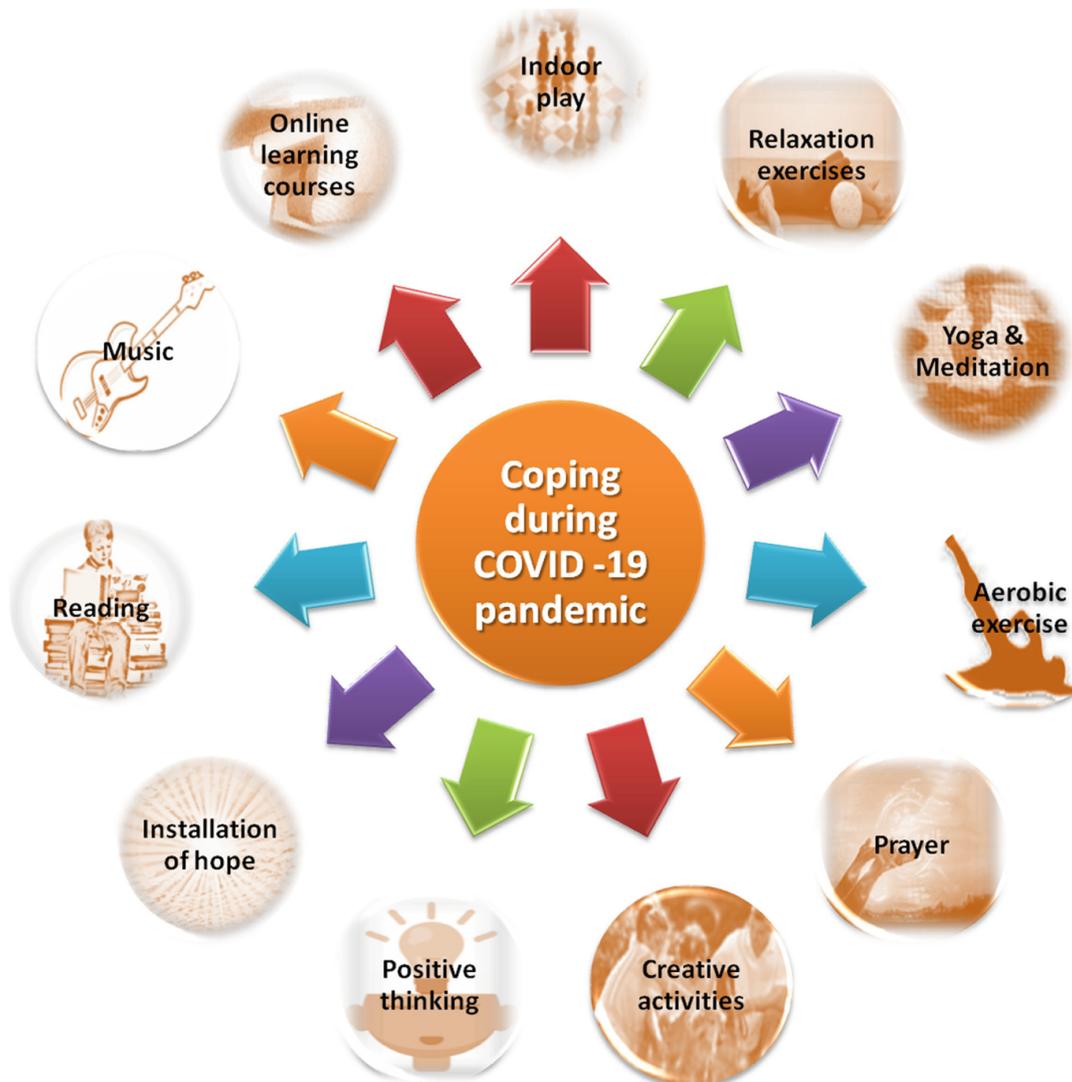


The threat to mental health

The World Health Organization (WHO) published a paper on the 2nd of February 2021, reporting the death rate to be more than 2.2 million, since the beginning of the disease outbreak. The crisis has created mental distress for individuals throughout the whole of society. It has affected psychological and mental health in many dimensions.

Issues related to personal security along with a persistent fear of contracting the virus and not surviving the attack. The questions are endless: What if I catch the virus? What if I lose someone dear to me? For most of the UK population, these “what ifs” have turned out to be a harsh reality. Did you know that 17 in every 100 people have suffered the pain of losing a loved one due to COVID-19? Furthermore, the virus brought some new burdens and challenges into our lives that have harmed our mental health.

Consider the following points:





- Isolation at home.
- Restricting unnecessary mobility
- Abandoning dining-out in the restaurant; only takeaways services offer.
- Losing connection with family and friends.
- Closure of all places of entertainment.
- Limited access to schools and nurseries.
- The adoption of remote learning for educational purposes.
- Working from home along with household chores and family care.
- Family conflicts.
- Children spending more time in front of screens.
- Reduced physical activity.

Altogether, the arrival of the virus introduced a new set of responsibilities into our lives. Adapting to these uncertain ongoing changes has added additional challenges to the role of being a parent. Many households are facing constant struggles to provide for their financial, emotional, and physical needs. Learn the art of staying calm and making wise decisions to avoid falling prey to mental illness.

