



# Working From Home with Kids

Ideas to help you manage working from home with the kids

Working from home with children, particularly small children, is a big challenge. Here are some tips to help you keep the kids happy whilst also getting some work done. You can also check out our School Holiday Tips for some more inspiration.

## Lower your expectations

You're about to take multi-tasking to a new level. Manage your expectations about what you can realistically achieve in a day.

## Be compassionate

Give yourself a break! You're doing the very best you can in difficult circumstances. Treat every day as a new challenge and a new accomplishment when you get some work done and the kids haven't destroyed the house!

## Set a daily routine

For children old enough to manage small activities themselves, set a routine for every day. Check out our school holiday checklist for ideas.

## Screen Time

We know it's not ideal, but give yourself and your child permission to have some screen time.

## Household Chores

Even the littlest member can contribute. Set age appropriate tasks which not only keep kids busy but take the load off you. Teens can prepare dinner and clean bathrooms, older children can do the washing and vacuuming and the little ones can help sort out the clean laundry. Set a chores list so children can choose their chores for less of a battle.

\*Remember, near enough is good enough!\*

## Share a desk

Move your laptop onto the kitchen table so you can work amongst the kids if possible or, if your desk allows, set up an end for your child so that they can do drawing or some craft next to you.

## Pack a lunch box

If the children were at school or kinder they would have their lunch and snacks sorted and packed and in most cases would be accessing these themselves. Do this at home as well, that way you are not constantly distracted by cries of 'I'm hungry'.

## Change your working hours

If you have the flexibility to work outside of normal hours consider breaking up your day to get a few hours work done when the kids are in bed.

## Managing Noise & Mess

Be very clear about noise and mess expectations. For children old enough to understand, have clear signals about when noise must be kept to a minimum, like when you're on the phone, and set a standard that toys must be packed away.

## Lunch time exercise

Use your lunch break as a chance to get you all active. Walk around the block, kick a ball outside or turn up the music and have a lounge room disco. Follow the activity with some screen or quiet time when they're naturally wanting a rest.

## Reward great behaviour

Time to get out the sticker chart. Be clear about your 'work day' expectations with your children. If they get their chores done, are quiet when you're on the phone or clean up after themselves, add stickers to the chart and reward them every few days to keep them motivated.