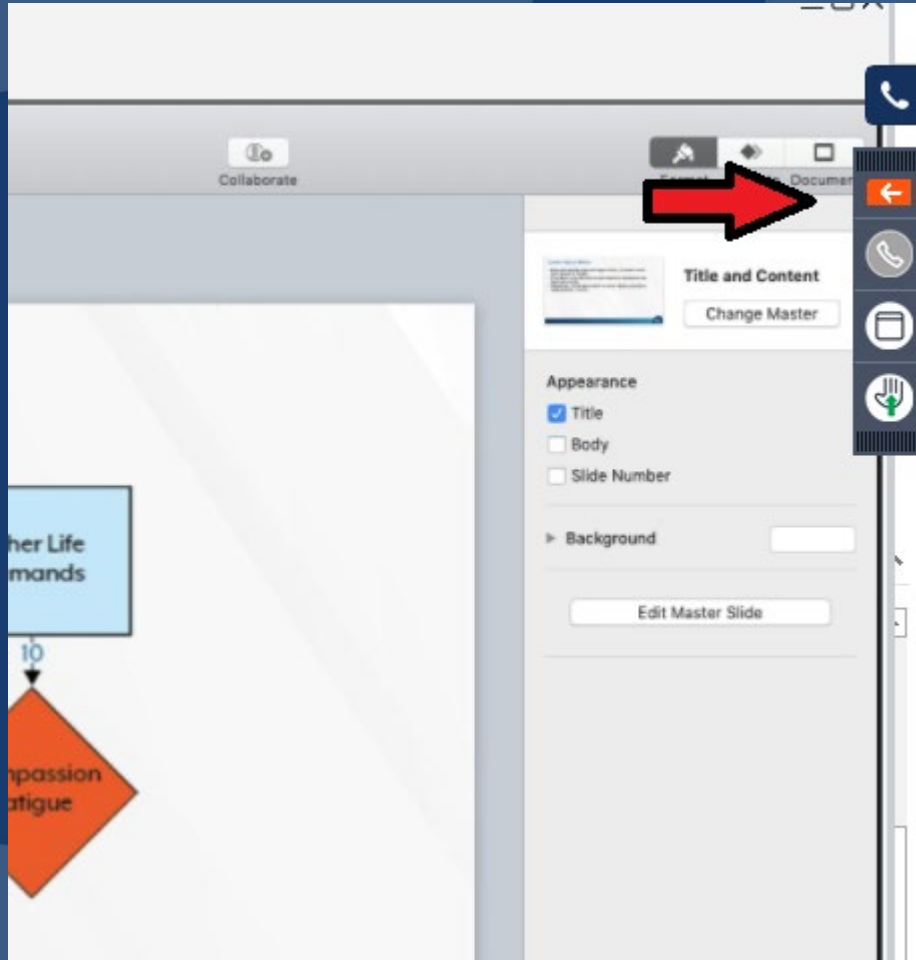


Managing Your Roles: Work Stress and Educating Your Child at Home

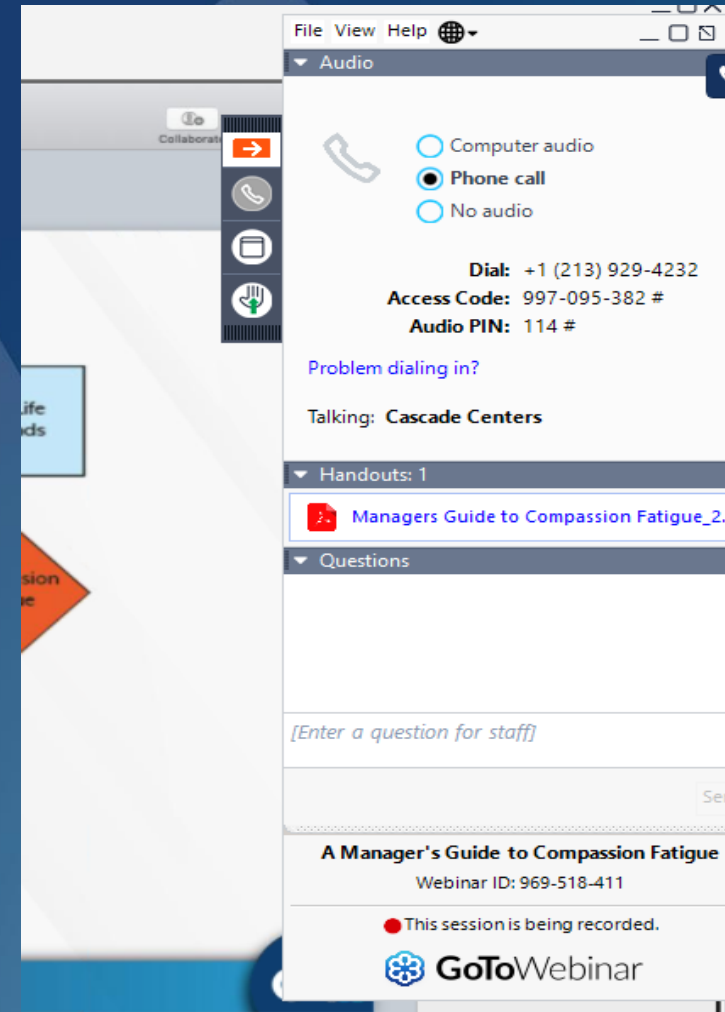
Presented by:
Lindsay Pietsch, MA



Use the small white arrow inside of the red box to maximize the control panel



Use the “Questions” tab to submit a question. Questions are anonymous.



Overview

- Life stages, communicating needs
- Schedule with flexibility
- Parenting as a team sport
- Compassion fatigue and empathy



Life Stages



- What are the shared goals
- What are the individual goals
- What are our needs

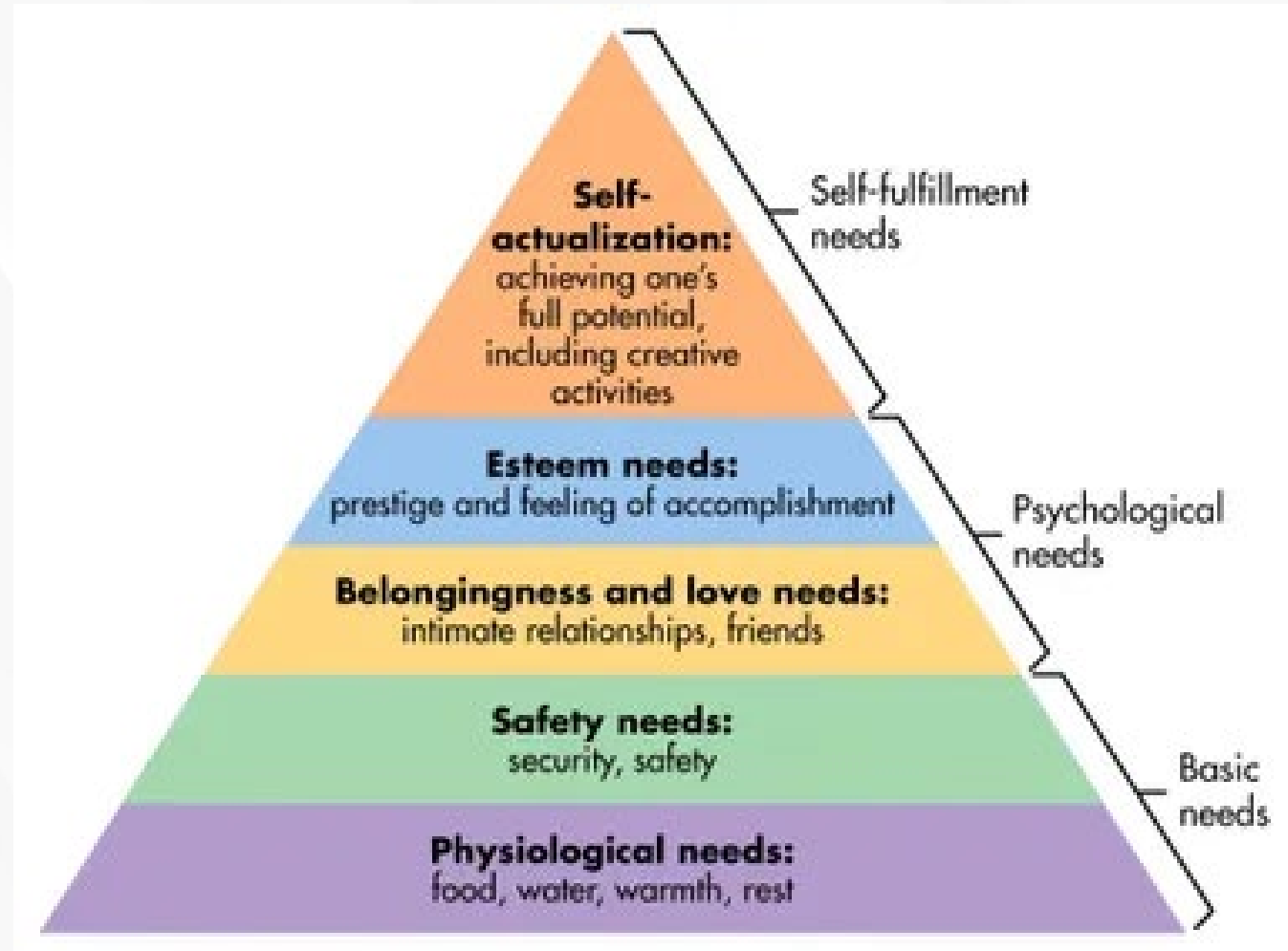
Life Stages

- Erikson's Life stages
- How many stages are in your house?
- Why is this important?

Stage	Basic Conflict	Important Events	Outcome
Infancy (birth to 18 months)	Trust vs. Mistrust	Feeding	Children develop a sense of trust when caregivers provide reliability, care, and affection. A lack of this will lead to mistrust.
Early Childhood (2 to 3 years)	Autonomy vs. Shame and Doubt	Toilet Training	Children need to develop a sense of personal control over physical skills and a sense of independence. Success leads to feelings of autonomy, failure results in feelings of shame and doubt.
Preschool (3 to 5 years)	Initiative vs. Guilt	Exploration	Children need to begin asserting control and power over the environment. Success in this stage leads to a sense of purpose. Children who try to exert too much power experience disapproval, resulting in a sense of guilt.
School Age (6 to 11 years)	Industry vs. Inferiority	School	Children need to cope with new social and academic demands. Success leads to a sense of competence, while failure results in feelings of inferiority.
Adolescence (12 to 18 years)	Identity vs. Role Confusion	Social Relationships	Teens need to develop a sense of self and personal identity. Success leads to an ability to stay true to yourself, while failure leads to role confusion and a weak sense of self.
Young Adulthood (19 to 40 years)	Intimacy vs. Isolation	Relationships	Young adults need to form intimate, loving relationships with other people. Success leads to strong relationships, while failure results in loneliness and isolation.
Middle Adulthood (40 to 65 years)	Generativity vs. Stagnation	Work and Parenthood	Adults need to create or nurture things that will outlast them, often by having children or creating a positive change that benefits other people. Success leads to feelings of usefulness and accomplishment, while failure results in shallow involvement in the world.
Maturity (65 to death)	Ego Integrity vs. Despair	Reflection on Life	Older adults need to look back on life and feel a sense of fulfillment. Success at this stage leads to feelings of wisdom, while failure results in regret, bitterness, and despair.

Making Sense

- Where do you see yourself here?
- Using reason
- Climbing back up



The Stress is Real

- Where to cut
- Taking turns
- Letting go of guilt



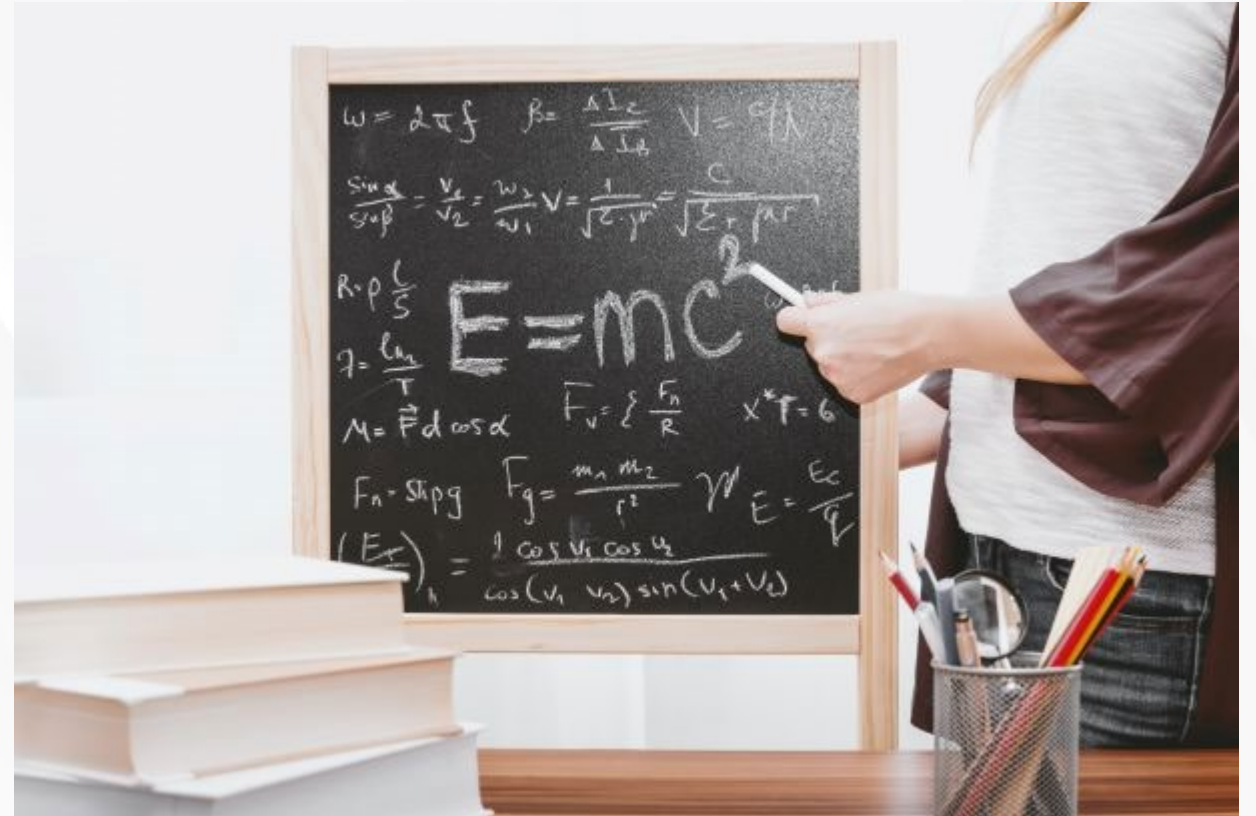
Identifying Stress



- **Where does my stress sit**
- **Main causes of my stress**
- **Boundaries**
- **Mindfulness**

Parenting Challenges

- Role shift
- Accepting 'good enough'
- Learning from one another



Child Centered Co-parenting

- **Choosing perspective**
- **Purpose behind your role**
- **Patience is your friend**



3 Levels of Empathy



- **Cognitive empathy**
- **Emotional empathy:** (also known as affective empathy)
- **Compassionate empathy** (also known as empathic concern)

Compassion Fatigue

- Its fatigue NOT burn out
- How to identify
 - Physical warning signs
 - Emotional warning signs
- Prevention & Recovery



Resources



- <https://cascadecenters.com/37>
- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/parent-checklist.html>



Thank You For Attending!

**If you have any questions or would like additional
information regarding services through your
Employee Assistance Program please contact us at:**

Phone: 800-433-2320

Text: 503-850-7721

www.cascadecenters.com