

Child Care Emergencies During COVID-19

The COVID-19 pandemic has created extra complications for parents who may have limited options for emergency child care. This may be especially difficult for parents who can no longer rely on older family members who must self-quarantine due to health risks. Some questions to consider include:

- ▶ What options do I have for emergency backup care if I become ill?
- ▶ How will I manage my work responsibilities if my child gets ill?
- ▶ What are my options if child care is not available?

When considering these questions, information is key. These resources may be helpful:

- ▶ **Company resources.** Talk to Human Resources and your manager regarding options for handling a child care emergency. In addition, you may want to review your company's FMLA policies so you know what is available to you if your child has an extended illness.
- ▶ **Family members, friends, and neighbors.** Many families have created "bubbles" with friends or family members. A bubble allows them to interact normally with others because everyone in the group is isolated from outside contact. Creating a bubble is a good way to ensure that you have access to safe emergency child care.



- ▶ **LifeMatters.** LifeMatters can help you locate available resources in your area. Please keep in mind that, due to closures, child care resources may be limited at this time.

If you are raising a child with a partner or co-parenting with another adult, you may also want to consider contingency plans if emergency child care is not available. Things to consider include:

- ▶ Whose job is more flexible?
- ▶ Which of you can more easily work from home?
- ▶ Whose employer is better able to accommodate child care emergencies?
- ▶ Whose job is more necessary to the financial well-being of the child (including health insurance)?

LifeMatters is available 24/7/365 to provide assistance with both the emotional and the practical details of managing child care during a pandemic. Call anytime.


Call **LifeMatters®** toll-free anytime. **1-800-634-6433**

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