Parenting & the Pandemic Age

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Friday, August 20, 12:00-1:00pm

Zoom 408.638.0968
Meeting ID: 510.987.9837
Passcode: 70011294
https://UCOP.zoom.us/j/5109879837?pwd=NStta2R3ZFl6NnJBeIdrejFjU1pMdz09

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Parenting is...Rewarding? Exhausting? An art? A science? There are so many ways to go here. A lot of us may be feeling more ill-equipped as parents than usual these days, as we try to manage our own stress and overwhelm while juggling personal and professional responsibilities, during a completely disorienting time. So, how do we bring our “A game” to parenting during this pandemic age? Do we even need to have an “A game,” or is a “B game” okay? This webinar will cover topics such as back to school anxiety, the parenting goal of social-emotional skill development, a discussion about the “good enough” parenting paradigm, and ways to help our kids accept change and tolerate uncertainty, all of which will help prepare them for whatever lies ahead.