



FINDING BALANCE

Kids and Work and Well-being for Everyone



This. Is. Hard. Right now you may be trying to work full time, help school aged kids continue lessons, and/or care for and entertain younger children. To believe you will be able to maintain a similar work/school load and home schedule is unrealistic. Everyone will need to adjust to find a balance that works.

Start by adjusting and becoming realistic about your own capacity.

- » Communicate with your employer about your desire to continue doing a great job, and your need for adjusted expectations for the duration of the time you are working from home with kid(s) there too.
- » Communicate with your children's school teacher(s) about your desire to be a supportive parent, and your need to be realistic with your capacity to complete a full curriculum while balancing your own workload as well.
- » Consider creating a schedule that will allow you to be fully present in your parenting and in your work. If you can't compartmentalize your work in this way, consider smaller blocks of time where you can focus on one thing or the other. It will be very difficult to spend every day attempting to be present during work, childcare and schooling all at the same time.
- » If you are co-parenting and your partner is also working from home, you may be able to trade hours in which for one hour you focus on the kids while your partner works and then vice versa.
- » If you are a single parent with a situation where your kids go to another parent's house for part of the week, you may want to talk to your employer about focusing your work more heavily on the days when your kids are at the other parent's house.

When it comes to helping keep your kids' brains active, there are a few things to consider:

- » Give yourself a lot of grace. You are not expected to be a perfect teacher or introduce a lot of new learning and curriculum. Simply keep their brains active with activities like, reading, art, physical activity, etc.
- » The most important thing is to simply provide your kid(s) with love and understanding as they are dealing with a lot of big emotions during this difficult time as well.
- » Focus on providing a schedule for your kid(s). Routine and schedules make their environment more predictable, which is even more important in a time of high unpredictability.
- » Ask family members, neighbors or friends to video conference with your kid(s) to read them books or just chat about their day.
- » Your children do not need to focus on schoolwork for 6 hours each day. Have fun learning and take time to simply play games or do puzzles.

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There are a lot of free online learning resources available to help you keep young minds active. Look through the following resources for ones that work best for you and your little ones:

[Virtual Field Trips](#)

[Starfall](#)

[Dreamscape](#)

[Scholastic Learn at Home](#)

[Highlights Kids](#)

[Kids Discover](#)

[PBS Learning Media](#)

[Storyline Online](#)

[Time for Kids](#)

[National Geographic Kids](#)

[Wonderopolis](#)

[GoNoodle](#)

[ABCYa](#)

[Learning A-Z](#)

[Fun Brain](#)

[Brain Pop](#)

You are not expected to be the world's best teacher, parent or employee during this time. You will have good days and rough days, and that is okay. Be open and honest with your employer, your partner and your kid(s) and ask for help when you need it.