

COVID-19: Working at Home with Kids



Many parents are finding themselves working from home for the very first time in their professional lives as businesses work to prevent the spread of COVID-19. With schools and childcare facilities also closing, these new remote workers are also dealing with the challenge of working with kids in their new office: the home.



Workplace

Here are some tips for working at home with kids:

Give the kids attention first. Before you switch your attention to work, meet your kids' needs first. By doing this, they are less likely to bother you while you are working.

Do your most focused work when the kids sleep. Use the time while your kids sleep to get your most important tasks complete. If your kids don't nap, implement designated "quiet times" throughout the day to help you keep focused.

Switch between kids and work in time blocks. If your kids require more attention, block out a chunk of time to tend to their needs as opposed to trying to work and watch the kids at the same time. Focusing on one task at a time is much easier to handle.

Rotate childcare with your spouse or a friend. Pair up with your spouse, a family member or a friend to rotate time looking after the kids. Switch roles after your designated work time is over.

Develop your kids' collection of games. Take time to build your inventory of games and help your kids understand the rules so they can play independently while you work.

Assign a younger kid to an older kid. Tasking your older kid(s) to look after younger kids is a great way to create time for work. For siblings that are very close in age, you can assign one to be the "sitter" for a time block then have them switch roles.

Rotate activities and keep some in reserve. Having a rotation of toys can help alleviate boredom that kids experience when they don't have something new to play with. Rotating toys in and out of a storage area can help create excitement about playing with toys, especially if they have not seen the toys in a month or two.

Send the kids outside in all weather. Rain or shine, sending your kids outside can provide much needed quiet time to get work done. Make sure they have the right gear for any kind of weather and send them on their way.

Start an activity with them, then leave. Sometimes kids just need a little motivation or direction to start an activity. As soon as your kid is having a good time and self-directing play, you can leave and get started working.

Make your home conducive to self-directed play. Creating play and hobby spaces for kids provides them with easy access to games and supplies for activities causing less distractions while trying to work.

Get your kids used to managing themselves. Children who develop hobbies and skills that require their own independent work, interest and focus become used to managing themselves. Use the opportunity you have with them while at home to help your kids grow in self-reliance.

Continued on back



Please note: The information provided in this document is intended for educational purposes only. Readers with questions or a need for further assistance are strongly encouraged to contact BHS at the website listed below. ©2020 BHS, All rights reserved.



COVID-19: Working at Home with Kids *(continued)*

Resources for Learning at Home

Apps:

RazKids
Seesaw
Epic
Vooks
Book Creator
Magnetic ABC
TenFrames
ABCmouse
Monster Math
Scratch Jr
Starfall
Let's Read
YouTube
Kids Learning Tube
Free School
Homeschool Pop
StoryBots
Khan Academy
Smithsonian Channel
The Brain Scoop
Word World PBS
TED-ed
Sci Show Kids
National Geographic Kids
Peekaboo Kidz
Storyline Online
Story Time with Ms. Becky
KidTimeStoryTime

Podcasts:

Brains On
Six Minutes
But Why: A Podcast for Curious Kids
Story Pirates
Circle Round
Smash Boom Best
Wow in the World
Eleanor Amplified
The Two Princes
Ear Snacks
KidNuz

Websites:

Freckle.com
Lexialearning.com
Starfall.com
MysteryScience.com
Readworks.org
STMath.com
KhanAcademy.org
Gonoodle.com
Abcya.com
Xtramath.org
Xtra
Zearn.org

Please note that this is not an endorsement of these products. This list has been compiled to provide parents with educational options for children who are at home while schools and childcare facilities are closed.

Source: [thefederalist.com/2020/03/16/14-strategies-for-working-from-home-around-children-without-endless-screen-time/](https://www.thefederalist.com/2020/03/16/14-strategies-for-working-from-home-around-children-without-endless-screen-time/)

Please note: The information provided in this document is intended for educational purposes only. Readers with questions or a need for further assistance are strongly encouraged to contact BHS at the website listed below. ©2020 BHS, All rights reserved.

