

Managing Work and Home | Life Balance during the Pandemic

Did your work life just change dramatically? Did you go from working from home while your kids are at school, or did you go from working at your office but now are working remotely ... and your kids are out of school for the next month? If so, we invite you to read these tips on how to manage working from home while your kids are also home.

- **Remember: This is new for your kids too.** Try checking in with them and ask: *How will we all work together to make this a successful and productive situation? What do we need from each other?*

- **Involve the kids in planning;** this is a new routine for them too. They are also more likely to adhere to a routine they helped create. Make a daily schedule and post it on the wall where everyone can see it. It can include:



- ✓ A schoolwork schedule outlining what subject the kids need to work on and when
- ✓ Break times and play times
- ✓ Lunch and snack times
- ✓ Meeting times when you have conference calls and cannot be interrupted

- **Delegate to the kids;** you don't have to do everything on your own. Create a chore chart and post it on the wall. Have kids check things off as they complete them. This provides flexibility and choice within a supported structure.
- **Take time for yourself!** Start the day with a run or a walk by yourself. Take some time to meditate or do yoga. Sit with a cup of tea and a good book for 30 minutes. *What would you enjoy? What would help you re-energize?*
- **Be flexible.** If the plan you created didn't work so well, make a few changes, and try a slightly different plan tomorrow. Ask the kids for ideas to solve problems or challenges that come up - you may be surprised at their creative solutions!