



## Navigating Sandwich Generation Challenges: Caring for Kids and Parents

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Balancing the needs of both children and aging parents can feel like you're being pulled in two directions at once. Many working adults today are part of the "*sandwich generation*"—caring for loved ones at both ends of the age spectrum while trying to stay productive, healthy, and fulfilled themselves.

If you're juggling multiple caregiving roles, you're not alone—and there are ways to make it more manageable.



#### 1. Prioritize What Matters Most

It's easy to feel like everything needs your attention right now. Step back and identify what's *most essential* each day—for your family and yourself. Let go of perfection and focus on progress.

#### 2. Create a Shared Care Plan

When possible, bring siblings, spouses, or other trusted family members into caregiving decisions. Share updates, divide tasks, and use shared calendars or apps to keep everyone aligned.

#### 3. Communicate with Your Workplace

Your manager or HR department can be an ally. Ask about flexible schedules, remote options, or dependent care benefits. You may have access to employee resources that can lighten the load.

#### Caring for Yourself

When life is centered around meeting everyone else's needs, self-care can feel like a luxury—but it's actually a necessity.

Here are a few ways to support your own well-being while caring for others:

- **Schedule your rest.** Protect time to sleep, relax, or simply be off duty. Even 15–20 minutes of quiet time can reset your energy.

- **Stay connected.** Talk with friends or join a caregiver support group. Sharing your story helps relieve emotional strain.
- **Move your body.** Exercise is one of the most powerful stress relievers—whether it’s a walk, yoga, or dancing in the kitchen.
- **Seek professional help when needed.** If you’re feeling overwhelmed, burned out, or anxious, talking to a counselor can make a real difference.
- **Give yourself grace.** You can’t pour from an empty cup. Recognize that doing your best *is* enough.

## 5. Seek Support

Connecting with others who understand your situation can make a world of difference. Whether it’s a support group, counselor, or online community, sharing your experience reduces stress and isolation.

Remember: You don’t have to do it all alone. With the right support systems in place, it’s possible to care for your loved ones *and* yourself with grace and balance.