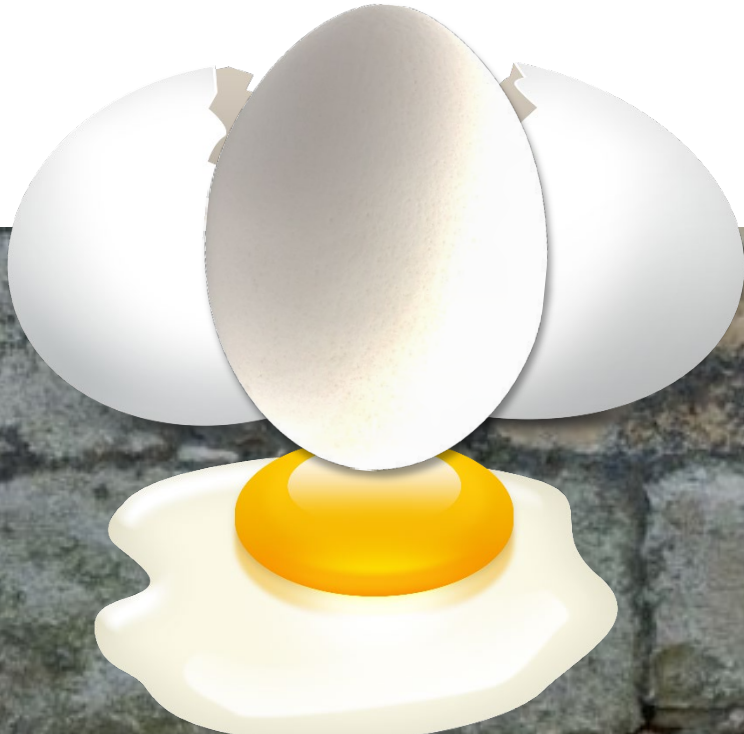


Give Yourself a Break

Caring for Yourself and Everyone Else





Ordinary Magic

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.



Build Routines and Rituals



Gaining Perspective

What can you control?



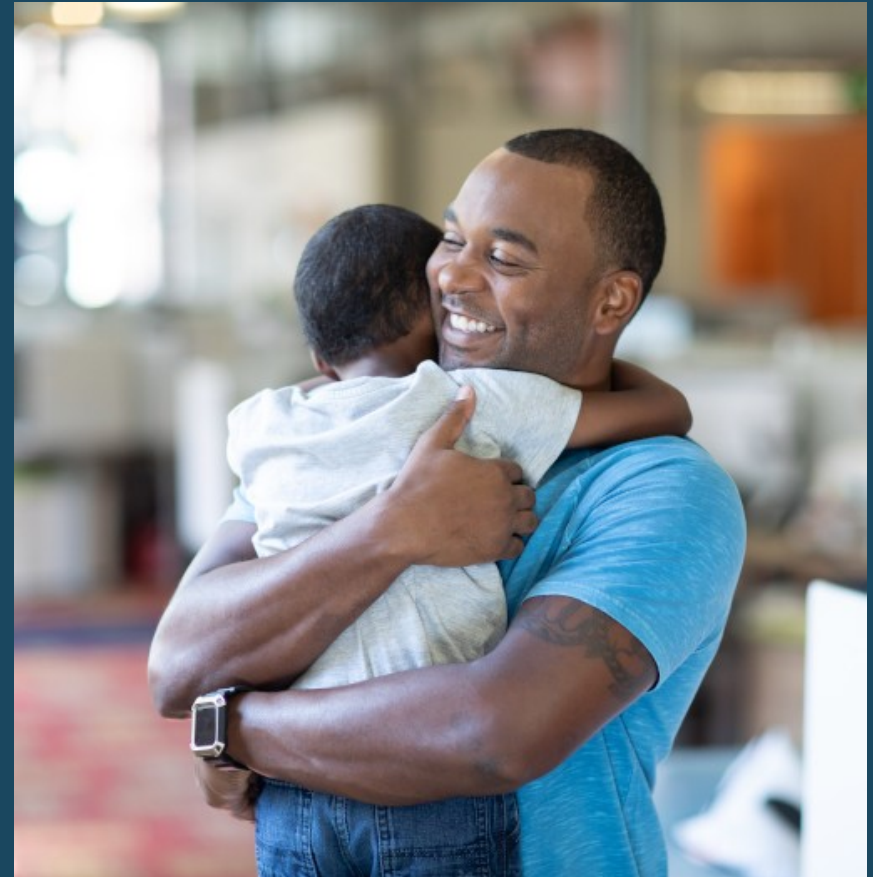
Finding Joy



Relationships & Connections

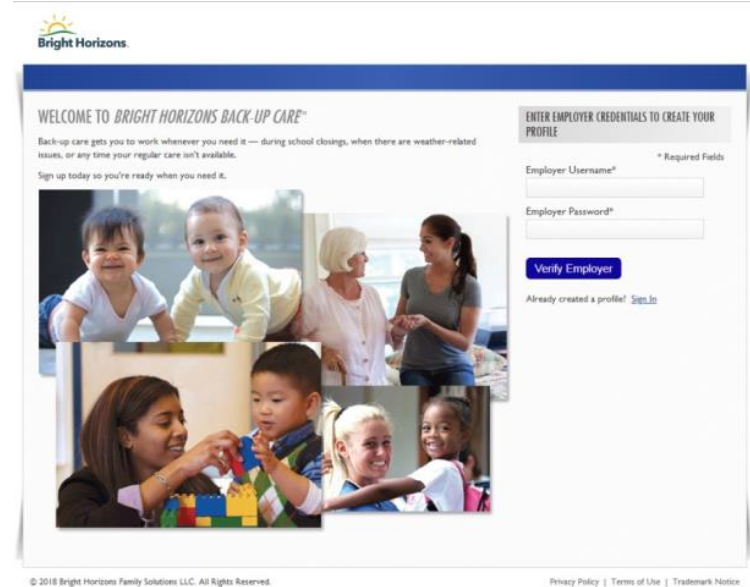
Give Yourself a Break

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



Your Program Details

- clients.brighthouse.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

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



- 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

In-home Care – a strong network of caregivers



- 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

Sitters, Pet Caregivers, Housekeepers, Virtual Caregivers, and More



Jobs [View all jobs](#)

Post a new job
What kind of care do you need?

<p>Babysitter</p> <p>Babysitters provide part-time care for your kids, are usually paid hourly and work for several families.</p>	<p>Nanny</p> <p>Nannies provide full or part-time ongoing weekday care, usually for at least 20 hours per week.</p>	<p>Special Needs</p> <p>These caregivers are experienced caring for those with specific disabilities or conditions.</p>
<p>Pet Sitter</p> <p>From dog walkers to pet sitters, our caregivers can meet the needs of your furry or feathered friends.</p>	<p>Care Companion</p> <p>Care companions assist seniors with everyday tasks and activities in their home.</p>	<p>Housekeeping</p> <p>Your home deserves good care, too. Housekeepers keep it looking neat and clean.</p>



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?

