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# How I managed my work and personal life as a sole parent during the pandemic

Staying connected with other single-parent academics through a Facebook group was one of four steps taken by Antica Culina to survive the lockdown.

[Antica Culina](#) 



Antica Culina's two-year-old daughter sometimes needs extra supervision during the working day. Credit: Antica Culina

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I am the sole carer for my two-year-old daughter. I live far away from my family, and so I depend on a nursery for childcare to get my scientific work done. If I need any extra help – to go to a conference or during an emergency – my parents visit from Croatia.

But in March, two days before institutions, nurseries and borders closed because of COVID-19, we left the Netherlands, where I work as a research scientist at the Netherlands Institute of Ecology in Wageningen, and flew to Croatia to stay with my parents until the lockdown eased.