Give Yourself a Break

Caring for Yourself and Everyone Else
When it Hits the Wall
Why is resilience critical to caregivers?
Take Care of Yourself
Dimensions of Self-Care

1. Physical: exercise, healthy food, sleep, etc.
2. Social: calling and texting with friends, etc.
3. Mental: reading a book, doing a puzzle, etc.
4. Emotional/Spiritual: journaling, meditation, praying, etc.
5. Practical: doing the dishes, paying bills, etc.
What can you control?
Give Yourself a Break

- Resilience is ordinary magic
- Take care of yourself
- Routines and rituals
- Change your perspective
- Finding joy
- Make connections & build relationships
Your Program Details

- **clients.brighthorizons.com/UCI**
  UN: UCI / PW: care4you

- Bright Horizons Back-Up Care (center, in-home): 10 days from 11/1/20-10/31/21

- Copay applies only when back-up care is used:
  - ✓ Centers: $15 per child per day or $25 per family per day
  - ✓ In-Home: $6 per hour (up to 3 care recipients, 4-hour minimum and 10-hour maximum)
  - ✓ Co-pays are waived for March and April 2021!

- Reserve back-up care up to 30 days in advance

- Cancellations must be received by 5:00 p.m. the day prior to a reservation to avoid paying a copay or using days

- Get extra help while working from home

- **Questions**: visit families.uci.edu or email dyhall@uci.edu
Back-Up Child Care Options

Center-Based Care

- Infants through school-age care
- Hours that fit parents’ workdays
- Warm, welcoming and engaging
- Licensed and accredited

- Background checks
- References verified
- CPR and First Aid
- COVID-19 Protocols

In-Home Care

- Infants – Adult (including self-care)
- Nationwide network
- Out of Network Care
- No independent contractors

- Comprehensive background checks and screening
- CPR and First Aid training
- Licensed and accredited
- CDC Health Protocols

Center-based Care – may be limited due to COVID-19

In-home Care – a strong network of caregivers
Sitters, Pet Caregivers, Housekeepers, Virtual Caregivers, and More

Quickly List a Care Need

- Nannies and ‘date night’ babysitters
- Caregivers experienced in assisting children with special needs
- Virtual Sitting, Pet Caregivers, Housekeepers

Browse Available Caregivers

- View experience and education
- Get background checks
- Check availability and rates

Look for: Search for Sitters, Nannies & Housekeepers and Get Quality Pet Care
World at Home

- Bright Horizons® World at Home is an on-line platform for parents to support children learning at home
- Designed by Bright Horizons education experts the World at Home features videos and activities for curriculum areas such as:
  - Yoga & mindfulness
  - STEM learning
  - Language, story time, cooking, and more

worldathome.brighthorizons.com
QUESTIONS?