



Single Parenting in the Time of COVID-19

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Parenting is hard, there is no getting around that. All parents struggle from time to time. But it is safe to say that COVID-19 means many are struggling more than usual. Normal resources like school and daycare have changed, getting food and supplies takes more effort, activities to engage kids and pass the time are unsafe and closed. This is especially true for single parents.

Tensions are already running high and opportunities for breaks are severely limited to non-existent. Trying to work from home without another adult in the house is a special challenge. Trying to do it while your children are awake can be nearly impossible but doing while they are asleep leaves little time for anything else. Many single parents describe it as running a race without the right training and no finish line in sight. There is no one-size-fits-all solution, and that is part of what it so hard. It's just a bunch of trial and error to figure out how to entertain/educate your children, get your work done, and maintain a household. And try to keep everyone healthy. It is impossible to do it all.

I've given up on having a clean house but insist that we have clean clothes and a usable kitchen. I am tired of feeling like I am always at work because of the 101 breaks I take in my day to attend to my toddler. My attempts to create activities to entertain him are hit and miss, except for screen time, which brings its own issues. My biggest challenge, by far is maintaining a routine that keeps our days sane. Despite the challenges, I am enjoying the extra time I get to spend with my son. I do hope to emerge from this a stronger, better parent. At least that's my goal.