

Helpful Tips for Managing Working From Home with Your Kids

By Chuck Blanchette, General Manager of NEBC



Some might think that working at home with your family around is a wonderful thing and could be fun! Earning money and spending quality time with your family could feel like having it all. Unless you've never actually tried it before.

Ask any stay-at-home-parent what daily life is like and you'll probably hear things differently. Some topics said might be that the house will be dirty more than it is clean. Dinner will be a nightly exercise in improvisation, or as my father used to refer to it as "gourmet". "Gourmet" referred to a one pot solution made up from all of the leftovers in a pan ... and add tomato sauce and cheese. He even tried to put light spins on the titles of meals. A Cowboy Dinner is a good example – hotdogs, brown beans, and brown bread in a can. I digress...

Your workday will be a fun-filled boomerang event between emails, errands, naps (not for you, sorry), clean up, meals, and topped with 30ish-minute chunks of dedicated work time wedged in between. You got it! What fun having it all!

Dana Sitar came up with 7 tips that would help you work from home with kids. Here are some tips to hopefully help you balance your work and kids while stuck at home.

1) Set Goals and Set Up A Support System

Have your spouse split responsibilities. Don't forget to ask for help when you need it, it is a healthy habit to form. Family, neighbors, and other work- from- home parents are a good add to your support system.

2) Wake Up Earlier

Try getting up an hour or two before the kids. You will be amazed on how much you can get accomplished.

3) Have Everyone Get Dressed Everyday

Whether you plan on leaving the house or not, if you have your PJs on all day, it tricks your mind into thinking you can lounge around all day when you should be working. Sarah Brooks, a freelance writer said, "It's a small step towards success, but it makes a big difference in how you feel and how you prioritize your time."

4) Keep the Kids Busy in The Morning

The same rule applies to playing fetch with a dog up the stairs to tire them out. Kids work the same way. Keep them busy and active in the morning while they have a lot of energy. They could need a nap in the afternoon, freeing up time to get things done.

5) Be Flexible

Nothing is set in stone and everything is unpredictable. Make sure you have a backup plan if say one of your kids come down with a cold or fever. Work on some

activities for them, then set them up with something to keep them occupied for a moment. As stated in the beginning, it is a boomerang of activities throughout the day. Be ready to plug holes in a sinking ship if they happen to pop up.

6) Make To-Do Lists

Make a list of things you need to do each night for the following day. A good night's rest will follow as you unload and transfer all of the worries onto a piece of paper for tomorrow. The next day, you are good to go.

7) Schedule Your Social Media Time

Try setting specific times to check on your social media. With kids or not. First thing in the morning, during your lunch break, or when the kids go to bed. No one wants to be stuck going down a rabbit hole while watching kids and doing work. There is already too much on the plate, save some for dessert!

References

Sitar, D (2020) 7 Tips for Moms Working from Home with Kids (and doing it well). The Penny Hoarder. Career Tips.