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Being a parent or guardian always comes with its challenges, but during quarantine, it has gotten much more complicated. You may still be in the midst of establishing a routine flow to your day, and summer is right around the corner. We have heard concerns from many working parents who are concerned about the summer months and what will happen if a return to the workplace happens while kids are still out of school and daycare.

This week we are sharing resources to support you as a working parent or caregiver during this time.

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## Caregiver Support Options

Federal and state relief programs have been issued to help those who are sick and/or whose childcare is unavailable due to Covid-

19.

Learn more about provisional leave through the [Families First Coronavirus Response Act](#).

Learn more about [Virginia Child Care Subsidy Program](#).



## Working Moms Support Listserv

An opportunity for working mothers to come together to connect, vent, network, share information and resources and support one another.

To sign up for the listserv or for more information, contact [Christine Smith](#).

## Little Hokie Hangout Opening for Summer II

The [Little Hokie Hangout](#) is a flexible, subsidized care program primarily for Graduate Student families. They are planning to open our doors July 8th to help families that need child care as they adjust to the constraints of working, studying and researching from home.

The staff will be trained in heightened sanitation procedures, and will be wearing PPE at all times, for everyone's protection. They will provide more details to enrolling families about measures that will be taken, and what you can and should do to contribute to a successful experience.

Summer II deadline is June 15th. Fall application will be made available very

soon.

[\*\*REGISTER HERE\*\*](#)



## Virtual Adventures

While our summer plans may look a little different this year, there are still plenty of options to virtually learn, explore, and have some fun while physical distancing guidelines are still in place. Whether you typically take a vacation or send the kids to camp, there are virtual offerings to keep



## Parent Support Luncheon

The Graduate School will be continuing its monthly "Parent Support Luncheon" events; some luncheons may be virtual. Each month there will be a special guest who will talk with families about a topic relevant to parenting while in school. Past topics have included getting your kids to try new foods, how to eat healthy on a budget, sleep tips and tricks for infants and toddlers, local (free!) resources available for children, and more. Email [childcare@vt.edu](mailto:childcare@vt.edu) with questions.

[\*\*LEARN MORE\*\*](#)



everyone engaged and entertained.

Check out over 75 options for you to explore the arts, outdoors, or even volunteer and give back.

### [READ MORE](#)



Bring your kids for an evening of fun and games!



## Kids Night Out

Kids' Night Out is a free childcare program for grad students with kids between the ages of 2 and 12 (as long as they are toilet trained). Childcare is provided by volunteers from the service sorority Chi Delta Alpha. The evening consists of games, toys to play with, a snack and an occasional movie.

Once social distancing mandates are lifted, we are looking forward to resuming our Thursday night offerings.

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## How can we help?

In order to provide you with the resources and programming that is relevant to what you need, please take a moment to share with us the current needs and challenges you are experiencing during this pandemic.

[Share with Us!](#)

## Upcoming Events

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Try to drink only water today	2 Organize a virtual game night
3 Write a thank you note to someone	4 Unfollow social media accounts that do not uplift you	5 Create a working budget that matches your income	6 Enroll in Kroger Community Rewards, or support a local organization	7 Take a walk	8 Surprise a loved one with a handmade card	9 Make a list of three things you are grateful for
10 Commit to a device-free evening	11 Set an annual reminder to check your credit report	12 Check on your neighbors; call or leave a kind note in their mailbox	13 Wake up 30 minutes early	14 Host a virtual book club	15 Create a personal mantra	16 Create a mood-boosting playlist
17 Set a financial goal and outline the steps to reach it	18 Support a local business	19 Drink less caffeine today	20 Create a virtual mixtape for a friend	21 Volunteer virtually! <a href="http://here.azc">here.azc</a> some ideas	22 Try a free meditation on the Headspace or Calm app	23 Review your bank statements and cancel unused subscriptions
24 Experiment with a new recipe	25 Watch a movie with a loved one on Netflix Party	26 Use items you have at home to create a vision board	27 Take a warm bath before bed	28 Review your mobile phone plan and shop around for cheaper options	29 Try an online workout, or create your own with items you have at home	30 Organize an essential need swap (using proper precautions)
31 Greet someone with a warm smile and wave	<p><b>Congrats! You made it through May.</b>            For more ways to stay well throughout the year, visit:  <a href="https://www.hokiewellness.vt.edu">https://www.hokiewellness.vt.edu</a></p>					

# MAY 2020

## DAILY WELLNESS CHALLENGE



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