

City of Milwaukee Employee Assistance Program

Parenting During The Summer

Summer months are a time of relaxation, with long, warm days and exciting new experiences. However, it can also be a challenging time for parents who need to balance the care of their children with their own work schedules and personal needs. For parents, providing appropriate care and supervision of children during the summer is essential.

Maintain a schedule

A schedule helps regulate sleep and eating habits, as well as providing a sense of security for children. Parents can make sure to plan fun activities during the day, but they should also ensure that their children are getting enough rest and are not overstimulated. This is particularly important for younger children who may become cranky or overwhelmed.

Set boundaries

This can include instilling habits such as applying sunscreen before going out to play, teaching children about water safety, and avoiding leaving children unattended for extended periods of time. If parents need to leave their children with a babysitter or family member, they should discuss expectations and guidelines beforehand to ensure that everyone is on the same page.

Continued learning

Children tend to forget much of what they learned during the school year, so it is important to keep their minds active during the long break. Parents can encourage reading and writing, enroll their children in summer programs, or plan educational outings to museums or historical sites. This helps prevent children from experiencing

"summer slide," the loss of knowledge and skills over the summer months.

Ongoing socialization

Summertime offers opportunities for children to make new friends, participate in group activities, and learn important social skills such as communication and teamwork. It is important for parents to allow their children enough time to play and socialize with friends, while still ensuring that they are safe and supervised.

Limit time on electronics

Too much screen time can be detrimental, leading to a lack of physical activity and social development. Parents should set limits on screen time, encouraging their children to engage in alternative activities such as playing outside, reading, and creative pursuits such as drawing or writing.

Self-care

Parents often put the needs of their children first, but it is equally important to take care of oneself. This can involve scheduling time for exercise or self-care, as well as taking breaks from the demands of parenting by delegating care to another family member or taking advantage of childcare services. Taking care of oneself ensures that parents can provide the best possible care for their children.

The summer months have unique challenges and opportunities. Maintaining a consistent schedule, setting boundaries, encouraging engagement in learning and social activities, spending quality time as a family, setting limits on screen time, and prioritizing self-care are all important considerations for effective parenting.

Employee Assistance Program



City of Milwaukee EAP

IN THIS ISSUE:

- Parenting During The Summer
- Co-Worker Relationships
- Summer Sobriety
- Wellness Resources

EAP Contact

Cris Zamora

200 E. Wells St. #706

Ph. 414-286-3145

Email:

czamora@milwaukee.gov



Building Positive Co-Worker Relationships

Positive relationships with coworkers is essential for success in any work environment. It fosters a positive and productive workplace culture, strengthens teamwork, and contributes to personal and professional growth. Here are some key tips on how to build good relationships with coworkers:

- **Respect and kindness.** This simple approach can go a long way in cultivating a harmonious workplace. If a coworker is having a tough time, lend a helping hand and offer support. Similarly, celebrate their achievements and milestones. Such gestures make for a friendly and caring work environment
- **Communication skills.** Listen actively and speak clearly and respectfully. If you have a problem, address it calmly and professionally. A culture of open and transparent com-

munication will help build trust and respect among coworkers.

- **Engage.** Actively participate and do your share in work teams/workgroups. Volunteer for activities that promote camaraderie, such as planning a worker anniversary, retirement and/or potlucks.
- **Be honest and reliable.** Stay accountable for your actions and decisions. If you have a mistake or missed deadline, own up to it and work on finding a solution. Respect begets respect, and being a trustworthy colleague with impressive work ethics will strengthen your relationships with your coworkers.

Through kindness, communication, engagement, and strong work ethics, you can create a positive, respectful work culture that benefits everyone. It takes effort to establish and maintain good relationships, but the rewards are undeniably worth it.

EAP Mission Statement

It is the mission of the Employee Assistance Program (EAP) to assist employees who develop behavioral/emotional problems that may directly affect their work performance, and to provide Key Personnel with policy and procedural guidelines for the management of these problems.

Wellness Resources

- For information about current Wellness programs and services, visit: www.milwaukee.gov/WYCM
- The City's Workplace Clinic provides free, convenient, onsite and virtual health care services for employees and spouses regardless of enrollment in the City's health insurance and dependents (18 mos and older) on the City's health insurance. Call 414-777-3413 to schedule an in-person or virtual visit.
- The City of Milwaukee Employee Assistance Program web page houses topical information and resources on a wide range of work-life issues. Visit: <https://city.milwaukee.gov/DER/EAP>
- The City of Milwaukee offers a free Care.com membership through Care@Work to employees. A Care.com membership provides unlimited access to a platform employees can use to find and manage care for children, seniors, pets and their home. Visit www.milwaukee.gov/careatwork to learn more.

Summer Sobriety

The summer months can be a challenging time to stay sober away from your routine. The fact is, there are many summer activities and parties which people associate with alcohol and other substances, making the ability to cope difficult. Tips on how to keep sobriety during the summer.

- **Stay connected with your support system.** This could mean attending meetings or therapy sessions, checking in with sober friends frequently and planning outings with sober friends.
- **Have a plan.** If you know alcohol/drugs will be present at a holiday event, it's best to avoid those situations entirely. However, if you can't avoid them, mentally prepare yourself in advance by setting boundaries/limits. If possible, bring your non-alcoholic drinks.
- **Do something new.** Discover new hobbies that are enjoyable like swimming, hiking, visiting museums or picking up a new book. Look for opportunities to volunteer at community events and help others.
- **Prioritize self-care.** Maintaining a consistent sleep schedule, exercising regularly, eating healthy foods, and minimizing stress can help support your recovery. It's easier to cope with triggers and cravings when you've built up a solid sense of well-being.