



## Tips for Teleworking Parents

The COVID-19 pandemic has shifted many parents to working remotely which is a challenge when you also have children out of school and home as well. To help manage this time, we've created a few tips:

1. Don't expect to work your normal business hours with kids at home. Likely you may need to make up hours before your kids wake up in the morning and again when your kids go to bed.
2. Try to figure out your core work hours with your spouse (which may change daily or weekly), when you are available for conference calls and uninterrupted work time. Communicate these hours with your co-workers and managers and make sure your kids know when they can't come into your workspace. Conversely, when you are working your core hours, your spouse should be engaging with your children at that time.
3. Get outside with your kids everyday if you can and if the weather allows. It's important for you and your kids to stay active and being outside will refresh you mentally. It can be as simple as a walk around the neighborhood, or going on a bike ride, or playing soccer with your kids in the backyard. If the weather is not cooperating, try an indoor dance party or a yoga session.
4. Schedule video calls with family members, neighbors, and school friends to stay connected.
5. Don't stress that the kids are not keeping up with their studies. Try to work on fundamentals but add in other topics that you are personally interested in. Utilize online resources!
6. Utilize this time to connect with your family and teach your children about fundamental life skills like cooking, cleaning the house, doing laundry, or starting a garden
7. Know that this is temporary! Try not to keep the news on all day and give yourself a break when you need it. It's ok to let the kids watch some TV or play a commuter game if you need some time for yourself. Don't forget about your own self-care.