Here are some tips you may find helpful in addressing common issues participants come across during our workshop:

*What to do if you are finding it difficult to concentrate on the Zoom for the full 2.5 hours:*

* Feel free to let the group know through chat, mute yourself, and go to a separate space for a couple minutes to get a good stretch in, get some water, etc.
* Get the things you need to feel comfortable during the session, before the session. For example, eat before the session, bring a snack to the session, bring a comfortable pillow to sit on, etc.
* Ask (on-topic) questions that are on your mind! We understand that conversations are more naturally engaging than a lecture. Facilitators would love to engage in anything that is relevant to your situation!
* Take advantage of the breaks throughout the session. This is a good opportunity to take a mental break.
* Bring note paper and write or draw about what you are learning.

*What to do if you are finding that your partner is multitasking/not fully attentive:*

* After the session, talk to your partner directly and non-judgmentally about why this program is important to you and the relationship, and how their participation is also helpful for you.
  + “ This program is important to me because…”
  + “ I feel X(emotion) when Y(action) happens during the session”
* Contact case manager if you feel this strategy is not working for you two.

*What to do if you are struggling balancing the duties of parenting and being fully attentive to the workshop:*

* Set your child up up with an activity they enjoy.
  + You can find additional activities at: <https://www.togetherprogram.org/parenting-during-covid-19>
* If your children are old enough to communicate verbally, let them know ahead of time what to expect during the session.
  + “I will be on the Zoom call for the next 2.5 hours, I will check on you if you need anything in X amount of time”
* Understand that it is developmentally appropriate for your child to interrupt during the session. You can mute your mic and gently remind them of the expectations that were set ahead of time. It may be helpful to rotate this responsibility between you and your partner.
* It may be helpful to set up a special reward for your child post-session when they meet the expectations that were set up before the session.