

Supporting Caregivers During COVID-19

In this guide, we have provided links to webinars, resources and articles to help support you.

Taking Care of Yourself

Webinars

September: Raising Resilient Kids Right Now
Thursday, September 24, 2020, 12-12:30pm ET

As parents, our number one priority is our kids. In these uncertain times, it's hard to manage our own stress — and it's even harder to help our children because we don't have all the answers. What we can do is strengthen our resilience — and help our kids do the same. Join Alanna Fincke, meQuilibrium Director of Content, Integrative Health Coach, and resilient mom, for key strategies to give your kids the support they need right now.

How to Get Through Just About Anything: Our mental health affects everything from how we feel physically to how we show up as a partner, parent, friend, or coworker — especially when life throws the tough stuff at us. (Log into meQ)

Eat Well, Sleep More, Get Moving (Log into meQ)

Resources

The Whole You Incentive Program: For support and inspiration as you take care of your physical, emotional and financial wellbeing as well as support your professional development and engagement goals.

AllOne Health (EAP) Employee Assistance Program: mylifeexpert.com (use code **wcollege**)

- [Mindfulness Meditation](#)
- [Additional Mindfulness Resources](#)

meQuilibrium - Support for Families:
(Please log into the website to access [this](#) information.)

Articles

- [meQuilibrium Cup of Calm: How Fitness Can Make you Feel Human Again](#)
- [4 Secrets to Better Time Management](#)

Working From Home

Resources

Wellesley College Resources for Working Remotely From Home

The COVID-19 KnovaSolutions: KnovaSolutions is a no-cost, confidential clinical decision support service that helps those with concerns regarding OVID-19.

meQuilibrium: Digital Minimalism: Declutter Your Digital Life
(Log into meQ)

Articles

A Guide for Working From Home Parents – Includes a Sample Schedule
Harvard Business Review

3 Tips to Avoid Burnout

Parenting Resources

Webinars

Caregiving and parenting in Turbulent times Webinar
Managing Relationship Togetherness Webinar

Articles

Resources for Helping Kids and Parents Cope Amidst COVID-19 – American Academy of Child and Adolescent Psychiatry
10 Tips For Parenting During Turbulent Times

Care.com - COVID resource guide for parents and caregivers

The Next Normal - What Parents Need to Know

The coronavirus (COVID-19) pandemic continues to create challenges for families around the world.

Resources

Wellesley College Resources for Employees Caring for Children

AllOne Health (EAP) Employee Assistance Program
Blog – Webinars and Articles



Child Care / Remote Learning Support

Resources

AllOne EAP

Child Care and COVID-19 Tips

Wellesley College COVID-19 Pandemic Major Disaster Leave Sharing Plan

This program is designed to support the administrative staff and union employees of the College. A leave bank has been created (from donations of unused vacation time) for employees who have exhausted their vacation time and for COVID-19 Pandemic related reasons require them to be absent from work.

Parent Resource Guide

Marsh & McLennan - This is a listing of resources and links aimed to support in-home learning and to provide practical resources to help with mental health well-being.

Care.com

Webinar: Care.com Seminar: Making Distance Learning Work

Care.com – Your Family Care Benefits

[Wellesleycollege.care.com](https://wellesleycollege.care.com) Distance Learning Hub - Find distance learning facilitators and tutors

Care.com - Personal Network

If you wish to use an existing, out-of-network child caregiver, Personal Network Backup Care allows for more flexibility and choice.

Articles

Tips for Surviving Remote School, Devorah Heitner, PhD

Tips for Talking to Your Child About Re-opening in the Pandemic

Help your child get the reliable information s/he needs about “the next normal” without causing undue stress.

Back to School Planning: Guiding Parents, Guardians and Caregivers

Physical and Mental Health Resources

Resources

AllOne Health (EAP)

Employee Assistance Program

Harvard Pilgrim members have access to the **HPHC Parent Portal**. The Parent Portal offers a Symptom Checker, powered by Boston Children’s Hospital, to guide parents to the right care for their child based on symptoms experienced

Harvard Pilgrim members have access to **Dr. On Demand** to connect with a doctor, psychiatrist, or psychologist through video on your smartphone, tablet, or computer.

meQuilibrium - Support for Families

Please log into the [website](#) to access this information

Newton-Wellesley Hospital has provided COVID-19 resources on coping and building resilience, parent resources and self care, supporting children through COVID-19, and more. [View the Newton-Wellesley Hospital Resources.](#)

10 Tips to Help Your Child Manage Anxiety During the Next Normal

-Help your children cultivate their own set of go-to, anxiety-reducing strategies.

The COVID-19 KnovaSolutions

KnovaSolutions is a no-cost, confidential clinical decision support service that helps those with concerns regarding COVID-19.

Health Advocate

website: healthadvocate.com/members

phone: 1-866-695-8622

With this program, you have your own personal health advocate to help you find the right doctors, get cost estimates, help resolve insurance claims and assist with elder care.

Managing the Emotional Impact of COVID-19

Listen to Health Advocates webinar [Coronavirus: The Psychological Effects](#), presented by licensed psychologist Bert Alicea. This discussion shares insight on managing the emotional impact of the current outbreak.

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