



Meghan

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Client Relations Agent

Single Mom of Emma (12) and Abby (9)

Describe your schooling situation during lockdown.

When the lockdown began in March, my girls were in 6th and 3rd grade. Our schools began a semi-quasi virtual mode of learning, there was no real way for them to prepare or plan for something of this magnitude. My kids already had their own desk and laptops, so they began doing school work in their rooms from 8-12 and 1-3. Because there was not a lot of work to be put out initially, the girls incorporated learning a second language and continue to work on sign language. They also did book reports every two weeks. They both love to learn, so finding ways to continue to nurture their minds was very important to me.

How have your children adapted to the pandemic?

I would say the pandemic effect on the kids has been evolving. When it first began, it was almost surreal for them. For me as well. Everyone was on lockdown, sports had stopped, practices for the school play ceased, they were both definitely experiencing a loss. It has been somewhat of a rollercoaster of emotions. My oldest is in a higher-risk category, so we have had to take continued precautions even as things have slowly opened back up, which at first made things that much harder on them to realize we can't just resume things at the same rate as everyone else. Some days are harder than others, but the biggest thing that I tell the girls, and myself, is that this is not permanent. Virtual sleepovers are a weekly event in our house, there are lots of facetime calls and lots of crafting happening.

What has been the most stressful aspect of quarantine?

The most stressful aspect of quarantine, I think, has been the unknown. Not knowing what is going to happen with school, with work, with friends and family - it's been difficult to the say the least, especially when you are a planner.

How did you cope with that stressful challenge?

Communication! We talk about what is going on and how they are feeling. Limit the news watching (for their sake and mine), and focus on what we can control. We keep evolving and adding new things to ease stress and fill time. One of the big things I like to ask my kids at least once a week is "what is something you would like to do or learn how to do." It could be cooking, learning to sew, taking care of guinea pigs (rolls eyes). As stressful as this has been on adults, it's equally stressful on the kids, and I think acknowledging that is pretty



important. My kids have really enjoyed having the responsibility of coming up with meals and cooking them on their own (with supervision of course).

I definitely took part in online retail therapy. My girls chose to redecorate their bedrooms and to make their space more unique to them. After all, we were spending more time here now than ever before. We try to not ever feel stuck in a rut. We get outside whenever we can, even if it's just for a quick walk to kick around the soccer ball or shoot a basketball.

What has been the most surprising thing you learned or discovered during the pandemic?

The most surprising thing I discovered during the pandemic is that it's okay to slow down. Prior to the pandemic, we had activities about 5-6 nights out of the week, between basketball, guitar, swimming and play practice, we were just always on the run.

Anything else you'd like to share about your 2020 experience so far?

We could all look at 2020 and say "can we just fast forward to next year?" but truth be told, I think we can all learn something from this and it's not how to wash our hands (although there are plenty of youtube videos out there.) The thing me and my family have taken away from this is to keep focused on what you can control. The unknown can be scary, but since we really don't know what that looks like, we need to focus on the here and now and what we can control.