

BALANCING PARENTING, SCHOOL AND WORK AT HOME

Liz Ahmed

EVP, People, Communications & Corporate Social Responsibility

It became a viral internet sensation when two kids crashed their dad's BBC interview a couple of years ago, and everyone got a good laugh. Now, it's not a one-off instance, as work-from-home parents are doing their 9-to-5 while helping kids "attend" school — all under the same roof.



TRY THESE TIPS TO MAKE NAVIGATING THIS UNCHARTED TERRITORY A LITTLE EASIER:

- **Establish working hours.** With this new normal of working remotely, it's important to communicate when you're working. Let your coworkers and family know the times of day you're available and unavailable. This will both help them and improve your productivity.
- **Create a schedule.** Take the advice of your children's teachers when it comes to a daily schedule. Use the resources they send you and follow the lesson plans they create. Homeschool On offers free [printable schedules](#) and the [Today Show](#) features a variety of resources and educational videos. Check out Zoom, Loom, Marco Polo, Facebook Live, ABC Mouse and other apps for collaboration, communication and online learning.
- **Take breaks.** At the office you'd probably get up and stretch, get a coffee or refill your water bottle and talk with co-workers. Make sure you're taking those same breaks throughout the day — for yourself and your kids. Go outside if the weather is nice. Treat the weekend like a real break — don't do schoolwork.
- **Lean on your virtual village.** Your kids' friends are in the same boat. Arrange virtual playdates or study sessions so they can help each other with assignments. Have your children participate if teachers schedule Zoom calls, chats and volunteering online to provide free lessons. Schedule calls with family members, and stay connected to friends and co-workers by participating in [virtual happy hours](#).

- **Give yourself grace.** Now is the time to let go of those self-imposed pressures and expectations, define new goals for what you need to achieve in the new environment, and schedule regular connects with coworkers, friends or family. Remember each child is different — what works for one may not work for another. The key is to create some type of consistency, be available to your children and embrace the changes.

LEARN MORE

View these resources for more tips, tricks, and information.

- [BrainPOP](#): Free educational resources that include a video, quiz, games and more
- [Centers for Disease Control](#): Messages for parents, school staff, and others working with children
- [Managing work and home school](#): Tips for being productive at home when you're trying to homeschool the kiddos
- [National homework hotline](#): For blind or visually impaired students by Vistas Education Partners
- [ADHD and ASD](#): Homeschooling tips during coronavirus by Total Life Counseling