



# Working From Home with Kids

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## 1) Create a Schedule for You and Your Kids

- x Allow your kids to have some say on the day's schedule – write it down, let them colour it in, post it somewhere visible
- x Plan a balance of engaging activities and

## 2) Plan for Interruptions

- x Create signs for when you need quiet or uninterrupted time (e.g. tie a red ribbon on your door handle, or tape a stop sign on your door)
- x Keep the mute button on during conference calls
- x Work in bursts – set a timer to let the kids know that you can't be interrupted until the timer goes off. When the timer goes off, reward them with your attention.

## 3) Manage Expectations

- x Be patient with yourself and those around you – everyone is going through a significant change.
- x Let your leader and colleagues know what your situation is

## 4) Take Care of Yourself

- x Commit to your own rest, exercise and nutrition – recognizing it is hard to do some days
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## Resources

### Health and Wellness

[Go Noodle](#) – indoor movement and mindfulness videos

[P.E. with Joe](#) – 30 minute physical education for kids streamed on YouTube

[20 Easy to Prepare Snacks](#) – have the kids help you during snack time or create a snack basket so kids can help themselves without having to ask for your help

[12 easy and fun mental health practices to try with your children at home](#)

### Educational

Explore the resources from your child's school. Here are some additions:

[Khan Academy](#) – free courses, any subject, all grade levels, [daily schedule templates](#) for students ages 2-18

[Things To Do](#) - games, quizzes, discussion guides, videos, activities curated by Scholastic.ca

[Educational YouTube channels for kids](#)

[Online field trips](#) – kids can take field trips around the world and explore “virtually”

["30 day Lego challenge"](#) – each day they are challenged to use their imagination to create different objects

[Disneynature](#) – documentaries and movies are available with activity packets to download (Grades 2-6)

[40+ Best Indoor Activities for a Busy Toddler](#)

[Storyline Online](#) – popular children's books read by celebrities

## References

Parents.com – [How to Master Being a Work at Home Mom](#)

Parents.com – [Staying Busy and Sane with Your Kids While Schools Closed for Coronavirus](#)

CNN.com – [Working from Home with Kids](#)

CTVnews.com – [Tips for Parents Working from Home](#)

Forbes – [Working from Home with Kids – 5 Action Steps for Leaders, Managers and Employees](#)