



thefatheringproject.org

**Weekly Tip**

## **Working at home, with kids**



**With many families now working, living and learning within the confines of the family home, it can get tough to find the balance.**

**Here's some tips on how you can keep the home and home-office working well.**

- Set the children up first so they have everything they need to be engaged for the time you have planned.
- Explain to your kids that you will have work to do on your own, and at the same time they will be doing things on their own as well.
- Let them know that you will be taking some breaks and during these breaks, they will have your attention and you can do things together.
- You could go for a walk (if you're not self-isolating), play a game, do some schoolwork or read a book together.
- If you have a partner working from home as well, you can take turns in scheduling work times and breaks.
- Be very positive and encouraging when they do the right thing.

**see more COVID family tips:  
[www.thefatheringproject.org](http://www.thefatheringproject.org)**