

# HOW TO START A PARENT POD

## THE BASICS



Since the onset of COVID-19, Pandemic Pods, Learning Pods, and Parent Pods have been popping up all over. Pods are built from relationships you have with folks in your neighborhood, faith group, school, or workplace.

Kōkua aku, kōkua mai, pēlā iholā ka nohona 'ohana. Give help, receive help, that is the way of family. Pods are built on reciprocity. For every hour that you help me with childcare, tutoring, outdoor play or sports activity - I contribute an hour back to you.

This guide will help you get your Pod started with one or a few other parents.

## STEP 1: THINK ABOUT YOUR NEEDS AND EXPECTATIONS

Are you looking for someone who will invest in the academic growth of your child? Or do you need an "Aunty" who will keep them safe and fed while you are at work? Is your schedule set in advance, or will it be flexible week-to-week? Will the parent need to provide all snacks and meals for their child? Having clarity up front will mitigate breakdown in relationships later.

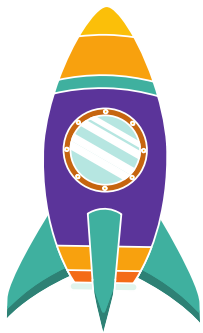
## STEP 2: REACH OUT AND CONNECT

No be shame! We are all in this together. Ask other parents in your social networks if they would like to form a Parent Pod.

## STEP 3: COMMUNICATION IS KEY

Remember, Pods are built on relationships - and relationships are built on trust. Parents should commit to open, ongoing communication about their experience in the Pod.





# READY TO LAUNCH YOUR POD?

## TIPS TO GUIDE YOUR FIRST CONVERSATION

### CONNECT

Help parents open up to each other with an icebreaker question:

- What's been particularly challenging about childcare right now?
- What have you learned about yourself as a parent?

### CLARIFY

Parent Pods are built on a timebank system. For every hour you “give,” you “receive” an hour in return. Within the pod, you can give and receive care from different people, and the timebank will equalize it out. Discuss how you will track hours.

### COMMIT

Brainstorm and set Pod norms/agreements together. Make sure to discuss how many hours/week each parent is expected to contribute and receive. Be sure everyone receives a copy of the agreement.

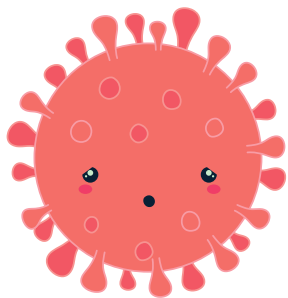
### COMMUNICATE

Discuss roles and communication preferences. Who will be your first weekly coordinator/scheduler? Will you have a group chat, email, Google doc or weekly meeting?

### COVID-19 SAFETY

Review COVID-19 safety and childcare tips.





# COVID-19 GUIDELINES

## KEEPING YOUR POD HEALTHY AND SAFE

If any of the following are true, you should not take children into your home:

- You or anyone in close contact with you has a suspected or confirmed case of COVID-19
- You or anyone in close contact with you has traveled internationally or domestically from any area which is the subject of travel restrictions

If anyone in the caregiver's household has been exposed to COVID, the caregiver may open their Pod provided the following is true:

- Release from the Department of Health or travel quarantines with no reported symptoms
- At least 14-days have passed since any member of the caregiver's household first experienced symptoms AND
- Symptoms have improved, AND,
- The caregiver's household has been fever-free for at least 72-hours without the use of fever-reducing medicines.

ALL CAREGIVERS, FAMILIES, CHILDREN, AND THEIR RESPECTIVE HOUSEHOLD MEMBERS MUST CONDUCT A DAILY HEALTH CHECK BEFORE ANY CARE SESSION. SHOULD A CAREGIVER HAVE ANY OF THE FOLLOWING SYMPTOMS, THE CAREGIVER SHOULD NOT PROVIDE CARE THAT DAY.

- Fever of 100.4 F or higher, now or in the preceding 72 hours
- Cough
- Sore Throat
- Muscle Aches
- Difficulty Breathing
- New loss of taste or smell

**Cloth Masks and Face Coverings:** The CDC generally recommends individuals wearing cloth face coverings to protect people around the wearer of the cloth face mask, in the event the wearer is infected but not symptomatic, to reduce the spread of COVID-19. Note: This guidance does not apply to children 2 or under, or to those who are advised not to wear a face covering for other health reasons. Cloth face coverings are NOT a substitute for social distancing, hand washing or other everyday preventative actions.

**Illness Policy:** COVID 19 Suspension of a care session is sometimes necessary to reduce the risk of COVID-19 transmission. To reduce the risk of contagion, if a child, caregiver or anyone else present in the household becomes ill during a care session, your caregiver should notify you and notify the family to make arrangements for alternate supervision of the child(ren) within 1.0 hour of notification.



# PARENT POD INFORMATION FORM

## YOUR INFORMATION

Name \_\_\_\_\_ Home phone \_\_\_\_\_ Cell phone \_\_\_\_\_

Email \_\_\_\_\_

Home Address \_\_\_\_\_

Workplace \_\_\_\_\_ Work phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

IN THE EVENT OF AN EMERGENCY: (INDICATE YOUR PREFERENCE BY NUMBERING 1,2,3)

\_\_\_ PLEASE CALL 9-1-1

\_\_\_ PLEASE CALL ME

\_\_\_ PLEASE CALL MY EMERGENCY CONTACT(S)



## HOW WE WILL SUPPORT EACH OTHER

This is what I can contribute:

This is what I would like to receive:

These are my boundaries:



## ALL ABOUT MY KEIKI

Name \_\_\_\_\_ Age \_\_\_\_\_

School \_\_\_\_\_

Allergies \_\_\_\_\_

Other Medical Info \_\_\_\_\_

Likes \_\_\_\_\_

Dislikes \_\_\_\_\_



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