



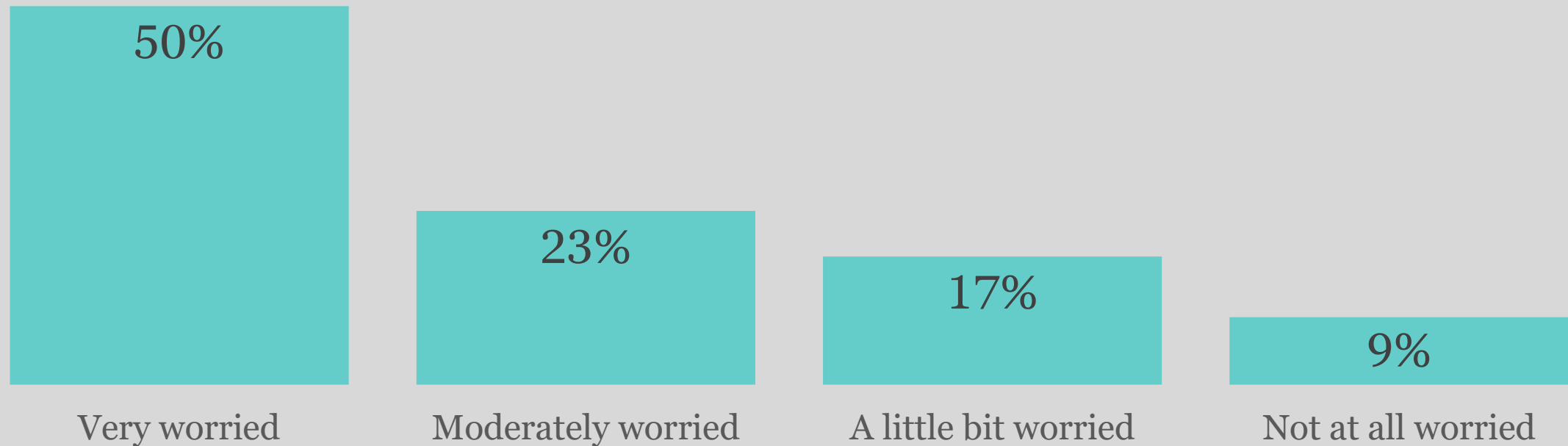
Back to School Wellness

Presented by
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WALSH

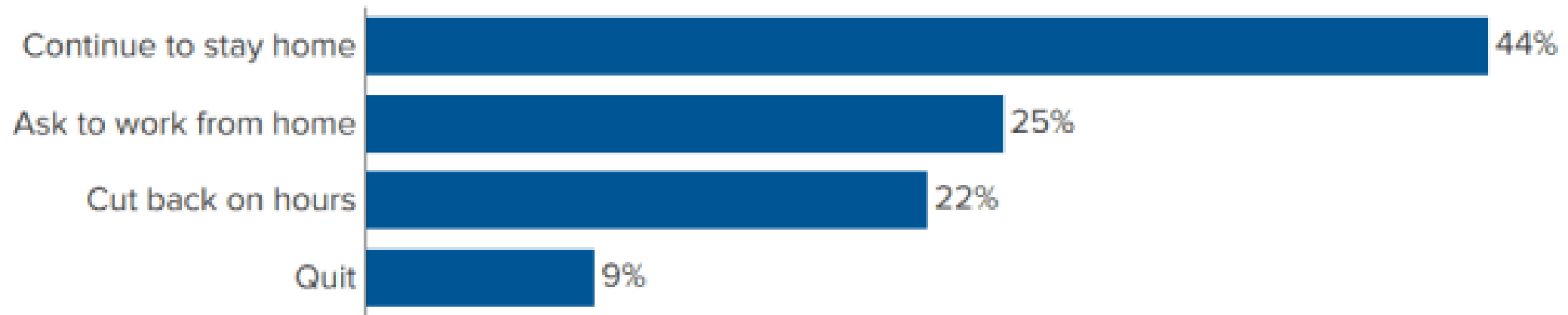
How worried are you about your child(ren)'s health if they go back to school this fall?



Source: Debt.com

What parents say they will do if kids can't attend school

Most households will be affected to some extent by having kids at home and trying to work at the same time. For most families, it means at least some work hours may be lost, according to Debt.com. Chart shows survey results from 590 parents.



SOURCE: Debt.com. Survey included 590 parents in July and August .





STEPS TO TAKE



Review
handwashing,
social distancing
and mask
etiquette



Maintain a
regular sleep
schedule



Get active and
enjoy outdoor
time



Eat a balanced
diet and hydrate



Get a flu shot

Tips for Physical Wellbeing



Nutrition Tips

- Drink plenty of water
- Try probiotics
- Boost fiber intake
- Designate a “snack zone”
- Promote independence
- Have fun with food

Tips for Social Wellbeing



Encourage social interaction



Communicate with empathy



Establish a support system

Tips for Mental and Emotional Wellbeing



Recognize signs of stress
or concern



Find ways to unwind

S.C.O.R.E.

SLOW DOWN

CREATE

OBSERVE

REFOCUS

END

Source: <http://www.ilspowerup.org/>



Self-Care for Parents

- Make time for yourself
- Practice mindfulness
- Maintain social connections
- Prioritize your own health
- Remember not every day will be perfect

About Half of Lower-Income Americans Report Household Job or Wage Loss Due to COVID-19

Only 23% say they have emergency funds that would last them three months


Economics

Working From Home Saved American Commuters Nearly \$91 Billion

By [Alexandre Tanzi](#)

August 27, 2020, 9:00 AM EDT

- ▶ Savings come to \$2,000 each for those who once drove to jobs
- ▶ Largest economic benefit produced by saving time, study showed

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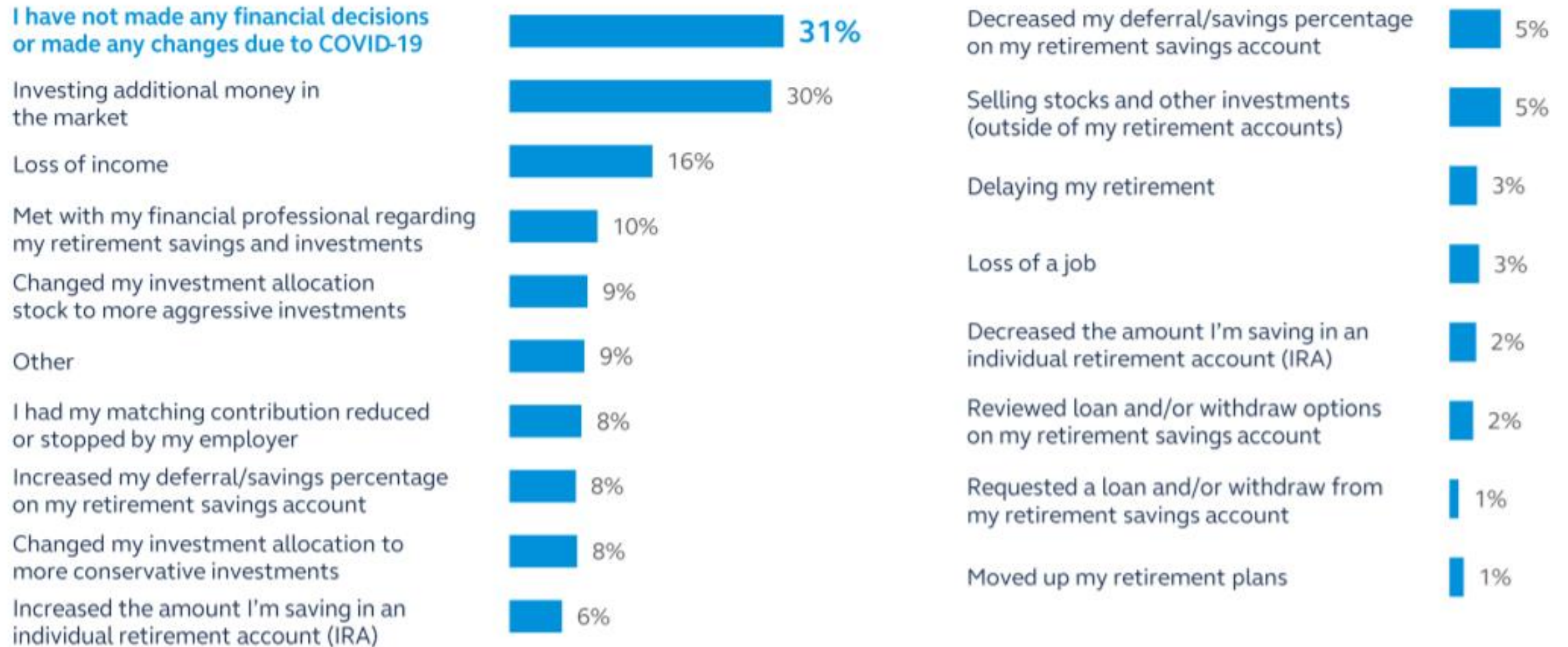
Financial Impact from COVID

Significantly
Impacted

Somewhat
impacted

Positively
impacted

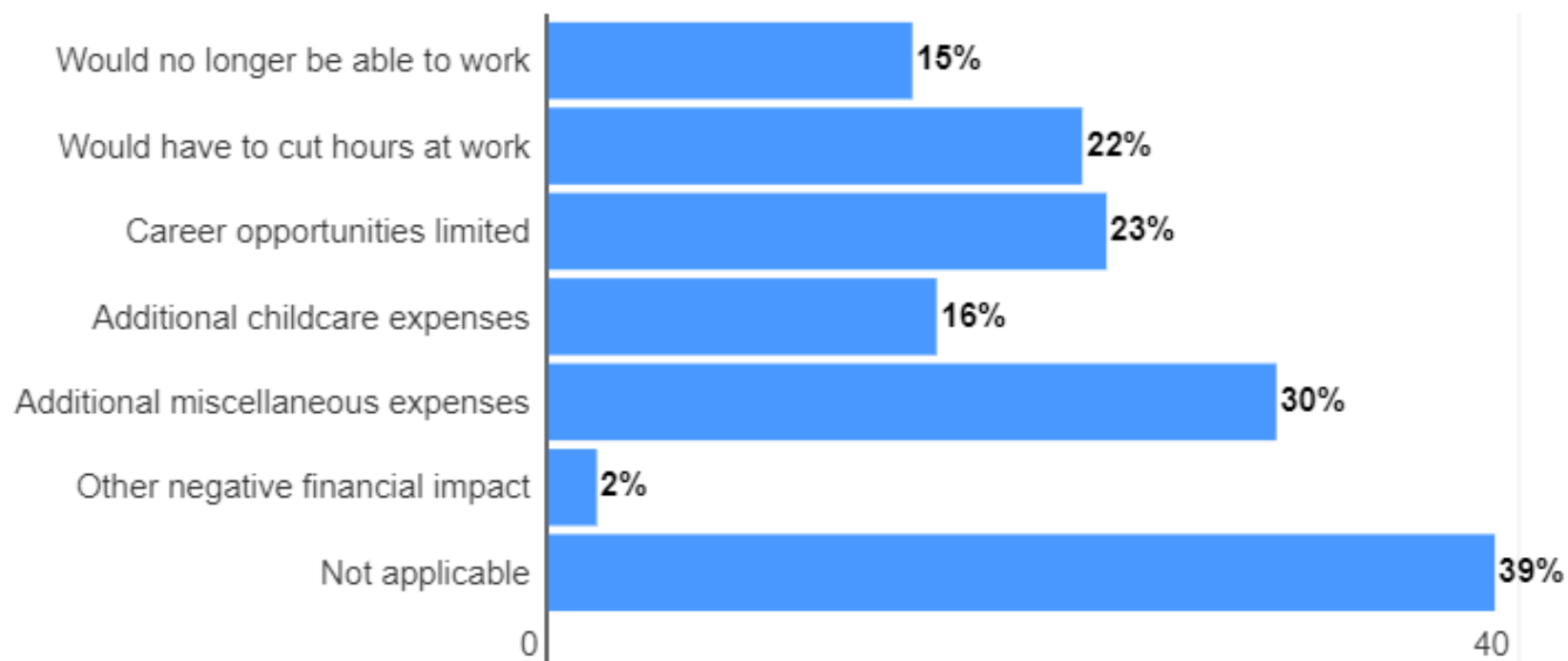
Financial decisions & experiences due to COVID-19



Source: Principal 2020 Super Savers Survey; Super Saver = Age 20-54, saving either 15% into retirement plan OR savings \$17,100+ annually

Majority of parents say remote learning will negatively impact their finances in some way

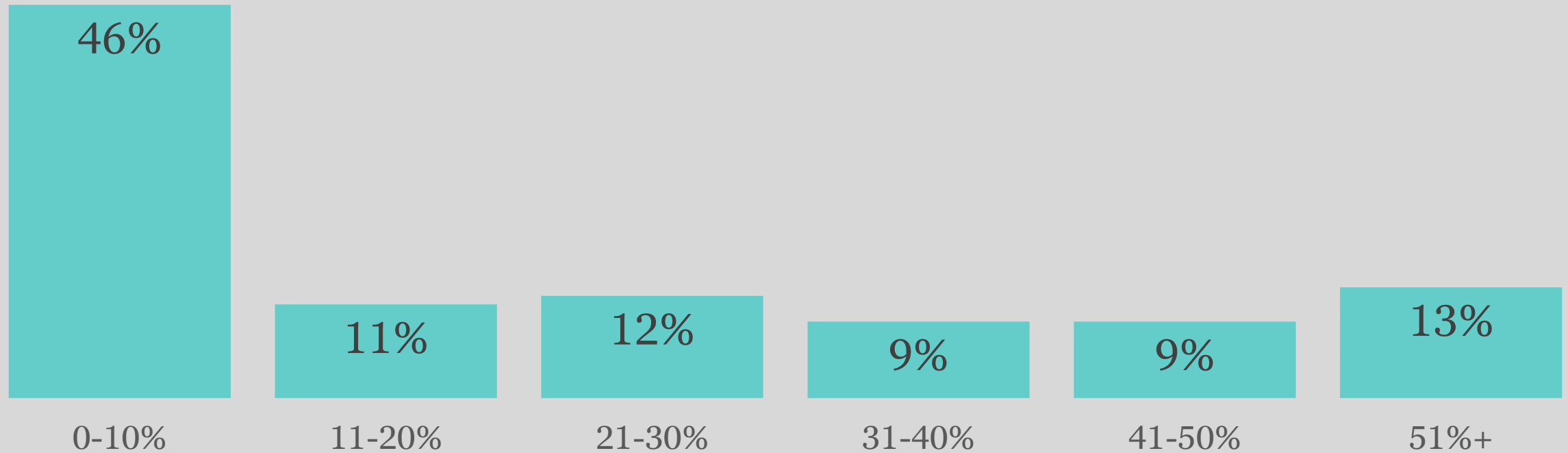
We asked: Which, if any, of the following negative impacts on your personal finances would you anticipate if remote learning were to happen? Please select all that apply.



Note: Respondents could select multiple answers.

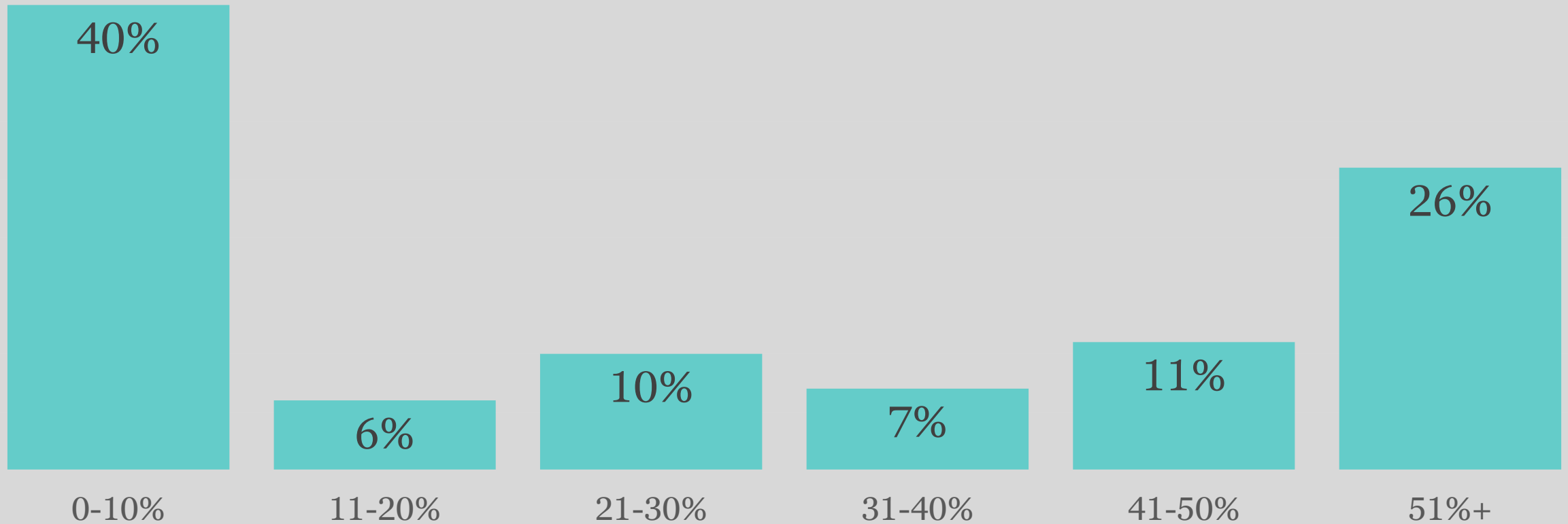
Source: Bankrate's Remote Learning Survey, July 31 - August 3, 2020

Approximately how much will your income drop if your child(ren) cannot go back to school because of the pandemic?



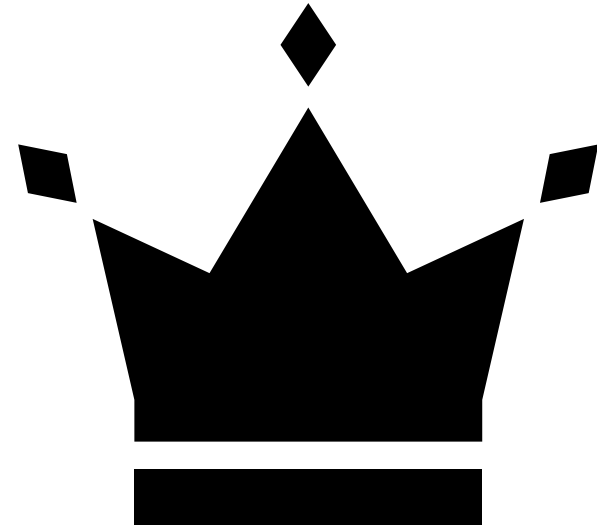
Source: Debt.com

Single parents predicted even larger income losses



Source: Debt.com

***Cash is
King!***



Disciplined Finances

Money coming in

- Stimulus payments
- Enhanced unemployment
- Where is the opportunity?
- Bartering
- Gig jobs/side hustle
- Emergency Savings

Money going out

- Play with FIRE
- Clothes shopping
- Meal planning
- Review your monthly expenses
- Reintroduce yourself to the library

Remote and Homeschooling



**COMMUNICATE WITH
TEACHERS EARLY &
OFTEN**



DEBRIEF EACH DAY



**CREATE A LEARNING
SPACE AND DAILY
SCHEDULE**



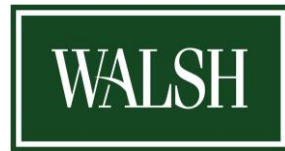
**PRACTICE PATIENCE
AND GRACE**



THE FUTURE AHEAD



Thank You!



For more tips and resources, visit walshduffield.com