

December 7, 2021

What the Pandemic Can Teach Us About Parenting and Practicing Authentically

Who didn't feel a bit overwhelmed when, Friday the 13th of March 2020, the world stopped, and uncertainty gripped us? The pandemic continues. Sadly, the world has suffered a loss of life that is hard to process. But there is good news. Vaccines are here. Vaccination rates are increasing. Life is resuming. Yet, many of us are still overwhelmed in a way that far exceeds any bad day in the pre-pandemic years. Additionally, some (perhaps many) of us have suffered a trauma that needs careful nurturing and intentional work. For those of us who are parents, we are also worried about the well-being of our children, who are seemingly resilient but also affected daily by the pandemic's effects, least of which is their ability to socialize normally.

It's been almost two years. What have we learned? *What can we learn?*

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