

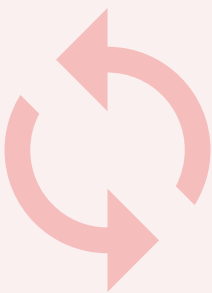
STRATEGIES TO NEGOTIATE

# THE CHALLENGES OF WORKING & PARENTING DURING A GLOBAL PANDEMIC

Are you finding it challenging to work from home *and* parent during a global pandemic? Do you feel so overwhelmed that it is impacting your well-being? You are not alone. Here are some strategies to consider.



**Communicate your experiences with your supervisor**



**Redefine productivity, expectations, and priorities**



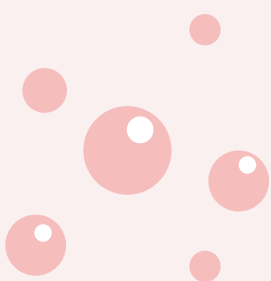
**If necessary, consider advocating for a flexible work schedule**



**Build a support group of other working parents**



**Make intentional time for yourself-- even if it's for 10 minutes-- without any technology**



**Form a social bubble for children to safely socialize outdoors**



**Seek resources for support: [tinyurl.com/aceparents](https://tinyurl.com/aceparents)**

