

# Forget the Latte! I Need Diapers and Internet

Coping with the Pressures of Pandemic Parenting

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**Higher Education  
Financial Wellness**

**ALLIANCE**

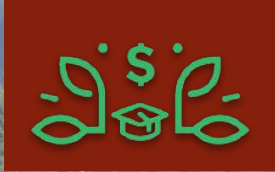
# Land Acknowledgement



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What percentage of the students you work with have children?



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# Who are Our Students with Children?

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# Real College Survey



**Parenting Students**

**1** in **5** Students  
are parenting  
children

**In the past 30 days**

**39%** reported  
being food insecure

**In the past year**

**46%** reported  
being housing  
insecure

**17%** reported  
being homeless



Any other student moms feeling overwhelmed  
right now?



## Add the Pandemic...

- Gender Inequity
- “Shecession”: [IWPR](#)





## Multiple Demands

- Work
- School
- Childcare
- Caregiving

## Pressure Points

- Time
- Finances
- Support

# Student Parent Challenges

**52%**

Student Parents do not complete degree within 6 yrs

**2xs**

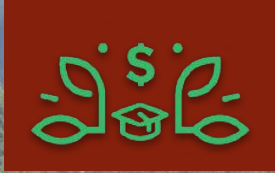
Parenting students 2xs more likely to leave college before graduating



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**WHAT'S NEXT?**



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# Pressures of Pandemic Parenting

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When working with your students on finances, how many of you find yourselves worried about their emotional wellbeing?



## Impossible Demands in an Impossible Time

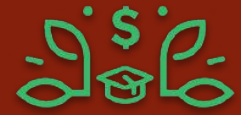
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“**Surge capacity** is a collection of adaptive systems – mental and physical – that humans draw on for short-term survival in acutely stressful situations, such as natural disasters... But what happens when you struggle to renew it because the emergency phase has now become chronic?”

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<https://elemental.medium.com/your-surge-capacity-is-depleted-it-s-why-you-feel-awful-de285d542f4c>



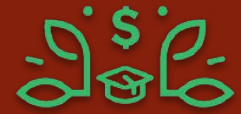


We **MUST** care for ourselves so we can care for all the others.

**Full. Stop.**



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# How to Replenish your Surge Capacity

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1. Acknowledge ongoing ambiguity continues
  - There is no one size fits all pandemic experience
    - Uncertainty about what life can look like now
    - Different senses of safety
    - Different levels of impact- for some significant adversity continues





# How to Replenish your Surge Capacity

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## 2. Cultivate Compassion

- Set \*realistic\* expectations
- Compassion extends to you, your staff, your students
- Plan, but with a loose hand





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“Allow me to propose one standard of parenting success. You smiled at your child today. Your child smiled at you today. You fed yourself and your child. Your child is healthy, safe, and feels like they belong. You and your child feel loved. That’s it.”

- Rachel Mills-Brantley

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# How to Replenish your Surge Capacity

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## 3. Get back to the basics

- Sleep
- Nutrition and Hydration
- Movement
- Boundaries - Say “no” so you can say “yes”





# How to Replenish your Surge Capacity

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## 4. Find your support network

- In-person
- Online
- Family
- Friends
- Technology





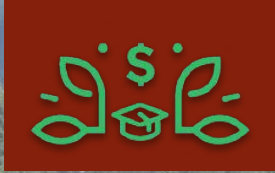
# How to Replenish your Surge Capacity

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## 5. Emotional Hygiene

- Mood check-ins so you know what you need
- Deep breathing
- Journaling
- Mindfulness/Meditation
- Play





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# Programs/Strategies for Student Parents

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## **The Family Friendly Campus Toolkit:** **Using Data to Improve Outcomes**

[familyfriendlycampustoolkit.endicott.edu](http://familyfriendlycampustoolkit.endicott.edu)



**APPLY FOR  
FREE  
FOOD**

## Supplemental Nutrition Assistance Program (SNAP) Women, Infants & Children (WIC)

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- Increased access for college students
- Pell students
- Systematic invitations
- Consultations on campus





**SWIPE OUT**

**HUNGER**

**STUDENT HUNGER IS REAL.  
WE CAN HELP END IT.**



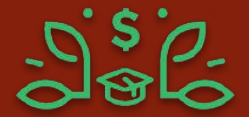
## Swipe Out Hunger & Food Pantries

Food Insecurity-

- Closet pantries & markets
- Mobile pantries
- Meal plan donations and food waste reduction
- Food drives for fee forgiveness
- Trauma informed principles
- Student led



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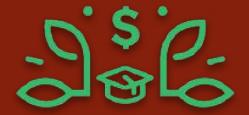


## TWU Holiday Gift Program

- Annual University Tradition - over 30 years
- Anonymously match faculty/staff sponsors with students
- Serve over 350 children from all campuses and online annually







How is your institution serving student parents?



# Thanks

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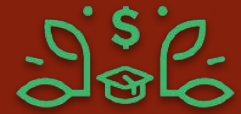
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## Resources

- <https://elemental.medium.com/your-surge-capacity-is-depleted-it-s-why-you-feel-awful-de285d542f4c>
- [https://centerformsc.org/healing-into-compassionate-parenting/?ck\\_subscriber\\_id=286120453](https://centerformsc.org/healing-into-compassionate-parenting/?ck_subscriber_id=286120453)
- <https://www.pbs.org/parents/thrive/tips-to-help-your-child-wear-a-mask>
- <https://www.npr.org/sections/health-shots/2020/08/21/902613282/daycare-grandparent-pod-or-nanny-how-to-manage-the-risks-of-pandemic-child-care>
- <https://www.pbs.org/parents/thrive/low-stress-tips-for-virtual-learning-routines>
- <https://hope4college.com/research-and-resources/research/>
- <https://www.endicott.edu/family-friendly-campus-toolkit>
- <https://iwpr.org/wp-content/uploads/2020/11/Policies-for-a-Gender-Equitable-Recovery-Executive-Summary-Final.pdf>





## Additional Emotional Hygiene Resources

- How to relax WITH your kids: <https://www.atlantaparent.com/relax-intense-kids/>
- Apps for learning mindfulness and meditation:
  - Calm, Sanvello, Headspace, Insight Timer
- Journaling: <https://positivepsychology.com/benefits-of-journaling/>
- Self-compassion exercises and meditations: <https://self-compassion.org/category/exercises/>
- Practice gratitude:  
[https://greatergood.berkeley.edu/article/item/how\\_gratitude\\_changes\\_you\\_and\\_your\\_brain](https://greatergood.berkeley.edu/article/item/how_gratitude_changes_you_and_your_brain)
- CAPS: 940-898-3801 for individual, couples, and group therapy services

