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 COVID-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.
**Child Care / Remote Learning Support**

**Care.com**
- **Webinar:** Care.com Seminar: Making Distance Learning Work
- **Care.com – Your Family Care Benefits**
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.

**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.

**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.