

FAMILY ENGAGEMENT & SUPPORT FAST FACTS

Supporting Work & Recovery: Childcare Strategies for Families Navigating Long COVID

WHEN CHILDCARE BECOMES A CHALLENGE

- Long COVID symptoms can make consistent caregiving difficult.
- Energy levels may change from day to day, and symptoms can fluctuate unexpectedly, making it difficult to plan childcare and work schedules consistently.
- Families may need flexible or backup childcare options while managing health and work.



COMMON CHALLENGES FAMILIES FACE

- Last-minute childcare needs during symptom flare-ups
- Difficulty balancing work schedules and caregiving responsibilities
- Limited access to affordable or flexible childcare options

QUICK TIP!

Start small! Even identifying one backup childcare option can make a big difference on difficult days.

PRACTICAL STRATEGIES

- **Create backup plans:** Identify one to two people, such as family members, friends, neighbors, community- or faith-based organizations or childcare providers, as assistance options for low-energy days.
- **Use flexible care options:** Explore part-time, shared or drop-in care when possible.
- **Coordinate with work plans:** Align childcare with flexible or reduced work schedules.
- **Talk with your employer:** Ask about flexible scheduling, remote work options, or leave policies that may help balance work and caregiving responsibilities.
- **Simplify routines:** Keep predictable schedules to reduce stress for children.
- **Ask for help early:** Build a support network before urgent needs arise.

LEARN MORE

- MacEwan et al. (2025). [The impact of long COVID on employment and well-being: a qualitative study of patient perspectives.](#)
- Schröder et al. (2024). [Parenting and gender as impact factors for social participation, quality of life, and mental health in long COVID.](#)

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