

Parenting in the Context of COVID-19

The current context of COVID-19 is requiring parents to manage a wide variety of roles; for many the home has become a workplace and a school. At the same time there are severe restrictions on the social lives of both adults and children and outdoor and sporting activities are limited.

Added to this is the understandable anxiety that adults and children are experiencing, and the wide variety of other difficult feelings. It is inevitable that this context is having an impact on relationships in families.

Family Links – the Centre for Emotional Health is offering the following webinar to support parents at this time. Each webinar lasts for approximately 50 minutes with 10 minutes available for questions.

Learning Together - finding a rhythm to your new 'day to day' as a family

In our family relationships we find ourselves, unexpectedly, in new territory. Partners, children and siblings are sharing space and time 24 hours a day: living, eating, thinking and learning together. Some parents may be continuing to work from home at the same time as wanting to be active in 'home schooling' their children. This is likely to bring up a whole range of feelings, challenges and opportunities. We will think about ways in which you all, as a family, can adapt to and thrive in this new context: finding a balance between routine and flexibility and ensuring that different needs and feelings are acknowledged whilst setting kind, clear boundaries. This webinar is most appropriate for parents of pre-school and primary children.

Delegates will:

- Consider their own response to their current setup and the challenges and opportunities it presents
- Reflect on the balance of their own work with that of supporting the children's learning
- Consider how to manage relationships with their child's teachers and school
- Develop a framework for their children's day with built in flex for the whole family
- Consider the balance between screen time and other activities
- Be supported with tools to manage when things feel difficult

Book a Webinar

Cost: £500 for a group of up to 98 people.

In addition to the webinar above we are happy to develop bespoke webinars for parents in the workplace. For more information or to book a webinar please contact us by phone: **01865 401800** or email: work@familylinks.org.uk

Family Links is a national charity dedicated to empowering parents, children, families, schools and workplaces to be emotionally healthy. For over 20 years, we have delivered, developed and evaluated our innovative, high quality training through the Nurturing Programme. Our aim is to reach parents and their families whether they are at home, at school or at work.

