

## Parenting in a Pandemic: Where's the Guidebook?

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This webinar will focus on the difficulties and strategies real families and caregivers are having during this time of social distancing. You will learn the toll that isolation, comparison, fear, routine and missed milestones have on families as well as some helpful tips to get through this difficult time from two parents faced with very different circumstances.

- Tips of the Week Sheet

### KEY TAKEAWAYS

- Social distancing doesn't have to be isolating
- Activities that work for your family help avoid comparison
- Age appropriate facts help reduce fear
- Routines and schedules look different for everyone
- Having a Plan B can help with unexpected changes
- Kids are grieving losses and we need to support them

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