

The University of Chicago  
School of Social Service Administration  
and Urban Education Institute

# Parent & Caregiver Series



## SUPPORTING PARENTS & CAREGIVERS IN MANAGING THE NEW NORMAL

During this uncertain time, parents are struggling to balance work, childcare and self-care while keeping worries — both your children’s and your own — under control. You are not alone. **The University of Chicago School of Social Service Administration (SSA) and Urban Education Institute (UEI) have partnered to organize and offer a virtual series that aims to help parents and caregivers manage the new normal.** The sessions below draw on the perspectives and experiences of social service practitioners, literacy experts, college admissions officers and counselors, and other parents to help you navigate challenging days.

### **Building A Community of Parents During a Pandemic | [RSVP](#)**

*Saturday, October 24, from 10:00 a.m. to 11:00 a.m.*

Join us for an interactive presentation highlighting how a team of 3<sup>rd</sup> grade parents from [UChicago Charter School](#)’s Donoghue Campus formed a special bond out of necessity and transformed it into a lifelong friendship. The session will cover tips for building and maintaining your village and how to have tough conversations with those close to you. Session leaders will also explore how to seek help from your village when you get overwhelmed as well as how to become a “demanding parent” with your village and your school.

## **Navigating the College Application Process from Home | [RSVP](#)**

*Tuesday, October 27, from 5:00 p.m. to 6:00 p.m.*

Join us for this workshop with representatives from [UChicago Admissions](#) and the [UChicago Charter School College Graduation Office](#), who will provide guidance, recommendations, and resources to support you and your child through the college application journey. The session will also focus on how to seek support from and build partnership with your child's high school in the college application process.

## **Reading Aloud with Your Child: Enjoying Each Other and Literacy during the Pandemic | [RSVP](#)**

*Tuesday, November 10, from 5:00 p.m. to 6:00 p.m.*

Reading aloud with your child is beneficial long after the time they can read independently. It helps nurture the parental bond and build language skills, conceptual knowledge, and more. Join us in this session led by members of [UChicago Impact's](#) STEP literacy team who are also parents — first and always — to explore various ways to make pausing screen-time and reading aloud fun, enjoyable, and relaxing.

## **Balancing Screen-Time with Staying Active and Getting Rest | [RSVP](#)**

*Tuesday, November 17, from 5:00 p.m. to 6:00 p.m.*

With social distancing and remote learning limiting our ability to connect and be active, daily screen time has increased exponentially. Join us for this interactive presentation led by the Together for Students Chicago Initiative, including our partners at Thrive Chicago with [CPS Competency Based Education](#) and [Communities in Schools Chicago](#), to learn how to effectively manage this new normal while making time for our health and physical activity.

## **How Parents Support Social and Emotional Learning at Home | [RSVP](#)**

*Tuesday, November 24, from 5:00 p.m. to 6:00 p.m.*

Social and emotional learning in the home means that you can use moments that happen organically to grow your child's SEL skills while managing your own. Join us for this interactive presentation led by the Together for Students Chicago Initiative, including our partners at Thrive Chicago with [CPS Competency Based Education](#), and [Communities in Schools Chicago](#), to learn about strategies for intentional SEL application at home. The session will also cover what advocating for SEL at your child's school looks like, and how modeling best practices can lead to an improved quality of life for your children and family.