

The President's Advisory Committee on the Status of Women *presents:*

# Parenting & the Pandemic Age



## Alison King, LCSW

Health Net/MHN

**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=NStta2R3ZF16NnJBeldrejFjU1pMdz09>

Questions? Gale Sheean-Remotto,  
[Gale.Sheean-Remotto@ucop.edu](mailto:Gale.Sheean-Remotto@ucop.edu)



PRESIDENT'S ADVISORY COMMITTEE  
ON THE STATUS OF WOMEN

UNIVERSITY OF CALIFORNIA  
OFFICE OF THE PRESIDENT

*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.

*The President's Advisory Committee on the Status of Women (PACSW) advances an agenda to improve the climate and opportunities for women at UCOP. Learn more at <http://ucop.edu/pacsw/>.*