

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



WASHINGTON STATE

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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



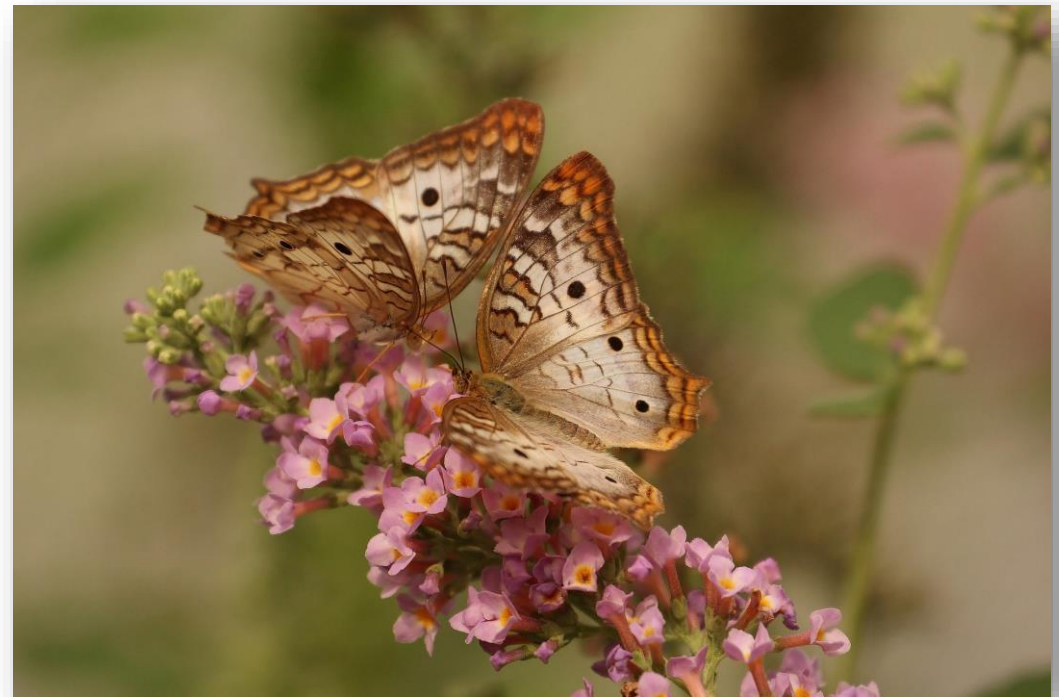
Supporting Teens & Young Adults

- 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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877-313-4455

Resources

- APA – [Tips for Quarantined Parents in the Times of COVID-19](#)
- 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](#)
- WHO – [COVID-19 Parenting: Talking about COVID-19](#)