PARENTAL INVOLVEMENT AND THEIR STRESS MANAGEMENT IN THE NEW NORMAL

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The “New Normal” for many Filipinos is not easy to understand and to practice. Due to the Pandemic, many lives seemed to be not normal anymore. In order to cope with these trying times, the term “new normal” exist.

Covid 19 had been in existence and some parents and their children felt stressed. Parents want to be involved in some activities of their children in and outside the school during the previous years.

The new normal setting makes the situation of the parents complicated in terms of guiding their children in transpiring learning. Some of these parents are those who are working to earn a living.

Parents especially mothers are trying hard to cope with the demand of the new normal setting being implemented by the DepEd.

Fathers and mothers exercise the habit of assisting their children to receive the modules from the teachers in school, listen to teachers’ reminders and then proceed to instructing and guiding their children in their homes as the new classrooms, while doing the usual or routinary household chores.

These tasks were stressful for them since the new normal setting requires them to follow the protocols and all. Teachers then, must do their job as teachers on rescue for some instances that the parents cannot do.
To assist the parents who complain about the new normal setting, there should always be words of encouragements supporting.

Since the government calls for us to follow certain rules and protocols, the demand for proper education must be still.

When our stress level exceeds our ability to cope, we need to restore the balance by reducing the stressors or by increasing our ability to cope or both. We should try to use one of the 4 A’s – Avoid, Alter, Accept and Adapt.

Parents love their children, a love so pure and with understanding but when parents are required to do the teaching to compensate their children’s learning, the story changes everything.

The stress started to be felt and even their children find it harder to adjust to their fate.

When their situation calls for remediation, the school head then could provide these parents with coping mechanisms since there is nothing we could do but to follow through.

If the school and the parents will work hand in hand, seeking for education will never be just an illusion.

If the school head and teachers would work as a team in stress handling, the stress would be less and the teaching and learning would not become worthless.

The school G.P.T.A meeting could be a source or a way to hear the appeals of the parents in teaching their children day by day.

Virtual meetings would be a great help in assisting the parents to adjust and accept the situation since as of today there is no other existing solution.
To lessen the stressors the school administration must always come into solution for the parents and learners to build a camaraderie in seeking for normal and real education.

Nevertheless, when we know what is going on and we are being informed of the next activities that parents and teachers are implementing, we could expect better results while observing because we know that these activities pass in to our knowledge and blessing, and stressors will never be tolerated because these are being guided and guarded.

References:

https://ww. Help guide. Or
https://my Cleveland clinic. Parental involvement
(https://wwwa, research gate, net)
It refers to situation where parents are directly involved in the education of their children
(https://observatory. Tec. mx)
Parental Involvement is essential for student development and offers many benefits.
It also helps improve student’s behavior in the classroom.
Having parent and teachers communicate helps students feel more motivated.