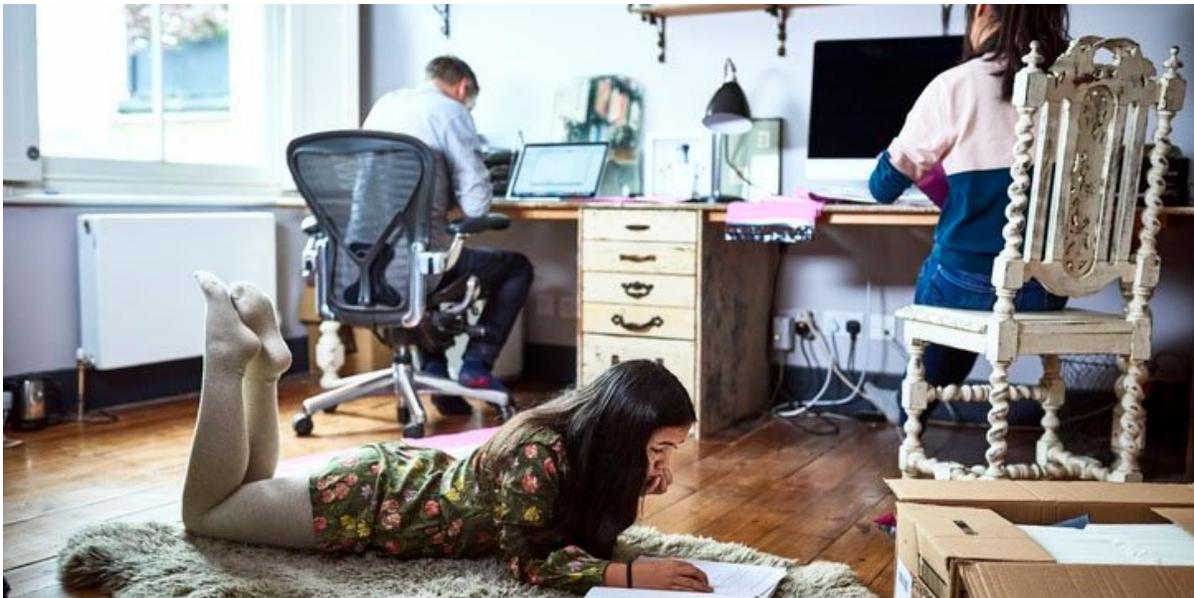


care@work
BY CARE.COM

W O R K + L I F E

At the intersection of work, life, and care.

How are you? Hanging in there? Us, too. This intense time isn't easy on anyone. But good information and advice can help. In this issue, we're bringing you stories, perspectives, and ideas on how to navigate work and life right now. We've also included a couple of articles that will hopefully make you smile...we could all use some happiness right now! Stay safe and take care.



[#BookmarkThis: Care.com](#)

**A coronavirus resource guide for
parents and caregivers**

The amount of articles to sort through about parenting and caregiving right now can feel overwhelming. It's hard to know what's important and what's worth your time. To keep you and your employees updated on the latest, we've created a one-stop resource page with the information and advice you need. Learn how to talk to kids about coronavirus, get expert homeschooling tips, understand guidelines for senior care, learn new ideas for self-care, and more. We'll be adding to this page as the weeks go on.

[Share with your employees ›](#)



[#TheFutureOfWork: Forbes](#)

Will our “new normal” change the future of HR and work?

The coronavirus is upending work as we know it. But, the question is, will these changes last once the virus is gone? A new survey of 350 HR leaders across the U.S. takes a look at how the coronavirus has impacted the workplace now, and

what aspects of our “new normal” we should anticipate in the years to come. The results and insights will surprise you.

[Step into the post-coronavirus workplace ›](#)



[#ChildCare: The Atlantic](#)

Health care workers are fighting two battles: COVID-19 and child care

Health care workers are on the front lines of the coronavirus crisis. Many are unable to return home, for fear of infecting their families with COVID-19. Which begs the question: who’s watching their kids? With schools and child care centers closed, doctors, nurses, and other health care professionals are turning to grassroots networks of childcare volunteers who have stepped in to help. (Note: [Care.com is providing free premium memberships](#) to frontline healthcare workers.)

[See who stepped in ›](#)



#ScreenTime: Quartz

Shows parents and kids can watch (and enjoy) together

As a general rule, it's a good idea to limit kids' screen time. But in the midst of a pandemic, when we're all quarantining as families, experts say it's okay to relax the rules. In fact, parents can join in on screen time, too! (And, no, that doesn't mean you're relegated to watching *Paw Patrol* on repeat.) Kid-friendly shows with an adult appeal really do exist. Watching them together is a fun way to bond as a family, and they can be springboards for interesting discussions, too.

[Grab the remote ›](#)



#Podcast: Equal Parts

How to work and parent from home

Working parents need help right now. During these crazy times, a range of experts have joined the Equal Parts podcast to share their advice (in 20 minutes or less) on homeschooling, parenting, relationships, and more. Guests include [Anya Kamenetz](#), author and NPR education correspondent; [Eve Rodsky](#), New York Times bestselling author of *Fair Play*; and [Ana Homayoun](#), educator, school consultant, and author. More informative episodes are on the way.

[Subscribe and stay tuned ›](#)



[#Caregiving: Care@Work blog](#)

Staying connected when we can't get close

Family caregiving has taken on a more challenging, sometimes heartbreaking dimension during these unprecedented times. While we're forced to stay physically apart from our senior-aged loved ones, there are ways we can keep them close, help them feel less isolated, and help us stay more connected.

[Embrace the power of connection ›](#)



[#FamilyCare: Harvard Business Review](#)

4 recommendations for caring for your parents

There's been a lot of attention paid lately to parents who are juggling working from home and caring for their kids. Less attention has been devoted to the sons and daughters who are working from home and caring for their parents. The stress that they are under right now is immense. While they face many of the same challenges as working parents, there are specific aspects of care that they and their employers need to consider.

[Find out more ›](#)



[#PositivelyHappy: YouTube](#)

Some good news

Jim Halpert would approve. Fed up with the negative 24/7 news cycle, “The Office” star Jim Krasinski launched “Some Good News,” a DIY YouTube show dedicated to -- you guessed it -- good news only. And there are some awesome guests, too. “The Office” co-star Steve Carell has stopped by. There was even a surprise Zoom performance from the original cast of “Hamilton.” Take a break, relax, and escape into some feel-good coverage.

[It's okay to smile a little ›](#)