@Home

The corona ritual 1 –
Wash. Change. Wash
Back from the hospital
1. Wash hands
2. Change clothes
3. Put all clothes in the wash
4. Wash hands
5. Now touch other things at home

The corona ritual 2-
Dance. Diary. Dinner. Kindness stars
After you’ve done ritual 1
1. Do your own a corona wave or a corona dance
2. Write in appreciation diary-everyone can write a note for everyone else- so those at home may have already written and you write yours. Everyone reads them when they have time-in secret.
3. Have dinner together
4. Talk about the kind things each of you did or receive, and highlights of the day.

@Work

Mini you and Mini me
Create little versions that both you and your child can carry, touch, hold
- Draw hearts on your palms so that every time you press it love goes to the other person.
- Have two soft toys at home who can hug each other
- Do a brief video call from your car at the beginning of your shift with just ‘have a good day, three things on the to do list and I love you’. Do another brief video call from your car at the end of the shift with ‘I’m coming home, I love you’

• A structured day gives a sense of certainty
• Something to hold on to is a transitional object allowing us to carry the other person with us
• Appreciation allows us to feel empowered
• Kindness is Love

Always end the day by saying I love you
COVID19 Frontline NHS Parents

@Home

Hero’s narrative

COVIDhero

Unable to switch off at home

Role confusion
Moral distress

COVIDhero AND Parent Hero before 5pm; Parent after 5pm

COVIDhero Vs Parent Guilt at work before 5pm; Unable to switch off after 5pm

@Work

Hero’s narrative

COVIDhero

Compromise one’s own safety

• Accept new role
• Achieve small goals
• Celebrate kindness

• Empower yourself and children by doing things you can do
• Forgive yourself and children for things you can’t do
• Ask for help when you need to