

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.

Supporting Ourselves and Our Children to Manage Difficult Feelings

In these new and challenging times, our role as an adult in our household may at times result in us feeling under-confident, overwhelmed, under-prepared, worried, anxious, disempowered..

We will consider together how we might support ourselves with managing these uncomfortable feelings, and how to best support these feelings in our children. Clear communication becomes even more important when our relationships are put under strain and we will look at strategies to support families with expressing and managing their feelings in healthy ways.

Delegates will:

- Consider their own feelings and awareness of habits in managing these
- Recognise the importance of making time and finding ways to self-regulate
- Consider behaviour as a means of communication and how to acknowledge and understand difficult feelings in children
- Explore strategies for supporting children with difficult feelings
- Consider ways to maintain boundaries kindly, clearly and with empathy

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.

