

# A PARENTS GUIDE FOR WORKING FROM HOME ALONGSIDE KIDS "SCHOOLING" FROM HOME

7 tips

Your child is...

You can try...

1. Showing you something when you're in the flow of working



"Let me finish this sentence," then look up & make eye contact

2. Needing help with lunch when you're in a meeting



Schedule your lunch time to correspond with theirs

3. Wondering when you'll be done for the day



Let them know when you're next break is

4. Discouraged with their school work



Ask, "Do you want to start with help or a hug?"

5. Wanting to take a break from school work



"In x minutes, we can hang out for a little bit until I have to..."

6. Interrupting a virtual meeting to ask a question



Have a notepad at your workspace for them to write quick questions

7. Anxious about what going back to school will look like



Have a family meeting and create shared expectations

Everyone's situation is different including what kind of flexibility is possible in the adult's work. Try (or modify) the tips that work for you and, most importantly, keep talking with your family.