

Supplemental Materials

Interview Guides

First Interview

Can you tell me a little bit about your family context? (e.g., about your children, your partner, your working situation, your community, etc.)

Can you share about how life was different for you prior to COVID-19 and how it has changed since COVID-19? (e.g., Perhaps you can start with your daily routine and how that has changed, interactions with your extended family, your friends, and your community, etc.)

How have these changes impacted your family? (For yourself, your partner (if applicable), your children, etc.)

What is causing the most significant struggle for you in this situation? How is this impacting you? (e.g., Physically, mentally, emotionally, spiritually, relationally)

In what areas do you feel you are managing well (or relatively well)? What do you think accounts for this strength in this area?

In terms of adaptation and resilience, what kind of coping skills or tools have you found helpful during this time? Has there been any specific supports you have received that you have found to be helpful?

If you could make changes in any domain of your life (work, relationships, children's school, children's child care, etc.), what would you wish for? (Don't worry if the wish seems "unrealistic"; just let us know what you feel you need)

As a final question, I'm curious to know how the COVID-19 crisis has impacted your larger belief system. What are your considerations about the future for yourself and your family? How do you foresee the future to be different than what you believed prior to COVID?

Second interview

I'd like to start by reminding us of some of the themes you shared in your first interview_____.

Can you share about how life is for you now, since we last spoke? (Family context changes/ changes with child care/work/health, etc.)

How have you been impacted by the continuation of COVID? (Closures, different restrictions, vaccinations, school/child care experiences)

Have you experienced any new struggles (mental/emotional/relational/physical) or new helpful coping strategies?

Now that we have been living through COVID longer, do you have any new experiences or insights around adaptations or supports?

I asked in our last interview how COVID might have impacted your larger belief system about health, the planet, family, and the future. I'm wondering if you have any other insights to add to this now?