



Tips for Working at Home with Young Children

Tip #1 Wake up early and send something out to your team and/or management.

This sends a message without saying it you value your work and are adapting to the flow of working from home. It is a silent way of demonstrating your work ethic and will reduce the level of stress you feel regarding your contribution to your work-team.

Tip #2 Yes, I admit there are times I am tempted to keep on my pj's and on the days I decide to do that I have noticed I am not as productive. When I wake up and dress as if going out to work it sets the tone for the day. In addition, it allows for a quick change of pace with children if you need to go out in the backyard or go for a quick walk. The final benefit is it also sends a message to your child (depending on their age). Let's face it, if mommy or daddy are in their pj's it is relax-play day!!!

Tip #3 Create a visible schedule. My 7-year-old daughter loves to write the schedule on her chalk board. She refers to the time and activity throughout the day and helps her to feel a sense of inclusion and security of knowing what to expect. It also has proven to be a great teacher of "flexibility" if/when we had to alter items around to allow for a better flow.

Tip #4 Implement mindfulness "BIG TIME". I mean when it is parent-child time it is just that. No phone checking, no multi-tasking. This is a very important message and component of having the day flow well. When a child can feel and observe that they have your complete attention for 20-30 minutes at a time it goes a long way.

Tip #5 It will make a big difference if you are the only parent at home versus if your partner is at home also. If alone, then please inject self-compassion into your day and find a way to ensure your partner views your working from home as just that, a workday. This means being clear about the expectations regarding house chores during the day. We are the worst critique and that part of ourselves will rear its ugly head in moments of vulnerability and unclarity. Juggling this arrangement is not easy, I invite you to start your day with a short meditation and have a mid-day check-in with yourself to place attention to how you are feeling emotionally. This will serve you and your child(ren) good. If your partner is also at home then making a combined schedule which works with the flow of both of your jobs is key. If tension occurs this can breakdown the entire arrangement. Make sure you are both on the same page and check-in regularly.