

Throughout our community, all of the school districts have closed, many for an undetermined amount of time. Many are trying to move classroom instruction into online instruction. Others may not have the resources to do so. Either way parents and caregivers have an unprecedented amount of time with their children home, and all of us are figuring out how to fill that time as we go.

In the midst of our new reality of socially distant living, we are turning to social media more than ever before to check in with our friends; ask questions; and get resources, information, direction, and inspiration. But thanks to the innate dangers of social media, we are – more than ever before – now living in a life fueled by comparison and armchair-experting.



When schools first began closing, colorful schedules began circulating. Seasoned homeschoolers with years of experience moved to provide the rest of us with resources, lesson plans, virtual tours and more. In a span of a day, though, internet humor took over. Modified schedules began circulating mocking productivity of the original ones, substituting time for screaming matches and movie marathons in place of virtual museum tours and quiet reading. I laughed. Funny is Funny.

The new cool trend was to give the internet equivalent of a hair flip and tell everyone not only that you don't plan to worry at all about learning while we are living socially distant, but that anyone who is attempting it is foolish at best and ruining their kids "memories of this time" at worst.

And just like that, I'm reminded of the worst part of social media. In this time of needing it more than ever to socially connect, it's serving as a platform for us all to be told, yet again, that we're doing everything wrong.

## Let's be clear about two things:

1. You can't hang out at home "wrong"
2. What works for you as a parent and a human doesn't work for everyone else. Or maybe even anyone else.

Look, as we all settle into this new reality of being home together for long stretches, what you have to trust is that we are all doing our best and that we all know what's best for ourselves.

Maybe you're a family that does best with unlimited unstructured time. Great!

Maybe you're a family that does best with crafting and glitter and flour and mixing bowls. Great!

Maybe you are going to clean out all your closets and rearrange your garage. Great!

Maybe you're going to not shower most days and eat sundaes for breakfast. Great!

Maybe you're going to teach your kids about budgets and laundry and wiping baseboards. Great!

And maybe you're going to do your best to keep their school learning going and put some routine and structure in their day. Also, great!

As we all spend exponentially more time home and on social media looking for connection and inspiration, don't forget to trust that you're the number one expert in the needs of your family – and that no one needs you to tell them they're doing it wrong.

The socially distant in me see and honors the socially distant in you.

Keep on keepin' on. You're doing great!

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#### RESOURCES

NON-CRISIS:  **MILITARY**  
**ONE** SOURCE  
Call: 800-342-9647  
Click: [www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil)  
Connect. 24/7

CRISIS:  **Veterans** | **Military**  
**Crisis Line** | **Crisis Line**  
1-800-273-8255 PRESS 9  
 **911**  
Dial 911