

Subject: BROADCAST: New Supports Available to Families as Children Learn From Home Throughout COVID-19

Dear Colleagues,

In the City's COVID-19 employee survey, many of you identified the stress of child care throughout the pandemic as impacting your well-being. Now that most young people are formally learning from home, this stress has likely increased. To support you, I'm pleased to share the City has partnered with [Rethink](#). Rethink are behavioral experts that offer consultation and online programs to help families – parents, caregivers and students – navigate these unique times and reach their full potential. Rethink is available to all regular employees at the City.

Staying consistent as a parent, social emotional learning at home, screen time and social media: these are some of the themed resources available to you on the Rethink portal in podcasts, videos and tip sheets, as well as worksheets, videos and other learning tools for school children by age. The best benefit, in my view, is the personal consultations you can book with a behavioral expert by phone or video chat, customized for your child's specific needs. View the attached flyer for more information about the types of supports available.

We heard you when you said you needed at-home care support and we are doing our best to respond to your needs. I hope you will make the Rethink program – and access to their behavioral experts – part of your family's at-home learning and coping strategy. I personally plan to use Rethink as much as I can. With three school-aged children learning remotely in our home, my family and I agree that we need more support.

To access the Rethink portal, visit familysupport.rethinkbenefits.com and use the password: cityofseattle. Create an account, customize profiles for your child/children, and connect with Rethink's community of experts waiting to support you.

Warmly,

Bobby

Bobby Humes
Director
Seattle Department of Human Resources