

Parent Support

Week of May 11th 2020

JUGGLING WORK AND PARENTING

Finding the balance between all you have to do.

You have a lot on your plate right now. You might be working from home, or still going in to work, or struggling with a recent furlough. You're also still tackling all the joys of parenthood, loss of childcare and your new role as a homeschool teacher. It's not easy to adjust to all these changes.

Here are some tips for trying to create balance.

1. Have realistic expectations.

Many colleagues are struggling with the same issues you have. They're likely to understand if you tell them that you'll be available for fewer meetings or that your response time on e-mails might take longer than usual. Be transparent about your conflicting priorities and make sure everyone knows what they can expect from you. Similarly, be upfront with your kids. They may be used to having 100% of your attention when they're at home. Use age-appropriate language to tell your kids what to expect from you right now. Set clear boundaries.

2. Set "you" time.

It's important to still have time to yourself – to take a breather, enjoy a snack, or engage in a hobby. Try alternating "you" time with your partner. Pick a day and time each week where one of you has personal time while the other takes care of the children and the home. Then pick another day where you swap. If you're parenting solo at this time, try to carve out "you" time once the kids are in bed.

3. Put family time on the calendar.

When creating a schedule, don't forget to build in some dedicated family time. Commit to being fully present during this time so you can truly connect and focus on your family. Put this time on a calendar or on a fridge as a reminder to the whole family.

Self-Care Tip

Indulge in some dark chocolate. Boost your brainpower by treating yourself to a few pieces of dark chocolate a few times a week. The flavanoids, caffeine, and theobromine in chocolate are thought to improve alertness and mental skills. Plus, the bitter taste means your kids aren't likely to ask for any!



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