

# Dependent Care

Many parents are feeling a time crunch as they try to balance the demands of work, taking care of themselves, and caring for their children.

## Maintain a routine with some flexibility:

A routine can help give children a sense of control and calm. You may want to involve your kids in the process of creating their schedule for the day or week, as it may empower them and encourage them to follow it. Take time to identify some fun activities they can do throughout the day and have them choose which ones they want to do. It is more important than ever to maintain bedtime and other routines to create a sense of order and reassurance during uncertain times. Children, including teens, benefit from routines that are predictable, yet flexible enough to meet individual needs. [Click here](#) to see a sample schedule.

## Set screen time expectations:

All kids have been exposed to significantly more screen time since being in quarantine. Set time aside to discuss how the family will balance screen and non-screen time during the year.

## Stay connected:

Take the time to stay connected with others. Schedule virtual or socially distanced get-togethers for adults and children with friends and family. Some things you can do together include video calls, online games, exercising, and enjoying time outside. Please note that all in-person engagements should comply with current social distancing protocols, and it's always good to bring your own mask and sanitizer wherever you go.

For more tips, log onto the member website at [cascadecenters.com](https://cascadecenters.com)

For assistance  
Call: 800-433-2320

Text: 503-850-7721

Email: [info@cascadecenters.com](mailto:info@cascadecenters.com)

## Stay active:

Exercise has so many benefits for adults and children alike. It is a great way to stay healthy, gain strength, and reduce stress. Many parents are feeling a time crunch as they try to balance the demands of work, taking care of themselves, and caring for their children. Consider looking for ways to exercise with your kids, especially younger ones who are unable to do so without supervision. It is a fun and healthy way to spend time together, and there are so many ways to stay active together.

*Adapted from  
Birnbaum, M. (2020, June 15). Planning a socially safe summer—A child care resource guide for parents (Carol Nunez-Hoglen & Amanda Gaddis, Eds.). Raleigh, NC: Workplace Options*

