

Parenting and Education Expert, Dr. Karen Aronian says parent burnout is real. Moms and dads are dealing with the pandemic, remote schooling, and non-stop home life demands. It's important for parents to take care of themselves.

- Self-care is essential to soldier on; however, there has to be a reset. -Nature, exercise, friends, date nights, primal screams, online-window shopping, and personal spa treatments are quick releases but not significant fixes. Substitute parenting is a viable plan of action. As Pandemic sleep-overs have gone out of style in health & safety Pandemic protocol, kids have missed out on immersion friend time frames.
- A "stay late" and "take my kid all-day" (replete with lunch & dinner) are the new sleepover replacement for some parents. Kids can still safely meet up for get-togethers that are generous (beyond the regular 2 hr play date); parents *now trade "take my kid all-day" scenarios.*
- Days off give parents a chance to miss their child and vice versa and spend their day recharging their "low batts." It also provides the friends a nice long period to connect and even try and be "bored" together. It also offers parents who take the extra kid a new playmate for their kid(s) for the whole day, which is better than any babysitter in occupying and playing at their child's optimal level.
- "*Take my kid all-day*" is a favorite way to barter for a day off, and a go-to reset for parents in Pandemic times.
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Let me know if you'd like to hear more from Dr. Aronian. Thanks

KAREN ARONIAN, Ed. D.
Parenting and Education Expert



Dr. Karen Aronian, M.A., Ed.M., Ed.D., is the principal of Aronian Education Design LLC, a full-service education design firm which creates irresistible environments and content for children and families in private and public venues. She considers all places learning spaces, and the dynamic energy of her work reflects this philosophy. Dr. Aronian has worked in education and design for over 30 years, and is an award-winning educator. She has experience teaching pre-K through university, in public and private schools in both inner city and suburbia, and is well versed in traditional, progressive, and homeschooling methodologies. She is an expert on education and parenting, an education policy fellow with Columbia University, speaker, and columnist featured in international publications, including Parents Magazine.

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