



COVID-19 Corner

Managing Work, Kids, & Social Distancing Amid Coronavirus

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If locking yourself in the bathroom to call into your Monday sales meeting or using your cellphone hotspot to take a video conference from your car sounds familiar, you may need some tips for working from home with kids.

It's Going to be OK: Tips for Working at Home with Kids

Be gentle with yourself: It is not going to be possible to juggle everything, to be 100% present, to oversee your children's homeschooling with complete efficiency and also to do your job.

Establish a new routine: Kids benefit from structure and boundaries in the same way as adults do and establishing a new normal will help things feel more stable — it doesn't have to be perfect. Do your best and find what works for your family.

Learning Links

Whether you're tired of watching Netflix reruns or need a quick distraction for your kids, here's list of interesting, and educational, resources to shake things up.

Take a Virtual Vacation

The San Diego Zoo has a website just for kids with amazing videos, activities, and games. [Enjoy the tour »](#)

Take a trip to Yellowstone National Park from your living room. [Start Exploring Now »](#)

Travel to Paris, France to see amazing works of art at The Louvre. [Take a Field Trip »](#)

This iconic museum in the heart of London allows visitors to virtually tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies. [Go Now »](#)

Some suggestions

- Wake up at a reasonable hour
- Eat a healthy breakfast
- Don't stay in PJs — get dressed!
- Block out time for physical activity

For older kids help them set a daily schedule with a balance between school, outside time, play and food/snack.

Accept and manage interruptions: Accept that working from home will not be peaceful—dogs will bark and kids will walk into your workspace. Let your coworkers know this will happen and remember that the same thing will likely happen to many of them. Also, having a plan will help reduce chaos but will not eliminate interruptions. Kids are kids, after all.

Be Active: The new routine is likely to become a source of stress for parents and children alike, so you'll need to build in time for exercise or time to let out some excess energy.

More Resources

See this article from Psychology Today for some ideas for managing interruptions and other great tips for working from home.

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