



PARENTING THROUGH THE PANDEMIC

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City of Rahway

OPENING WITH BREATHWORK

"Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure." -
Oprah Winfrey



Is Self Care Selfish?

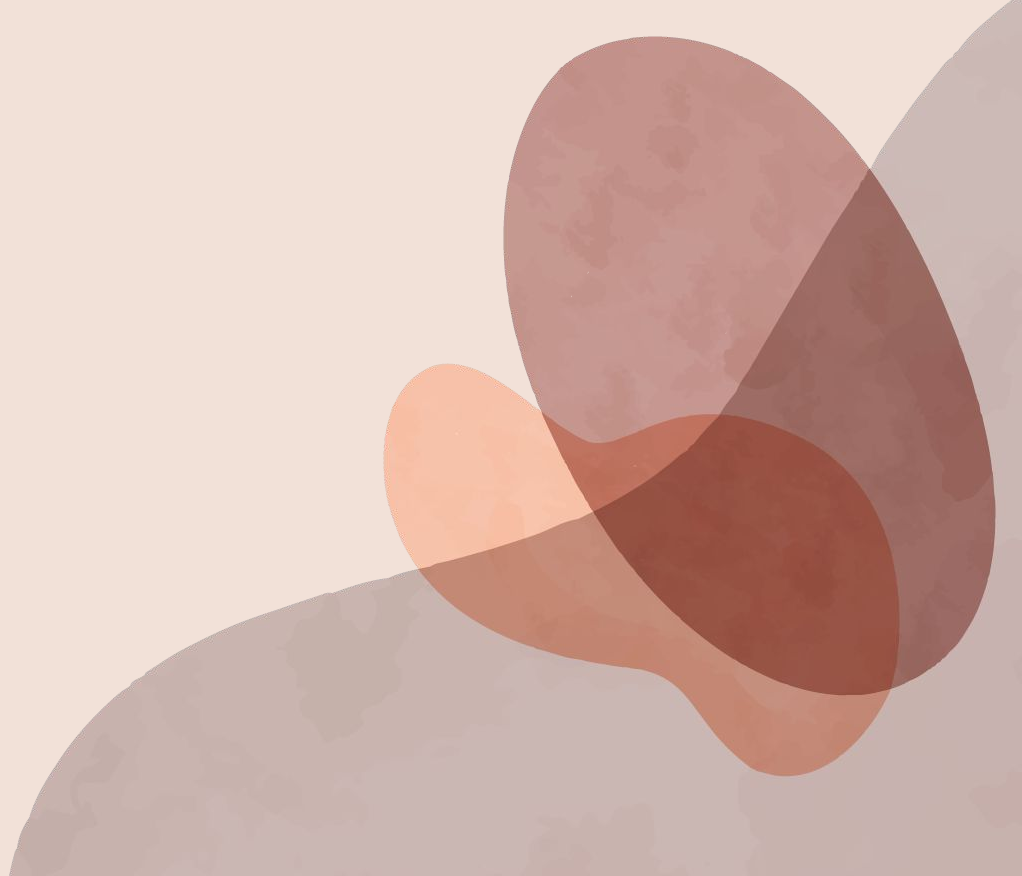
Redefining self care to make room
for family care.

THE BENEFITS OF SELF CARE FOR PARENTS

- *Allows for a more compassionate approach when dealing with parental challenges
 - *Lowers stress levels
 - *Increased energy
- *Allows you to be, and feel, more in control
- *Allows you to be a role model for taking care of yourself

EASY STEPS TOWARD PRACTICING SELF CARE AS A PARENT

- Schedule your alone time
- Inform the family
- Maximize your day
- Set aside funds
- Join a parent group
- Bed Time = Me Time





SELF CARE RESOURCES

Better Help
Insight Timer
PEPS (Program for
Early Parent Support)
Parent Self Care

FOOD AS FUEL



Nourishment vs.
Convenience

Mindful Food Swaps

Convenient

Fruit Roll Up

Applesauce

Lunchable

Cereal

Chips

Nourishing

Dried Fruit

Sliced Apples

DIY Bento Box

Granola with Fruit

Nuts or Seaweed

RESOURCES FOR EMPOWERED FOOD CHOICES

Supplemental Nutrition
Assistance Program

Union County Food Distribution

Kids Health Website

Help Guide Website



THE RETURN

Navigating the limbo of in- person and virtual instruction
Tips for conversations w/children about uncertainty

Be transparent!

Keep it age appropriate.

Speak to the child you have.

Allow them to feel and express.

Be open to answering some questions.

Familiarizing Children with Covid-19

Protocols, Procedures, and Mandates

Practice mask wearing at home

Make a game of washing your hands

Work it in to story time

Online Resources for Discussing Covid-19 w/ young children

ucnj.org/covid19

ucnj.org/rental-assistance

kidsguidenj.com

childcare.nj.gov

sesamestreetincommunities.org

Local COVID-19 Resources

City of Rahway

Department of Health

732.827.2085

**Union County Covid Support
Coordinator**

Christelle Faustin

908.518.5620

THE BOTTOMLINE

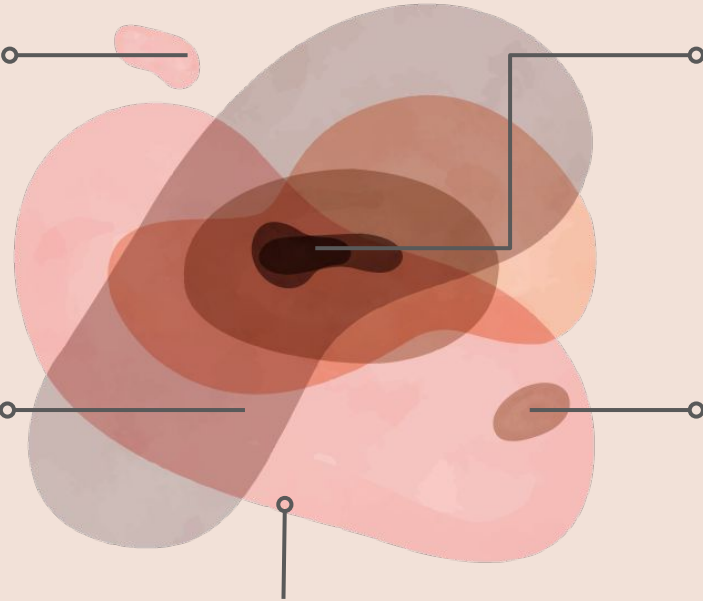
Take care of yourself first

Get creative about healthier food choices

Be open to having conversations with your children

Tap into your available resources

Don't be afraid to ask for help!



THANK YOU FOR LISTENING!

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