

### 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
- O Set realistic & practical expectations
- Accept your limitations
- O Achieve goals step-by-step
- De-stress by taking short breaks after achieving a small goal
- Appreciate your own efforts

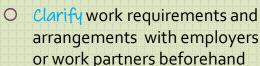
# Set Limits for Kids

- O 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
- O 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

O Praise compliance immediately + encourage continuous cooperation

#### Plan Ahead, Stay Flexible



O Indicate your limitations & needs

I can't respond immediately at certain periods

I prefer having conference calls after lunch

O Review to-do list & prioritise tasks

E.g. Complete mentally demanding tasks when kids are sleeping

- O Keep at hand things needed at work, e.g. water / coffee / snacks, to avoid coming in and out of office often
- O Use headphones to shut out noise &
- Be flexible and prepared to re-prioritise / change your plan

# Keep Kids Engaged

- O Set a routine & arrange appropriate activities beforehand
- O 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!

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



