

Strategies to Negotiate: The Challenges of Working and 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

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