

## 1) Create a Schedule for You and Your Kids

- **Allow your kids to have some say on the day's schedule** – write it down, let them colour it in, post it somewhere visible
- **Plan a balance of engaging activities and screen time**
- **Take turns with the kids** – if you have a partner working from home as well (e.g. work for half the day uninterrupted and then switch)
- **Use your work breaks** to give your children some attention
- **Capitalize on nap time/quiet time**

## 2) Plan for Interruptions

- **Create signs for when you need quiet or uninterrupted time** (e.g. tie a red ribbon on your door handle, or tape a stop sign on your door)
- **Keep the mute button on during conference calls**
- **Work in bursts** – set a timer to let the kids know that you can't be interrupted until the timer goes off. When the timer goes off, reward them with your attention.

## 3) Manage Expectations

- **Be patient with yourself and those around you** – everyone is going through a significant change.
- **Let your leader and colleagues know what your situation is**

## 4) Take Care of Yourself

- **Commit to your own rest, exercise and nutrition** – recognizing it is hard to do some days

## Resources

### Health and Wellness

[Go Noodle](#) – indoor movement and mindfulness videos

[Live P.E. with Joe](#) – 30 minute physical education streamed on YouTube every weekday at 9am|

[20 Easy to Prepare Snacks](#) – have the kids help you during snack time or create a snack basket so kids can help themselves without having to ask for your help

[12 easy and fun mental health practices to try with your children at home](#)

### Educational

Explore the resources from your child's school. Here are some additions:

[Khan Academy](#) – free courses, any subject, all grade levels, [daily schedule templates](#) for students ages 2-18

[Scholastics.ca](#) – [Learn at Home](#) - day-by-day projects to keep kids thinking, learning and growing

[Things To Do](#) - games, quizzes, discussion guides, videos, activities

[Educational YouTube channels for kids](#)

[Online field trips](#) – kids can take around the world and explore “virtually”

["30 day Lego challenge"](#) – each day they are challenged to use their imagination to create different objects

[Disneynature](#) – documentaries and movies are available with activity packets to download (Grades 2-6)

[40+ Best Indoor Activities for a Busy Toddler](#)

[Storyline Online](#) – Popular children's books read by celebrities

## References

Parents.com – [How to Master Being a Work at Home Mom](#)

Parents.com – [Staying Busy and Sane with Your Kids While Schools Closed for Coronavirus](#)

CNN.com – [Working from Home with Kids](#)

CTVnews.com – [Tips for Parents Working from Home](#)

Forbes – [Working from Home with Kids – 5 Action Steps for Leaders, Managers and Employees](#)