



Parenting through uncertainty - paid options

Parent Gym offering at a glance

There are four themes that each focus on a different aspect of parenting during lockdown.
Each theme consists of four eWorkouts, each with a Mission.

● Live now! - Free



Keep talking

- Stop and listen
- Talking styles
- Bounce back
- The power of praise

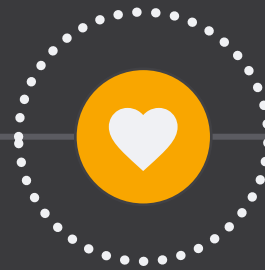
● Live now! - Paid



Working parent SOS

- Switch off occasionally
- Take the pressure off
- Say no
- Gain perspective

● Live now! - Free



Love and harmony

- Worry watch
- Ways to show love
- Taking care of number one
- Managing conflict

Coming soon



Shape the day

- Routines rock
- Schoolwork heaven and hell
- Ways to play
- Independence day



Working parents SOS

Practical ways to manage parenting, working and everything else during lockdown

The idea of full time parenting while full time working was previously seen as ludicrous, impossible. It's now the reality for many parents globally.

Parents are likely to endure more than what would be considered psychologically manageable during ordinary circumstances. While the reality is unlikely to get any easier for the next few months, there are things parents can do to help ease the pressure and regain some control.

Module	What's inside?
Help! I need to switch off (occasionally)	With the kids at home 24/7 the new normal is balancing Zoom calls and virtual coffees with schoolwork and bedtime. This session offers tips on how to snatch moments of 'me time'
Help! I need to take the pressure off	With expectations from work, our kids, and our families the last thing we need is to add to them unnecessarily. This session helps reframe your expectations so good enough is good enough
Help! I need to say no	There's never enough time in the day to do everything on your list. That wasn't true before COVID-19, and it isn't true now. It's time to stop that list from growing, and learn how to say no.
Help! I need some perspective	It's easy to lose perspective with all the change happening. This session helps us to find it again by replacing what we've lost, making good comparisons, and setting new and realistic goals.'