



DuPage Children's Museum Presents

Success in the Balance: WORK, LIFE, AND PANDEMIC PARENTING



To support working parents during this pandemic, DuPage Children's Museum (DCM) has launched a suite of highly engaging programs to activate hands-on learning through STEM with DCM Labs and Arts & Maker After School. The Museum is also teaming up with thought leaders who understand the burdens this crisis has created for families.

To promote health, happiness, and productivity at home and at work, DCM will offer a series of webinars to address the unique social and emotional needs of working families right now.

SESSION 1: Reducing Stress and Increasing Resilience

FRIDAY, OCTOBER 16, NOON – 1:00 P.M. CST

Between massive shifts at work, home, school and community, we have all endured different experiences during COVID, but none of us has escaped the emotional toll of the pandemic. **How do we adapt to this new (un)normal while trying to balance our work-home life?**

Join us for a one-hour webinar with **Russ Rausch** from **Vision Pursue** to learn strategies to improve your thoughts and emotions that promote work-life balance and happiness for you and your family. Participants will receive FREE access to the Vision Pursue app for one month. Fifty percent of subscriptions maintained thereafter will be donated back to DuPage Children's Museum!

SESSION 2: Using Failure and Risk-Taking to Cultivate Creativity

FRIDAY, DECEMBER 4, NOON – 1:00 P.M. CST

During these stress-filled days of Zoom meetings and e-learning uploads to various content management systems, the struggle is real. Many of us feel like we are failing — at home, at work, in life. Failure is often treated as a bad word in education yet so many of the inventors and creators of our time often failed miserably multiple times in life. **Failure and risk-taking are a part of the learning process.**

During this interactive session, **Carl Hooker**, educator and author of the *Mobile Learning Mindset* book series, identifies the barriers we create to stifle creativity and how to overcome them, as well as how to take a few risks ourselves. Teach your children: It's not how you fall down, it's how you get back up.

SESSION 3: Save the Date: Friday, January 29, 2021 NOON – 1:00 P.M. CST

Speaker TBD based on participant feedback and needs.

SAVE THE DATE & LEARN MORE

[DUPAGECHILDRENS.ORG/WORK-LIFE-PARENTING](https://dupagechildrens.org/work-life-parenting)

DUPAGE CHILDREN'S MUSEUM | Naperville, IL 60540