



The Olentangy Parent Programs Team (PPT) Presents ...



WEDNESDAY, NOVEMBER 18, 2020 7 - 8:30 P.M.

View The Livestream at: <https://tinyurl.com/y3xdaeu2>

PARENTING DURING A PANDEMIC

This March, our world as we knew it was turned upside down. Parents became work-at-home parents AND teachers when schools were forced to close their doors. The support systems and “villages” we once relied on became disconnected, while the unknown future changed each day. There is not a Global Pandemic chapter of the parenting handbook.

Seven months into the pandemic, the COVID-19 “new normal” continues to challenge parents. Whether you are working from home or back in an office, overseeing virtual learning or navigating hybrid attendance, everyone reacts differently to stressful situations. However, coping with challenges in a healthy way will make you and your children stronger and more resilient.

ABOUT THE VIRTUAL PRESENTATION



The Parent Programs Team welcomes Dr. Allisha Berendts, Olentangy Schools' Assistant Director of Student Well-Being for a conversation about parenting through COVID-19. In addition to identifying some of the challenges, Dr. Berendts will offer strategies for improving and maintaining mental well-being. The presentation will aid parents in ensuring their child(ren) flourish during these uncertain times and bolster their ability to be resilient.

PPT's mission is to empower parents with information and skills critical to raising children in today's world. The committee provides information through evening parent forums featuring experts in areas relevant to raising children. PPT is a collaborative group of district staff, community members and parents like you! Sponsored by Olentangy's Parent Programs Team.