

## Parenting While Working From Home

# Balancing Act

Overwhelmed and exhausted from homeschooling your children and working at the same time? You are not alone. Working parents often spend their energy on work, kids and house chores and forget to care for themselves. Here are some self-care tips for working parents.

Mental impact from Covid-19:

**74% of mothers** reporting they feel mentally worse since the pandemic began.

Source: State of Motherhood Survey, 2020

### 1 ACKNOWLEDGE YOUR THOUGHTS & FEELINGS

Feelings like restlessness, anger and depression are normal responses to the current situation. Allow yourself and your family members to express their emotions without judgement and guilt. Avoid accumulating negative feelings, this can lead to extreme emotional outbursts and worsening health.

Name your feelings

Write them down

Identify your thoughts - what are you telling yourself?



### 2 INFORM YOUR TEAMS ABOUT YOUR CURRENT REALITY & CHALLENGES

Working at full capacity while caring for the children is not an easy feat. Share with your team and your managers about your current obligations at home. Work with them to find mutually agreeable arrangements.

Flexible work hours

Review workload & deadlines

Establish daily no-meeting hours when you need to care for your children



### 4 GIVE YOURSELF ME TIME

You have done a lot more than usual during this time of uncertainty. Have a break to reward and recharge yourself physically and mentally.

Spend at least 10 minutes per day to do something that you like or simply just have a quiet moment alone to relax.

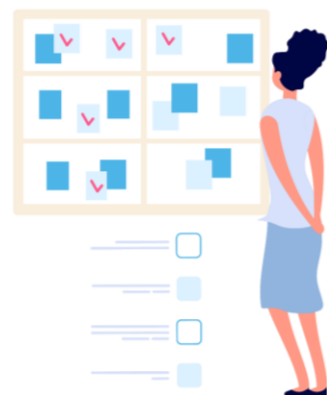
A well maintained car can drive through the toughest road. A well maintained body and mind can survive the most turbulent time.



### 3 BE KIND TO YOURSELF

Be realistic on what you can tackle from both professional and parenting perspectives.

Ask yourself: what is urgent and important? What can wait? What will have the greatest impact right now? Then identify at least five things to take off your to-do-list.



### CONNECT WITH YOUR CHILDREN

Set aside time with each of your children. Doing this as a routine allows you to connect with your children emotionally, understand their thoughts and feelings and clarify any concerns or misunderstandings they have.

Ask your child what they want to do, having a choice builds their self-confidence. If they want something physically impossible during this time, explain the reasons and encourage them to think of creative alternatives.

Play ideas for toddlers

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How to talk to kids about Covid-19

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### STAY FLEXIBLE

There is no single solution that works for every family. Explore different options, find those that work for you. And even when they don't work out, remember it's okay, some days are just harder than others.

Stay flexible and compromise when needed. This will mitigate unnecessary stress for you and your family.

### USEFUL ONLINE RESOURCES FOR FAMILIES

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Bill Nye: Fun Science Experiences at Home

Visit different art scenes from home

Visit 31 national parks throughout the United States

Take a virtual walk to world famous monuments

Listen to kid audio stories for free