

Dr. Tina Bryson: Parenting During COVID-19

All of our lives have changed due to COVID-19, but there are still so many unanswered questions. Parents of youth with chronic pain are facing a unique set of challenges. Is this reminding your child of when they were stuck at home due to pain? Is this triggering your child's pain? What can you do to support your child during these difficult times, while still taking care of yourself?

Creative Healing for Youth in Pain (chyp) hosted an online community event for parents about how to navigate these uncharted waters with flexibility, patience, and kindness (for your child and yourself!).

On May 28th, Dr. Tina Bryson (co-author, with Dan Siegel, of two New York Times Best Sellers—The Whole-Brain Child and No-Drama Discipline) provided insights into parenting during COVID-19. This is the third of the four "Parenting During COVID-19" lecture series.

<https://www.youtube.com/watch?v=QszDn3-trNw>