

# Workplace Employee

August 2020

## Testimonials

Here are some quotes from employees who recently called on Concern for a Counseling Consultation:

*“These are trying times. Everyone is impacted to varying degrees. I’m glad that the services are available.”*

*“I was very apprehensive about contacting Concern because I was uncomfortable about coming forward for help with my life. However, the experience has been so positive and helpful that I have recommended it to others and encouraged them to seek it out.”*

*“Everything is handled very quickly and efficiently—with great sensitivity.”*



## Tips for Success

### Child Care Challenges for Working Parents During the Covid-19 Pandemic

Child care shortages are complicating return to work for parents as the coronavirus continues to spread. This fall, schools must decide whether they can reopen at all, with limited hours or fewer on-campus learning days. If K-12 schools do not open physical classrooms later this year, the child care dilemma is expected to get worse. Looking ahead, it may be necessary to be creative and collaborate with neighbors, friends, and family members to explore options and get the support you need. Here are a few suggestions.

**Ask for help.** Being independent is fine, but getting help is just as important as giving it. Especially now when parents everywhere need to find safe, effective child care. By reaching out, you will be able to combine your ideas and abilities with others.

**Community services.** Some communities offer limited emergency child and youth care for healthcare workers and other first responders. Monitor your government websites for possible new and emerging options.



Coronavirus Resources

**Check Out Concern’s Coronavirus Resources**

Concern is closely monitoring the COVID-19 situation. The health of employees and their dependents is our top priority. As we continue to react to the outbreak, Concern will post new tips and resources for you, your workforce, and the people you care about. Go to [employees.concernhealth.com](https://employees.concernhealth.com) and login with your company code.

**Collaborate with your peers.** Create lists of high school-age children who can watch the younger ones while their parents work.

**Check with your employer.** Some organizations are working on child care options, including access to temporary in-center care, or subsidies for the cost of childcare through backup services such as [Care.com](https://www.care.com)

**Check spiritual communities.** They may have on-site programs or volunteers who might be able to help.

## Child care ideas, *continued...*

**Pool resources.** It may not be advisable for kids to be placed with grandparents who are among the highest risk groups. When families are unavailable to help, you might turn to friends and neighbors. Some neighborhoods have established ad hoc cooperatives to share child care responsibilities.

**Check your network.** Is a parent of one of your child's friends working from home? Maybe there's a stay-at-home mom or dad in your neighborhood who might be able to watch your kids. If you don't use a babysitter or nanny regularly, consider nanny-sharing, giving the sitter a higher salary while reducing costs for parents. Or perhaps you or another parent (or two) could hire a sitter together and share the cost.

## Other Resources

**Care.com** – Digital platform that provides comprehensive solutions to connect parents with caregivers. Care.com is increasing capacity to help families with school and work closures and plans to emphasize help for healthcare workers and first responders.

**Nextdoor** - Neighborhood hub for trusted connections and exchange of information, goods, and services. Posts made to the website are available only to other Nextdoor members living in the same neighborhood.

**Bambino** - Babysitting app that uses social media to find sitters recommended by your friends and neighbors.

**Sittercity** – Online service that helps parents find babysitters, nannies and childcare.

## Concern Resources

### Tip Sheets (click on title to open)

**CDC Covid-19 Childcare Resources** – Daycares, out-of-home providers, discounted services, nannies, creative childcare solutions

**Choosing Childcare** – Steps to choosing care, selecting a program, 15 must-haves

**Everyone's at Home. Now What?** –Strategies for successful telework while at home with your children

### Work/Life Resources

Childcare (and eldercare) referral services - Call 800-344-4222 or go to [employees.concernhealth.com](https://employees.concernhealth.com)

Check out Concern's **Coronavirus Site** for a wide variety of guidelines and strategies for success and staying safe during this unprecedented time. Topics include webinars, work related issues, family care, financial information, and emotional wellbeing.

## Contact Concern if you need help adjusting

This is a stressful time and transitioning back to the workplace, can add extra stress. Whether you'll be working from home or going back into the office, Concern can help you process your emotions and refocus.

Concern can also help locate various resources that may be useful during this time, including child care and mental health providers. Call 800-344-4222 or go to [employees.concernhealth.com](https://employees.concernhealth.com) for more information.

Employees and eligible dependents can request Concern counseling and work/life services 24/7 by calling or visiting our website.

**Call: 800.344.4222**  
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