

# Working from Home with Kids

8-steps to ensure you and your kids stay sane.

## 1 • Make two schedules.

*1-Your daily schedule*

*2-Family daily schedule*

- Start with a **PLAN!** Collaborate on the family plan and keep it visible. Example: Hang on pantry door.
- Include **SNACK** times on schedule so kids know when to expect food vs. grazing all day.

## 2 • Alternate kid's activities in 30-minute time blocks.

- Think: iPad, TV, Self-directed play, Quiet time, Learning activities, Art, Outside...
- Lean on Pinterest for learning and art activity ideas for all grades!

## 3 • Schedule important calls/meetings for after breakfast or lunch.

- Full bellies + activity like iPad learning or movie = best chance for uninterrupted time.
- Don't hesitate to proactively suggest meeting times.

## 4 • Get "ready" every day... no matter what.

- Yes, wear comfy clothes, but "do" your hair and care about your overall appearance.
- Never forget you're a professional, plus it will make you feel some sense of "normal".

## 5 • Consider shifting your "office" to central location for part of day.

- Be more accessible for kids, in the kitchen or dining room.
- Shows you're still around and connected, plus you can keep pulse on what's happening.

## 6 • Plan to go outside together at least once each day.

- Look for birds, blooms, cloud-shapes, and objects that start with different letters of the alphabet.
- Skip, hold-hands, sing, talk about how you feel, and have FUN!

## 7 • Know when to stop your call/meeting because kids **NEED** you, AND when to hold fast to your **RULES!**

## 8 • Your mindset matters. Know you **WILL** do this because you **CAN** do this.

- You were built for hard things and you don't have to be perfect.
- Stay true to a journaling practice where you write about how you want to feel and reflect on what's working!