



How to Work From Home With Kids

As remote and hybrid work becomes more common, modern families have transformed the way they work, travel, relax, and learn. For many folks, a day at the office now starts and ends at home—and may involve kids at home, especially in the afternoon or during breaks. Students and caregivers are home together working and learning, which can be a logistical nightmare for unprepared families.

If your day at the office includes a kid's drop-off or pick-up line or after-school homework during your 9-5, enjoy these eight tips to make work-from-home work for your family:

- **Communicate.** Talk to your leadership and team about your schedule.
- **Create a schedule for you and for the kids.** Include homework time, dinner, leisure time, and time for a relaxing bedtime routine.
- **Start the day off right for everyone.** Prepare clothing and lunch for the next day.
- **Designate work areas and play areas.** Make clear boundaries for your workspace and your kids' schoolwork area.
- **Have patience and make concessions.** You're bound to have a few "off" days, so take them in stride.
- **Create pockets of time to work and take breaks.** Schedule a lunchbreak so everyone can enjoy a meal together.
- **Be empathetic and flexible as a manager and coworker.** Recognize that your teammates are managing as best they can.
- **Above all, know you're not alone.** Find coworkers or caregivers managing work from-home and school time and discuss strategies that have worked for them.

Tips and Tricks for Better Family Time

The struggle of balancing family time and work time is real and can leave loving caregivers and dedicated employees with deep feelings of anguish and guilt. Am I spending and giving my family enough time? Is our family time meaningful? The good news is there are tips and tricks you can implement today to give yourself and your family balance. To help families stay connected, check out these suggestions to help maximize your family time. Most of them do not require much planning and prepping.

- Eat together and ask each other about your day
- Read together often
- Do chores together—it makes work more fun!
- Help with schoolwork
- Play games around the kitchen table or outside
- Plan a family outing
- Encourage athletic activities
- Create a "family time" calendar