



10 TIPS

To juggling children and working from home.

- 1 Setting a schedule for the day** - kids need structure and a schedule helps them know when they have parent time and when they need to entertain themselves. Having a schedule also gives you clear time to work and encourages breaks.
- 2 Build in fun breaks with the kids** e.g. yoga class, kicking the footy, playing backyard cricket, table tennis.
- 3 Respect each other's spaces** - nominate ownership and stick to it!
- 4 Screen time / Quiet time** - Set kid's expectations and timings for screen time around work conference calls/meetings.
- 5 Outdoor Activity** - Plan a walk / bike ride everyday (and check weather in the morning to miss the rain).
- 6 Letter writing** - Get the kids to write a gratitude note to a friend or family member. Even nicer, use snail mail and send a card or home done picture to an elderly relative or neighbour who will probably appreciate it more.
- 7 Meals / Snacks** - Set opening and closing time for the kitchen e.g. kitchen is closed from 8:30am until morning tea at 10:30am and so on k.
- 8 Chores** - Take it in turns to nominate a chore, each family member writes a chore they can see needs doing down on a piece of paper, you then each screw up the piece of paper and put in bucket, each family member randomly draws out one and has to do that chore.. Everyone does the chore at the same time and it has to be done in less than 10 minutes.
- 9 Come together for lunch** - this is a good habit that provides a perfect opportunity to have a break and connect with family.
- 10 Gratitude** - practice 10 minutes of gratitude on calm app.

“Other things may change us, but we start and end with the family”