

IMAX[®]

GLOBAL UPDATE

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IMAX PARENTS UPDATE

Hi everyone, we're happy to present a very special edition of our newsletter today focused entirely on IMAX parents and their families!

Balancing it all is incredibly challenging and we hope that what we've included below will at the very least help show you that you are not alone. And, if there was any theme to what we received, it's the power of laughter. So, whether you're a parent or not, let's laugh a bit together today.

Thank you to all those who submitted this past week. What else should we be including? Please keep sending your submissions and ideas to comms@imax.com (and yes, we will still accept family and dog/cat/pet content).

HOW-TO

IMAX is an innovator in entertainment technology, but did you know we're also parenting innovators:



Working from home is easy, according to Melanie Krievins on the Global Theatre Design and Projects Team in Sheridan Park! Red Green would certainly be impressed.

SERIES: COOP PROTOCOL



Patrick McClymont, our Executive Vice President and Chief Financial Officer based in New York, and his son Calum recently accepted an important mission from their dog

Cooper. Is there a plan? Will there be backup?? How many code violations can you find??? We will keep you updated...

NAMASTE



Paul Constantinou on the R&D Team in Sheridan Park and his kids are keeping busy with

yoga, exercise and by playing and singing Raffi songs on the guitar.

WHAT ARE WE WATCHING?

Here's a selection of what IMAX parents and families are watching together these days:



Leading submissions included Harry Potter and the Philosopher's Stone, Onward (make sure you're ready to cry), Zootopia, Frozen 2, Monty Python and the Holy Grail and Gremlins, along with the Mandalorian and Blippi on YouTube.

TIPS & TRICKS

IMAX HR is back this week with a few parenting-specific tips and resources for you and yours.

- **Creating a Schedule:** Routine and structure can be just as helpful for parents as they are for kids, especially these days. Here's a [visual template](#) with a few activity thought starters that you might find useful.
- **Planning for Interruptions:** Many of us are still adjusting to a new work/life/family balance - and if there's anything you can most certainly count on when working from home with kids it's interruptions. All of us have to roll with the punches however and we can all only do our best every day. As you're comfortable, keep an open dialogue with your team so we can continue to help one another work through the more unpredictable days.
- **Staying Active:** Planning physical activities can help keep kids healthy and moving,

and, of course, tire them out! We wanted to share a few free online classes for kids that IMAX parents are using including [Cosmic Yoga](#), [Art Hub for Kids](#), and [Go Noodle](#). See what works best for you!

PERSPECTIVES

Everyone's experiences and opinions on parenting are nuanced in their own way, and that's OK. Particularly today. Here are a few more perspectives we found interesting these last few weeks.

POPSUGAR.

POPSUGAR's Kate Schweitzer had a very different take than most of what's being published right now in her recent (and aptly titled) piece [Please Stop Telling Me I Should Be Grateful For This Time With My Family](#).

The Atlantic

Author Deborah Copaken [recently wrote](#) on joint custody during quarantine in a thought provoking and insightful piece for The Atlantic.

Signing off for now. Thank you again for participating and another big thank you to all of the IMAX parents out there. Email comms@imax.com with thoughts for future newsletters, and if you have a candidate or idea for a guest editor, let us know!

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How'd we do? Email comms@imax.com with any ideas, comments, or questions about the IMAX Global Update.

If you have a question directly for IMAX Leadership, submit it on the [Ask a Leader](#) platform on IMAX Source.

And, you can recognize someone's work specifically through our [Achievers](#) platform.

[Optum](#) has a number of resources available to IMAX employees, including a 24/7 emotional support [Public Crisis Line](#) and other free resources, articles and tools to help you and your family cope with a public health event. Register or sign in as Guest with the code "imax".

