Welcome! Thanks for joining us today.

The EAP **Parenting and Family Challenges** session will begin soon.

While you are waiting, please type any questions you would like us to answer today in the Chat Box for the presenters.
PARENTING & FAMILY CHALLENGES: HELPING YOURSELF & YOUR FAMILY THROUGH COVID-19

Presented by: Matt Gilbert, LMFT
Kari Uhlman, LMHC
Working from Home

- Plan in 24-hour chunks
- Establish zones
- Work in shifts
- Find the positives
- Make “friends” with your anxiety
Supporting Kids

- Keep routines
- Activities & exercise
- Manage your worries
- Limit news consumption
- Stay connected virtually
- Make plans
Supporting Kids

- Keep it positive
- Talk about what’s happening – but keep it simple
- Check in with young children
- Path of least resistance
- Accept & ask for help
Supporting Teens & Young Adults

• Emphasize physical distancing
• Acknowledge frustrations
• Support remote schooling
Supporting Teens & Young Adults

- Encourage healthy habits
- Validate disappointments
- Help them practice mindfulness
Couples

• Acknowledge the shift
• Check in daily
• Don’t treat your partner like a co-worker
• “Self-differentiation”
Couples

• Have a signal
• I feel..., I need...
• Continue to learn and grow in your ability to communicate
• Managing conflict
When do I need help?

Trauma (or Secondary Traumatic Stress)
- Re-experiencing (flashbacks, nightmares)
- Avoidance (thoughts, people, situations)
- Negative cognitions and mood (blame, fear)
- Arousal & reactivity (irritable, reckless, concentration, sleep issues)

• Anxiety
  - Is your worry excessive in intensity, frequency, or amount of distress it causes?
  - Do you find it difficult to control the worry (or stop worrying) once it starts?

• Depression
  - Little interest or pleasure in doing things
  - Feeling down, depressed, or hopeless
EAP is here to support you

- Free for you and your family
- Confidential
- Easy to access
- Expert professionals
- Practical help
- From everyday concerns to serious issues
- Caring and respectful
- Culturally relevant
- Supporting the WHOLE person

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Resources

- Businesswire – Sesame Street and Headspace Team up to Encourage Kids to Practice Meditation and Mindfulness
- Child Mind Institute – Supporting Families During COVID-19
- CNN – 7 Tips to Survive Working from Home with your Spouse
- Gottman Institute – A Research-Based Approach to Relationships
- MSN – How to Work From Home Without Losing It With Your Partner or Kids
- NAMI – COVID-19 Resource and Information Guide
- Newsweek – How to Ensure a Coronavirus Lockdown with Your Partner Doesn't End in Divorce
- Parade – Love in the Time of Coronavirus-6 Tips to Protect Your Marriage While Quarantined
- Psychology Today – Can Your Relationship Survive Too Much Togetherness?
- SAMHSA – Talking with Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks
- UC Berkley – Greater Good’s Guide to Well-Being During Coronavirus
- WHO – COVID-19 Parenting: Bad Behavior
- WHO – COVID-19 Parenting: Keep Calm and Manage Stress