JOIN A CHAT FOR WORKING CAREGIVERS OF YOUNG CHILDREN

Humanity First

with Takiema & Nikolai

Friday 4/3 @ 8:00 AM EDT
Kids in background welcome

Zoom link in bio / comments

*Being Recorded*
Facilitated by:

Takiema Bunche Smith
President of Anahsa Educational Consulting, Educator, Doula

Nikolai Pizarro
Author of Ring the Alarm, Consultant, Homeschooling Mom
Type into chat box:

- Your name
- Your children’s ages
- Your work role/if applicable
Last week’s chat: Invisible Load & Self Care
THE INVISIBLE LOAD OF MOTHERHOOD: COVID EDITION

@_HAPPYASAMOTHER

STAY INFORMED
DISINFECT
ADAPT BY THE HOUR
NOT GETTING A BREAK

24/7 MOM
HAVE ENOUGH SUPPLIES
TRY TO REGULATE YOURSELF
ISOLATED FROM SUPPORTS

WORK FROM HOME
HOMESCHOOL
LIMIT KIDS EXPOSURE TO NEWS
TRY TO KEEP LIFE AS NORMAL AS POSSIBLE
### SELF-CARE: Know your zones

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**SIGNIFICANT SIGNS YOU ARE IN THE ZONE OF OPTIMAL REGULATION**

**MAKE A LIST**

- **Physical/Body Sensory:**
- **Feelings/Emotions:**
- **Thoughts:**
- **Behavior:**

**EARLY WARNING SIGNS**

**MAKE A LIST**

- **Physical/Body Sensory:**
- **Feelings/Emotions:**
- **Thoughts:**
- **Behavior:**

**SIGNIFICANT SIGNS YOU ARE IN FIGHT, FLIGHT OR FREEZE**

**MAKE A LIST**

- **Physical/Body Sensory:**
- **Feelings/Emotions:**
- **Thoughts:**
- **Behavior:**

**CONTINUED**

**RHSA**

**REGION NINE HEAD START ASSOCIATION**
Weavers: I see the through-lines of connectivity between people, places, organizations, ideas, and movements.

Experimenters: I innovate, pioneer, and invent. I take risks and course-correct as needed.

Frontline Responders: I address community crises by marshaling and organizing resources, networks, and messages.

Visionaries: I imagine and generate our boldest possibilities, hopes and dreams, and remind us of our direction.

Builders: I develop, organize, and implement ideas, practices, people, and resources in service of a collective vision.
Caregivers: I nurture and nourish the people around me by creating and sustaining a community of care, joy, and connection.

Disruptors: I take uncomfortable and risky actions to shake up the status quo, to raise awareness, and to build power.

Healers: I recognize and tend to the generational and current traumas caused by oppressive systems, institutions, policies, and practices.

Storytellers: I craft and share our community stories, cultures, experiences, histories, and possibilities through art, music, media, and movement.

Guides: I teach, counsel, and advise, using my gifts of well-earned discernment and wisdom.

Created by Deepa Iyer (Solidarity Is and Building Movement Project)
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#HumanityFirstMoment
Moments when we consciously reject systems, structures and mindsets that pressure us to lose to lose sight of our humanity and the humanity of those around us-during a pandemic, and always.
Working Remote - COVID 19 Principles

1. You are not “Working From Home”, you are “At your home, during a crisis, trying to work”.

2. Your personal physical, mental, and emotional health is far more important than anything else right now.

3. You should not try to compensate for lost productivity by working longer hours.

4. You will be kind to yourself and not judge how you are coping based on how you see others coping.

5. You will be kind to others and not judge how they are coping based on how you are coping.

6. Your team’s success will not be measured the same way it was when things were normal.
Homeschooling has been a hot mess. I told my son to just focus on his rap career.
Close your eyes and take 3 slow breaths

Thank you for joining us today!

Questions & comments:
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Nikolai: @raisingreaders, urbanbailout@gmail.com