WINSTON & STRAWN LLP

WEBINAR

Helpful Tools for Parents & Caregivers During High Stress Times

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With the return of the school year and in many cases the continuation of remote learning for most young learners, stress levels of both parents and caregivers and children remain high. Parents and caregivers have the unenviable, dual responsibility of trying to meet work demands while simultaneously playing the role of educator and making sure the academic needs of their children are met. And this is in addition to a myriad of other responsibilities. Parents are tired, overwhelmed and frustrated which contributes to the overall anxiety of the family that only perpetuates the stress. But what if there was a better way? What if you could reduce or reframe some of the behaviors that trigger you and become a more intentional, calm and resourceful parent?

Diane Costigan, Winston & Strawn's Director of Coaching and Well Being and Lorena Seidel, Social Emotional Learning Consultant and Parenting Coach, discuss how to create a more positive parent-child connection, more harmony at home and a more emotionally intelligent family.

Watch the presentation.

1 Min Read

Related Professionals

Diane Costigan

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