



**JOHNS HOPKINS**  
SCHOOL *of* NURSING

**Securing Your Oxygen Mask:  
Caring for Yourself While Parenting a  
Child with OCD and Related Disorders**

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28th Annual Conference of the International  
OCD Conference

July 9, 2023

# Presentation Objectives

1. Participants will learn about the science of parenting stress and burnout, including risk and protective factors for burnout
2. Participants will learn and practice evidence-based exercises to reduce parenting stress and prevent burnout

# Agenda

1. Introductions
2. Science of caregiver stress and burnout in the context of OCD and related disorders
3. Exercises for reducing stress and promoting wellbeing
4. Discussion, sharing



# Introducing Ourselves



Emily Hoppe, MSN,  
PhD(c), PMHNP-BC



Nicole D'Adamo,  
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# What Comes to Mind?

What words come to mind when you think about **parenting a child who has OCD and/or related disorders?**

Scan the QR code or go to the link

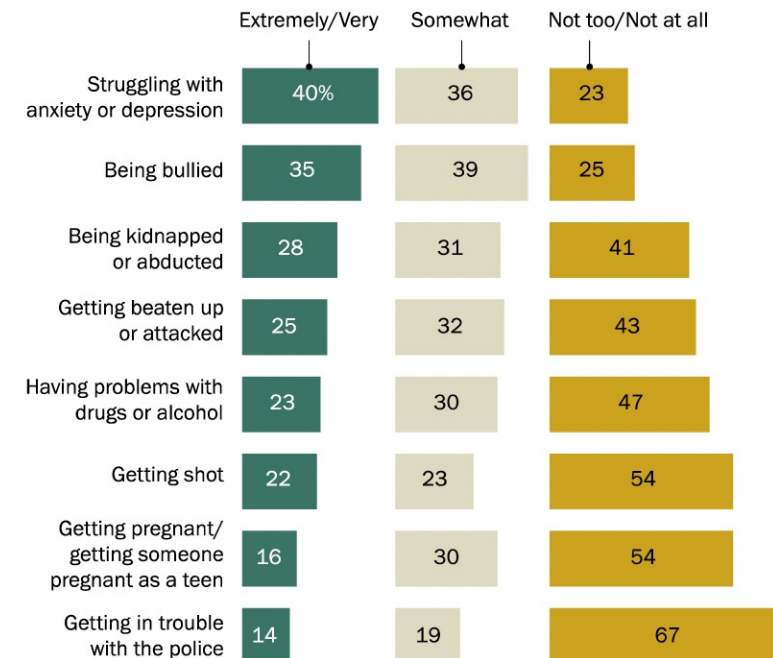
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# Parenting Stress

- Parenting stress occurs when the **perceived demands** of parenting **exceed the parent's perceived resources and abilities**
- Parenting stress impacts physical health outcomes (allostatic load) and psychological well-being
- Stress and resilience occurs at multiple levels: Cellular, Individual, Family, and Community

## Mental health tops the list of parental concerns

*% of parents saying they are \_\_\_ worried about each of the following happening to any of their children at some point*



Note: Share of respondents who didn't offer an answer not shown.

Source: Survey of U.S. parents conducted Sept. 20-Oct. 2, 2022.

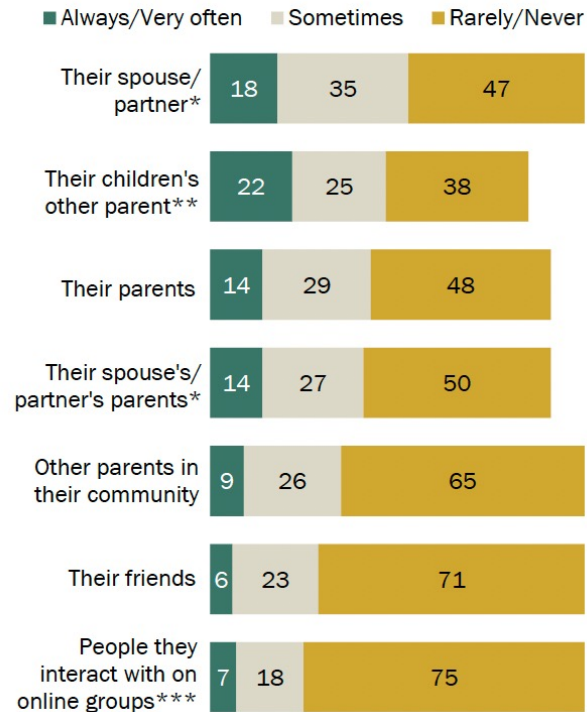
"Parenting in America Today"

PEW RESEARCH CENTER

# Parenting Stress: More Results from "Parenting in America Today"

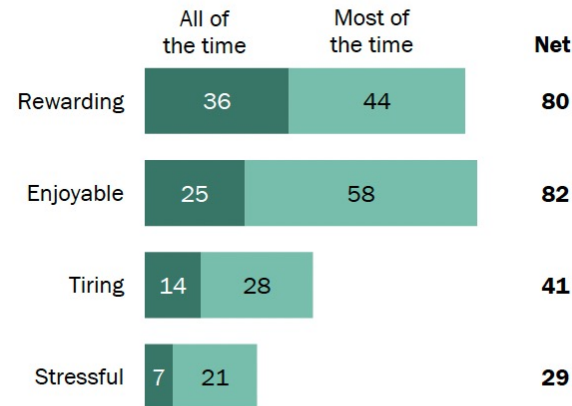
## About half of married, cohabiting parents feel judged by their spouse or partner at least sometimes

% of parents saying they feel judged by each of the following for how they parent their children ...



## Most parents say parenting is rewarding and enjoyable, but some also find it tiring and stressful

% of parents saying they find being a parent to be rewarding/enjoyable/tiring/stressful ...



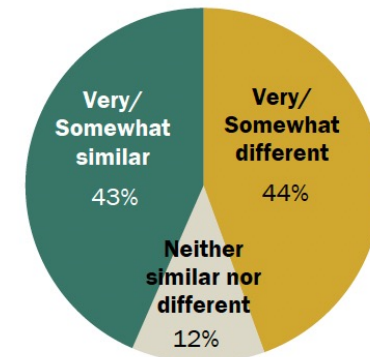
Note: Figures may not add to subtotals due to rounding.  
Source: Survey of U.S. parents conducted Sept. 20-Oct. 2, 2022. "Parenting in America Today"

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## Comparable shares are raising their kids similarly to vs. differently from their own upbringing

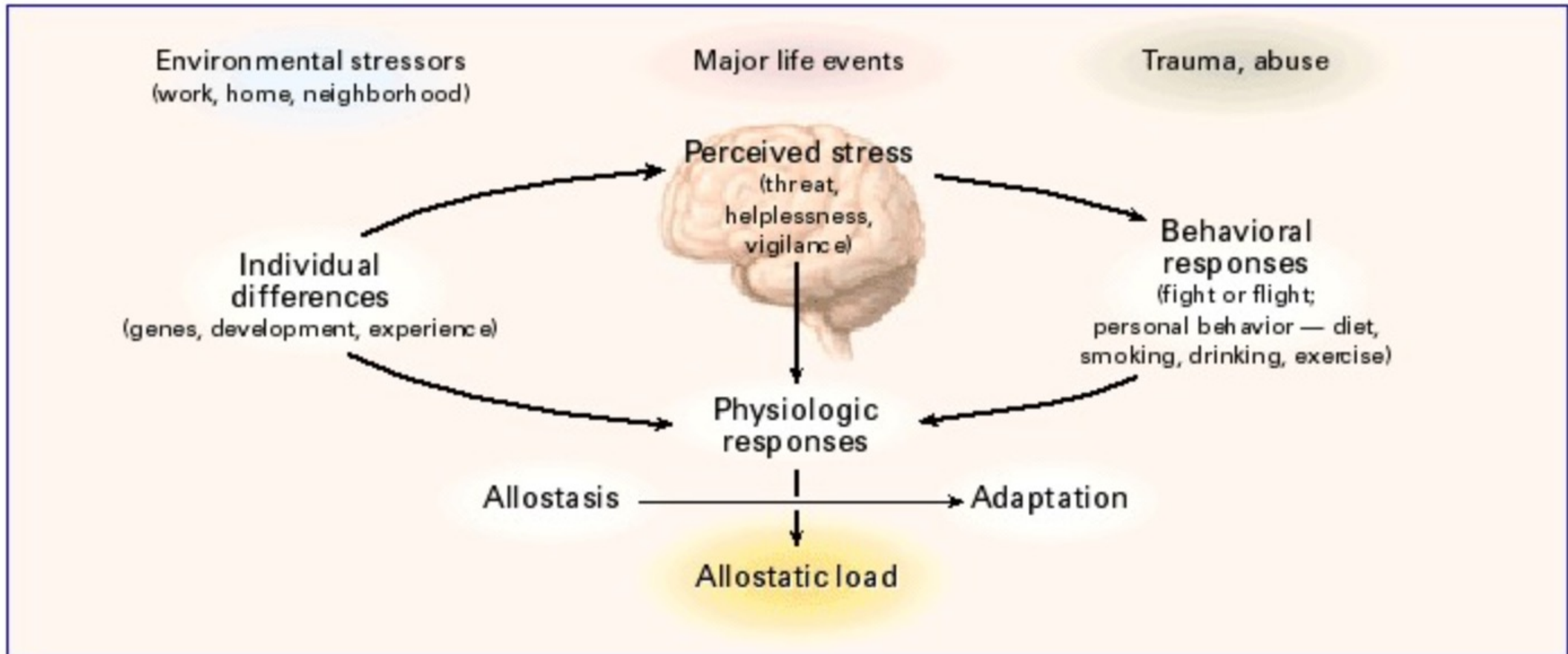
% of parents saying they are trying to raise their children in a \_\_\_ way compared with how they were raised



Note: Share of respondents who didn't offer an answer (<0.5%) not shown.  
Source: Survey of U.S. parents conducted Sept 20-Oct. 2, 2022. "Parenting in America Today"

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# Parenting Stress





# Stress in Families Impacted by OCD

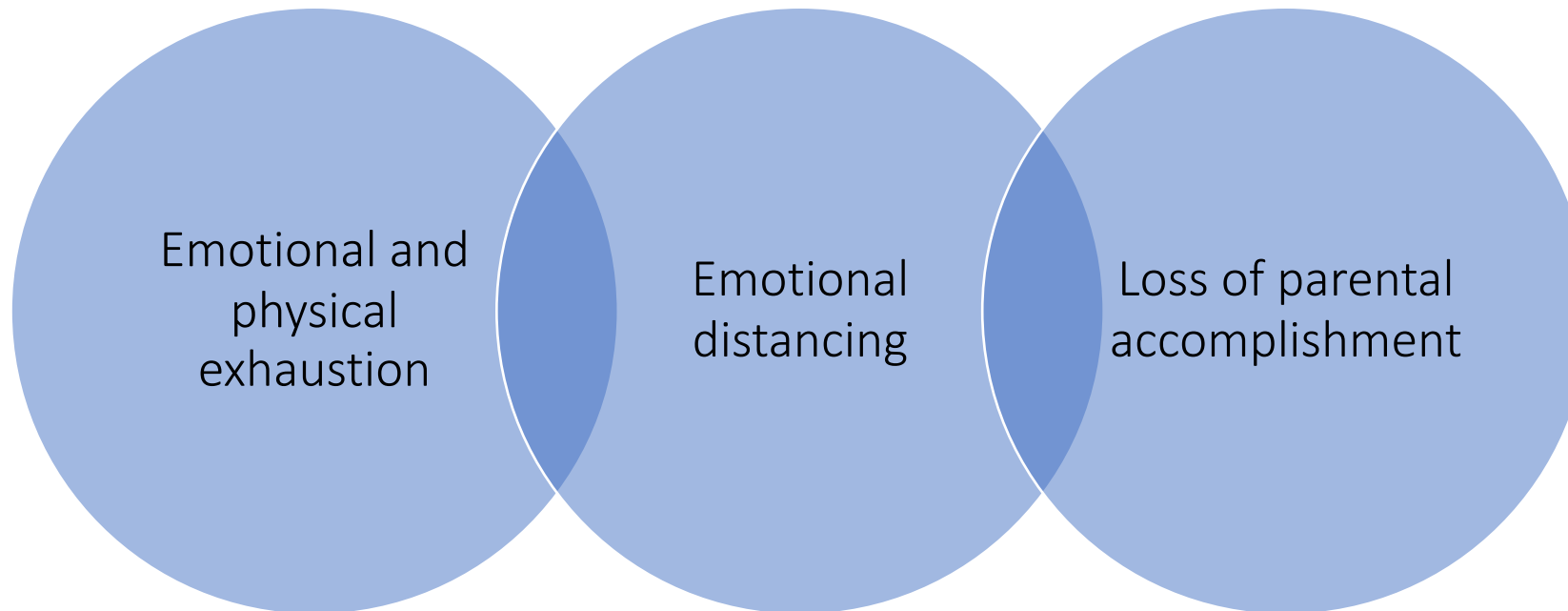
- Family disruption
- Worry about diagnosis
- School issues
- Parent/caregiver engagement in treatment
- Reducing family accommodation of OCD symptoms
- Parental OCD and related disorders



Excerpt from: *Everything is An Emergency: An OCD Story in Words and Pictures* (2020) by Jason Katzenstein

# Parental Burnout

"A prolonged response to chronic and overwhelming stress"



# Risk and Protective Factors for Parental Burnout

## Risk Factors for Parenting Stress and Caregiver Burnout

- Financial strain
- Intensity of child's symptoms
- Behavioral issues
- Gender (mothers at higher risk)
- Trying to be a perfect parent
- Adverse childhood experiences
- Systemic oppression

## Protective Factors for Caregiver Stress and Burnout

- Social support
- Self-efficacy
- Constructive co-parenting relationship
- Problem-based coping strategies
- Access to mental and physical health care
- Positive childhood experiences (safe, stable, nurturing)



Eleni Kalorkoti

<https://www.nytimes.com/2017/01/07/opinion/sunday/yes-its-your-parents-fault.html>

# Crying in Your Car Counts as Self-Care

Ways to find headroom and even joy right now.

[Give this article](#) [Share](#) [Bookmark](#)



By **Jessica Grose**

April 8, 2020

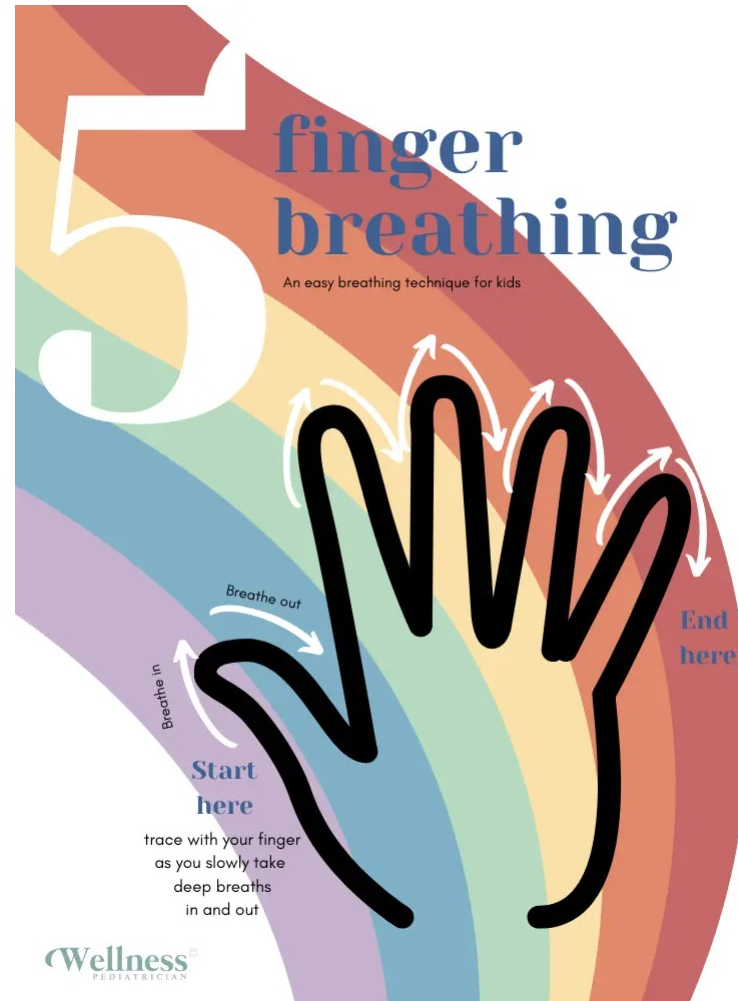


Tatjana Prenzel

# Beyond Stress and Burnout: Relational Health, Finding Meaning, Problem-Solving



# Quick Break – 5 Finger Breathing



# What Comes to Mind – Caring for Myself and Reducing Stress

What ideas do you have for **caring for yourself and/or reducing stress and preventing burnout?**

Scan the QR code or go to the link

*Link/QR Code Placeholder*

# TEDx Talk Clip: Todd Kashdan







# ACT-based exercises for parenting stress

Adapted from *ACT for Parents of Anxious Children* by Dr. Lisa Coyne and Dr. Phoebe Moore

# DEFUSION COUNTRY

**Fighting** what goes on in your head is like wrangling every cow to the pond to make sure they get a drink.

**Defusing** is letting the cows come and go, knowing they'll drink when they need to and come and go.



☎ (508) 963-5290





## The Monk's Heavy Load

# BE KIND to YOURSELF

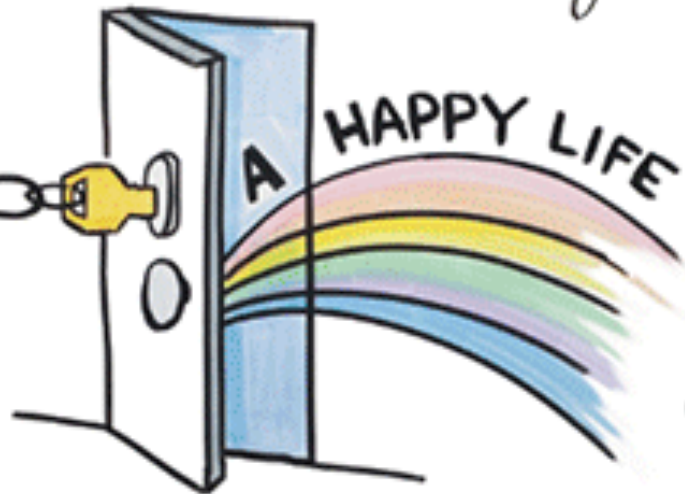
by KRISTIN NEFF



RESEARCH AND MORE RESEARCH



self-compassion



SELF-COMPASSION  
A SOURCE OF STRENGTH  
and RESILIENCE

## 1 SELF KINDNESS



WE ARE AS CARING  
TOWARD OURSELVES  
AS WE ARE TOWARD  
OTHERS

## 2 RECOGNIZING OUR COMMON HUMANITY



## 3 MINDFULNESS

BEING OPEN TO THE  
REALITY OF THE  
PRESENT MOMENT



ACKNOWLEDGE  
OUR SUFFERING  
WITHOUT  
EXAGGERATING  
IT



MOMENT  
of CONNECTION

# Self- Compassion





# Parent/Caregiver Resources and Discussion

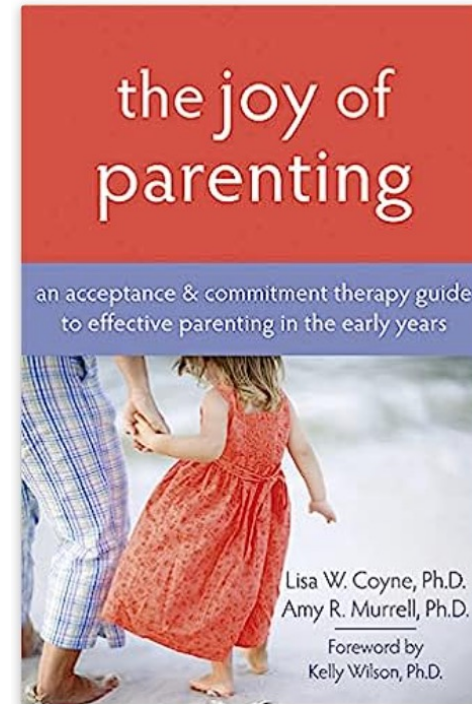
# Further Reading



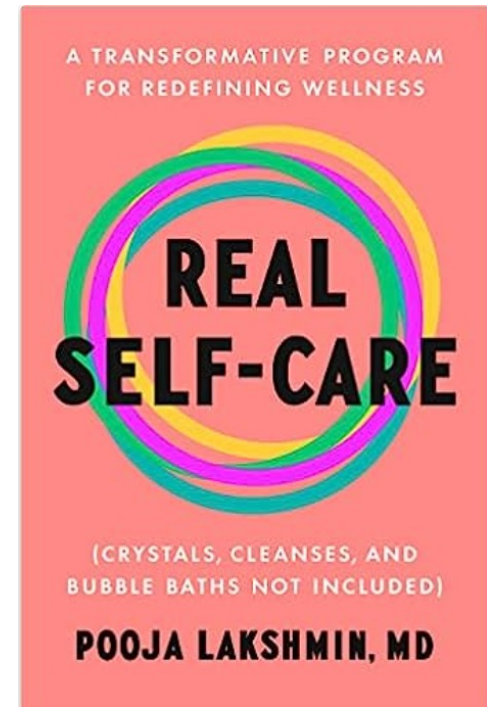
[Burnout Report Link](#)



[Website link](#)



[Book link](#)



[Book link](#)

# Other Resources



## [IOCDF Website](#)

- Support groups
- Information for parents



## [National Respite Network](#)

- Connecting to respite services
- Resources for caregivers



## [Child Mind Institute](#)

- Resources for Parents



# Parent to Parent Sharing

What has been helpful for you to cope with stress and prevent burnout?

What resources would you like to see available to you?

# Q&A

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