

Parenting While Working From Home

Due to the current Covid-19 situation, parents are finding themselves in the unique situation where they have to work from home and parent at the same time. Although this can feel like an impossible feat, but with planning and organisation it is possible! Here are some tips for you to keep everyone in the family focused and motivated during this testing time.

SET GOAL & DAILY ROUTINES

Set realistic goals and routines for you and your children every day to prevent misunderstandings.



Create a daily schedule for children & parents e.g. time for schoolwork, breaks, lunch, who will keep the kids busy during calls



Create bed-time routine to ensure children keep to a schedule and actionable outcomes if not followed (e.g. phone taken away)



Offer incentives: by setting these goals to keep them occupied you can offer your children a reward if they successfully meet the target



DO SHIFT WORK OR TAG TEAM



Explore the possibility of rearranging your working hours in order to maximise the time when your children are asleep



If both you and your partners work from home, plan to work in shifts, especially with small children that require more attention



Communicate with your partner ahead of time, go through your schedules and decide who will do what and when to alleviate fighting & stress



HAVE THE TALK

Assuming they're old enough to keep themselves occupied



Explain the situation and that you'll need to remain focused throughout the day with minimal interruptions



Assign house chores so everyone can help out



Communicate to them that they are a part of the team and their role is to help mommy or daddy remain productive

PLAN YOUR WORK AHEAD



Add a few hours to each project and avoid waiting until the last minute to get started.



Take control of your schedule by establishing deadlines for yourself, because you never know what each day will bring with children in the house.



CREATIVE ACTIVITY IDEAS FOR CHILDREN



Each child to research and present a post-quarantine wish list of things to do or places to go, then present to the family for voting. This can then become a list for Summer activities



DIY projects such as gardening, crafts and painting that children can do with parents or independently



Encourage children to come up with ideas/run a donation (e.g. old toys, clothes) to help others during this challenging time

ONLINE RESOURCES

Be more flexible with screen time for enriched educational & entertaining experiences for the children. Here are online resources for you. Click to review their materials.

Monterey Bay Aquarium

Suitable for all ages
Live cams of sea animals

Cosmic Kids

Suitable for 3 - 6 years old
Stories and movement promotion

Cincinnati Zoo

Suitable for all ages
Facebook live Home Safari

Art for Kids Hub

Suitable for 2 - 10 years old
Art lessons from drawing, painting and even origami

American Museum of Natural History

Suitable for all ages
Online exhibitions

NASA

Suitable for 7 - 12 years old
Step-by-step safe instructions for science experiments