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## Cooperative Extension COVID-19\_Maine Families\_ Virtual Coffee Break Handout

University of Maine Cooperative Extension

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**A 4- Week Series for Parents and Caregivers of Young Children  
October 28, November 5, 12 and 19, 2020  
9:00-10:00 AM**

Bring your coffee or tea and join us at 9:00 AM with host Alicia Greenlaw for a coffee break. Whether you stay for 20 minutes or 60, this time will be an opportunity to connect with other parents from across Maine to ask questions and focus on timely topics.

**October 29, 2020: Mindfulness for Parents**

How do you keep your cool when you feel like you're frustrated and overwhelmed? How do you stay focused when you're being pulled in 30 different directions, sometimes literally in one or two by your own children? What is mindfulness anyway? We all feel it, and it is possible to turn down the volume on the annoying, frustrating, overwhelming parts of our lives. We may even test out a couple of things. Leslie Forstadt, Human Development Extension Professor from UMaine Cooperative Extension will join the conversation.

**November 5, 2020: Diversifying Your Children's Library**

Are you interested in expanding the culturally diverse titles in your home library? A great way to expand your child's understanding of the world is to add more books that represent a diversity of cultures and stories. Join us for this timely conversation and as well as ideas for books for your children. Cindy Seger, a local library celebrity (aka Librarian) from the Old Town Public Library will be our guest for this session.

**November 12, 2020: Co-Parenting and COVID**

Parenting is challenging enough when both parents live in the same home. When you live in separate households, things can get even harder. In this café, we will explore these parenting relationships and how they may impact children. This will be a great change to connect with other families who are co-parenting to share what is working well and what is challenging in addition to tips for communication. University of Maine Professor and Director of Parenting Relationships Research Lab Daniel Pulhman will be our guest for this session.

**November 19, 2020: Preparing for the Holiday Season in 2020**

Holidays can be stressful for parents and families in the best of times. How are you rethinking your plans as a result of the pandemic? Join us to share new ideas for holiday traditions and reflect on what it all might look like this year. We'll talk about ways to adapt holiday meals, create gifts and special experiences for and with children, and ways to enjoy the season with your family.

**Registration is required.** Once you register, you will receive information on how to access the Zoom session. For more information or to request a reasonable accommodation, contact Alicia Greenlaw at 207.944.1843 or [alicia.greenlaw@maine.edu](mailto:alicia.greenlaw@maine.edu)



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