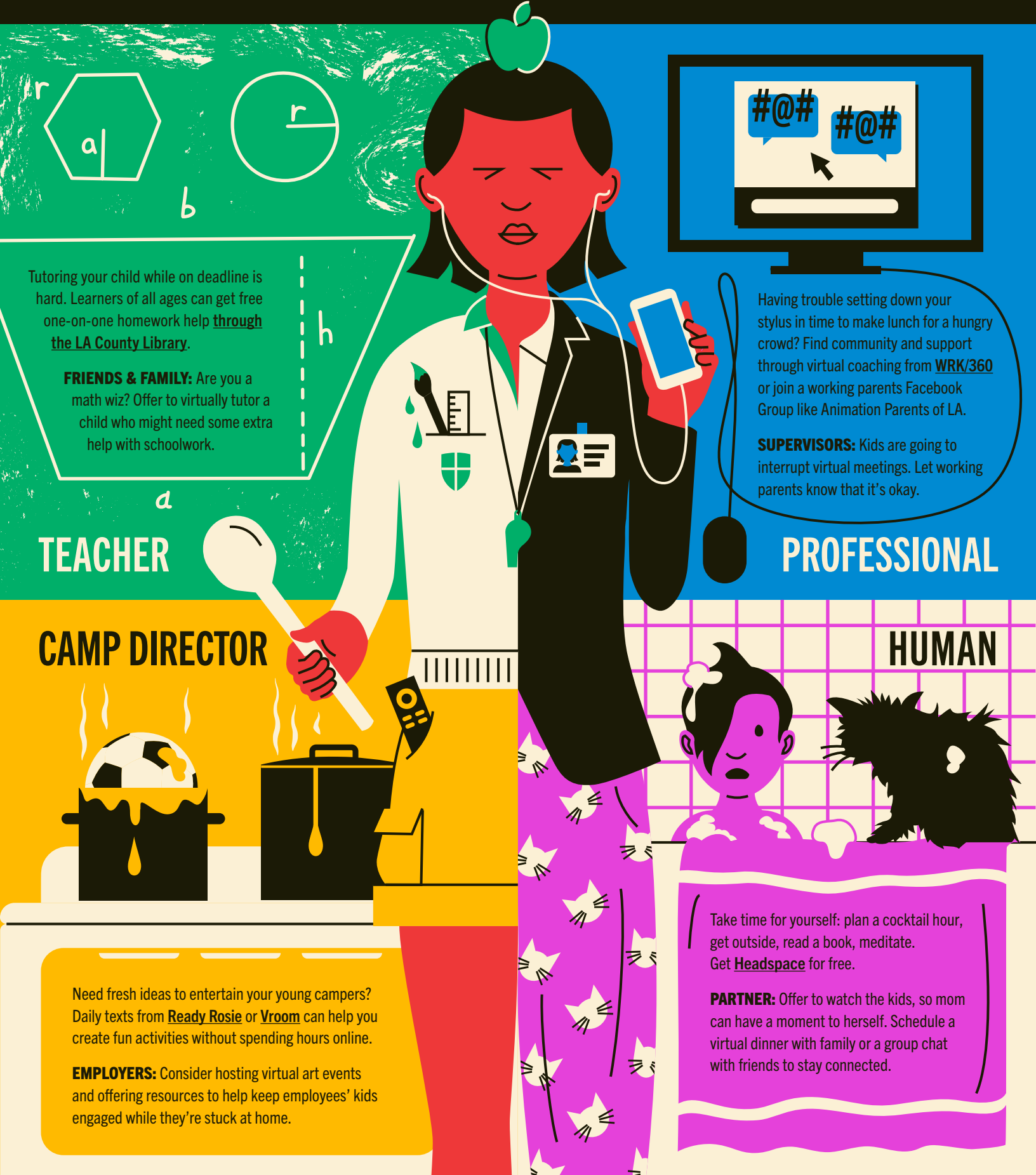


# HOW TO SUPPORT WORKING MOMS DURING COVID-19

WORKING MOMS TAKE ON MULTIPLE ROLES EVERY DAY. IT CAN FEEL OVERWHELMING. BUT A LITTLE HELP CAN GO A LONG WAY.



Tutoring your child while on deadline is hard. Learners of all ages can get free one-on-one homework help [through the LA County Library](#).

**FRIENDS & FAMILY:** Are you a math wiz? Offer to virtually tutor a child who might need some extra help with schoolwork.

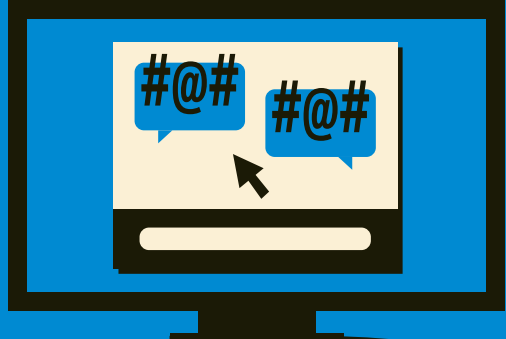
## TEACHER

## CAMP DIRECTOR



Need fresh ideas to entertain your young campers? Daily texts from [Ready Rosie](#) or [Vroom](#) can help you create fun activities without spending hours online.

**EMPLOYERS:** Consider hosting virtual art events and offering resources to help keep employees' kids engaged while they're stuck at home.

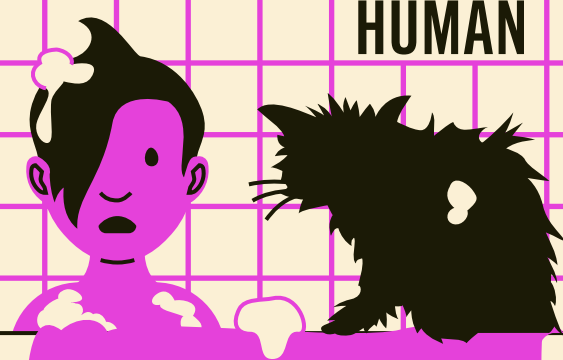


Having trouble setting down your stylus in time to make lunch for a hungry crowd? Find community and support through virtual coaching from [WRK/360](#) or join a working parents Facebook Group like Animation Parents of LA.

**SUPERVISORS:** Kids are going to interrupt virtual meetings. Let working parents know that it's okay.

## PROFESSIONAL

## HUMAN



Take time for yourself: plan a cocktail hour, get outside, read a book, meditate. Get [Headspace](#) for free.

**PARTNER:** Offer to watch the kids, so mom can have a moment to herself. Schedule a virtual dinner with family or a group chat with friends to stay connected.