

8 Tips for Working from Home with Kids

All of us are changing our lifestyles to keep our families and neighbors safe. For many, this means combining work and parenting under one roof. Try these suggestions to keep your household as happy and productive as possible during this time.

- 1.** Treat morning like you normally would. Have everyone get up at the regular time, eat a healthy breakfast, shower, and get dressed.
- 2.** Create a schedule for your kids. Then, do your best to stick with the same routine every day, much like they would at school. That way, your kids will know what is expected of them.
- 3.** Set aside a workspace for everyone. Designate a home office for yourself and a learning area for your kids.
- 4.** Use nap time to your advantage if you have younger kids. Make it a time to place phone calls and have meetings. If your kids are older, be sure there's plenty to keep them busy if they finish up their schoolwork early.
- 5.** Set boundaries for your kids. For instance, let them know if the door to your home office is closed, they cannot disturb you unless there's an emergency. If the door is open, they're free to come and go.
- 6.** Give your kids—and yourself—recess time each day. It will help ease tension and make it easier for all of you to focus on work.
- 7.** Get help from your partner. Switch off with parenting and household duties so you can have uninterrupted time to get work done.
- 8.** Accept that things might not go as planned. Be flexible and adapt. By working together, you can get through this!



What about Screen Time?

It might be hard to limit your kids' screen time, especially if you need to distract them so you can get work done. It's OK to loosen up screen-time restrictions to help everyone get through this time. If you're concerned about what your kids are watching or doing on the Internet, make a list of approved websites they can spend time on. Many museums and zoos are offering virtual experiences so people can still enjoy them in the comfort of their own homes.

