

# To Protect

**Office of Victim Assistance  
& Safe Environment  
Archdiocese of San  
Antonio**



## Special points of interest:

Self-Care While  
Parenting during a Pandemic

CBC Update

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We have FIESTA MEDALS!

FIRST COME, FIRST SERVED

Please contact our office to schedule a pick up time



# Self-Care While Parenting During a Pandemic

by: Storie N. Arredondo, BSW

In times of crisis, self-care often goes out the window. Where are the stories of self-care during The Spanish Flu? But this pandemic is different, it's OUR pandemic, it's happening during our real life, in real time. As parenting duties pile up, self-care is necessary, not optional.

TAKE CARE



OF YOURSELF

It's not selfish to feel overwhelmed and need a moment to collect ourselves. When the well-being of your children depends on you, it can be easy, almost second nature, to put yourself on the back burner. Self-care is important for overall health during "normal" times, but especially now as parents manage multiple responsibilities caused by the pandemic.

In order to be an effective parent, to be an effective worker, you have to take care of yourself. It is always important for parents to prioritize personal mental health and self-care in order to be healthy parents. It is important for parents to allow themselves permission to not be perfect in a time like this and to take care of themselves.

Accept that you cannot take care of others if you do not take care of yourself. If this means relying on technology, don't be afraid to use Netflix when you need a break! At the same time, don't be afraid to turn off or take a break from technology, especially if you find yourself constantly scrolling thru social media sites or news streams that may add to your anxiety. Have an hour in the evening where everyone in the family puts their electronic devices away.



To help with anxiety, parents can consider journaling. Yes, that childhood pastime serves a purpose; journaling helps get things rambling inside your head, onto paper. If you find that writing causes you anxiety, you can try doodling or even coloring. Surely, you have an extra coloring

book, or 10, laying around. You can consider waking up 30 minutes earlier to enjoy the stillness of the house, before everyone wakes, and enjoy a cup of coffee.

Even things such as carving the time to take a nice bubble bath, watching a tv show marathon or baking, help alleviate anxiety. Sometimes self-care looks like taking a trip, with a mask and social distancing, to the grocery store alone. It may even look like sitting outside while everyone else stays inside.

During this time, it is vital that you maintain your relationships. Parents, this may mean taking time to sit down and be honest with each other about whether your needs are being met, how connected you feel and if anything needs to change. There are all types of ways you can virtually hang out with your extended family members and friends. By this time, we have grown used to using video chatting apps, streaming movies or video games together.



Parents are under enormous pressure under normal circumstances, and these are not normal circumstances. Things will become manageable again. It likely won't happen anytime soon, so do what you can to protect your energy day-to-day, and be kind to yourself in the process.

## Need a New Facilitator Training?

We are looking to host a New Facilitator Training via ZOOM in May.

If you are interested, please contact our office to place your name on our list.



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## UPDATE on Criminal Background Checks

Only a small percentage of CBC's were imported (transferred) from EAPPS into VIRTUS. If you haven't already, please contact our office for instructions on how to enter CBC's into VIRTUS.

# Scheduled Training

Please contact your Safe Environment Coordinator at your Parish for a list of Scheduled Training.

## **THE DIRECTOR'S CUT**

April is Child Abuse Awareness Month. This is the month that we must all renew our commitment to creating a safe environment within our homes and community. This year continues to provide us with challenges, however, we must be reminded that children are suffering and do not have a voice. Take this month as an opportunity to refresh yourself and others on the signs and symptoms of abuse. The more we are able to identify abuse, the more opportunities we will have to help a child in need. Besides the signs and symptoms of abuse, we must also be aware on how to report abuse. The ultimate way to help a child that is suffering from abuse, is to report that abuse. We cannot protect every child, but we can respond correctly when we are aware of a child that is being abused or neglected.

The Archdiocese of San Antonio will continue to prioritize education as the key to prevention. Virtus continues to be the curriculum that the Archdiocese utilizes to educate adults on abuse prevention. Protecting God's Children is the training program provided by Virtus. For your convenience, this program is provided online in English and Spanish through Virtus.org.

I have made resources and additional information for Child Abuse Awareness Month available on the archdiocesan website under the Child Protection link.





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