

# Tips for working from home with kids

## Plan Ahead

Planning ahead will help you to be more organised which will in turn help everything to run more smoothly. Have everything you need for the day ready to go in the morning or get it all organised the night before if that is easier.

## Create a Routine

If your kids are anything like mine, they love routine. Set up a basic routine so they know what to expect every day and it gives you all something to work towards. Make sure you remember to plan in regular breaks each day too.

## Be Flexible

Whilst having a routine is great, make sure it is still flexible.

Also look at options like is it possible to change what times you work i.e. after the kids are in bed. This means you can spend more time with them during the day, and also means less distractions for you while working.

## Take Turns

If you have a partner or other family member who is also at home, get them to entertain the kids for a couple of hours so you can have some quality, non-interrupted work time and then swap.

# Tips for working from home with kids

## Snacks

We all know kids love to snack! Reduce the "MUM (or DAD)!! I'm HUNGRY!!" interruptions by ensuring they have sufficient snacks readily available. You might find it easier to have proper recess and lunch breaks just like at school. Or, you might prefer to have a container of snacks they are allowed throughout the day but explain that once they are gone that's it, no more snacks! Do what works best for you.

## Have Some Fun

Times like this are challenging for everyone. Make sure you remember to take time out for some fun too. Do some activities that your kids enjoy, or discover things you all enjoy doing together. If you are currently homeschooling as well, look at ways to introduce some fun into their lessons also as they will be more engaged and focused.

## Get Outside

Kids need lots of fresh air so come up with some activities you can do outside (even if it is just in the backyard). Have a picnic lunch on the front lawn or create a themed scavenger hunt. Even just let them run around the backyard or have a dance competition to burn off some of that extra energy!

# Preparing for a meeting

Kids seem to have this amazing ability to interrupt us at THE most inconvenient times - like in the middle of your important call or during a video conference.

The best way to try and counteract this is to PLAN AHEAD!

Here are some suggestions.

Schedule meetings or calls during nap times for younger kids

Ensure older kids are set up with a fun activity that they can do independently

Set them up to do their own "video conference" with a friend or family member they can't visit at the moment

Make sure they have everything they need before your meeting starts (don't forget the snacks!)

If your partner is also home get them to entertain the kids during your meeting

Use this as their "screen time" for the day. Put on their favourite movie or allow them to play video games

Set them up in the same room as you with a quiet activity like colouring or reading

And if all else fails and you end up with a child sitting on your lap for your meeting, I'm sure people will be understanding during these times.

# Tips for homeschooling

Make it fun. Use things that your kids are interested in to keep them engaged.

Don't stress if your plan goes out the window, just adapt and make a new plan (be flexible).

Use incidental learning - things like cooking and even board games can help with learning - without feeling like "school".

Don't feel like you have to schedule or fill up every minute of their day, allow some down time.

Check out some of the cool FREE online resources available like virtual field trips or science demonstrations.

Limit distractions, make sure the kids have an area to work from (even the dining table) and they have access to pens, pencils, books and everything else they need.

Do what works for you! Most of us are not teachers so don't be so hard on yourself and stop trying to get everything "right" .

Here are a couple of the places I have used for activity ideas and learning resources for my kids that they love (there are loads more FREE resources out there so get searching!):

[www.education.wa.edu.au](http://www.education.wa.edu.au) (look at your relevant state)

[www.teachthis.com.au](http://www.teachthis.com.au) | [www.teachstarter.com](http://www.teachstarter.com)

[www.twinkl.com.au](http://www.twinkl.com.au) (free access for 1 month)

Australian Reptile Park FB Page (daily live streaming and educational videos)

Lockdown Learning (FB group with lots of ideas)

