



Stay **CHILL** while Working from Home with **Young Children**



Many parents struggle to cope with **working from home** these days, are you one of them? Here are some tips on them; you may also scan the QR Code for more advice on working from home with kids from the FHS website.

Mental Preparation

- Examine if you have any idealistic beliefs about working from home
- Set **realistic & practical** expectations
- Accept your limitations
- Achieve goals **step-by-step**
- De-stress by taking short **breaks** after achieving a small goal
- **Appreciate** your own efforts

Set Limits for Kids

- Establish a **clear working space**
- Tell your kids the **arrangements & rules** before you work from home
- Close or lock the door while working; else, try using a safety gate to keep kids out
- Turn rules into **pictures/ texts**; post them with kids' schedules on a door/ refrigerator
- Plan ahead on handling non-compliance:
 - infants & toddlers: soothe → distract / remove from scene
 - preschoolers: give consequences agreed beforehand
- **Praise** compliance **immediately** + encourage continuous cooperation



Plan Ahead, Stay Flexible



- **Clarify** work requirements and arrangements with employers or work partners beforehand
- Indicate your **limitations & needs**

I can't respond immediately at certain periods

I prefer having conference calls after lunch

- Review to-do list & prioritise tasks
E.g. Complete mentally demanding tasks when kids are sleeping
- Keep at hand things needed at work, **e.g. water / coffee / snacks**, to avoid coming in and out of office often
- Use **headphones** to shut out noise 🎧
- Be **flexible** and prepared to re-prioritise / change your plan

Keep Kids Engaged

- Set a **routine** & arrange **appropriate activities** beforehand
- Save **special activities** + **favourite toys** for the time when parent is at work
- For older kids, assign a **"task list"**; praise and reward for completing tasks on time



Don't forget to get off work!

Kids Need Your Company

Set aside time for parent-child activities daily to foster your relationship

