

Balancing Life: Working and Schooling From Home



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Human Development Program Team



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Physical Work Space



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Physical Work Space

- Table, desk, closet, corner of a room, or a whole room.
- Comfortable and away from near distractions (e.g., tv or children's play areas)
- Establish visual signal when you cannot be interrupted



Physical Work Space: Idea

- Make STOP and GO signs with your children.
- Hang STOP sign when you should only be interrupted for emergencies
- Hang GO sign when you can be interrupted more frequently.



When You Work

- Make a schedule, and try to stick to it.
- Many find it helpful to have a more structured schedule when working from home.
- Take breaks
- Eat lunch



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When You Work



- Trade off child care if another adult at home
- Plan to do work when children are napping or sleeping. Give older children quiet time if younger children nap/rest
- Try to match work schedule to child's

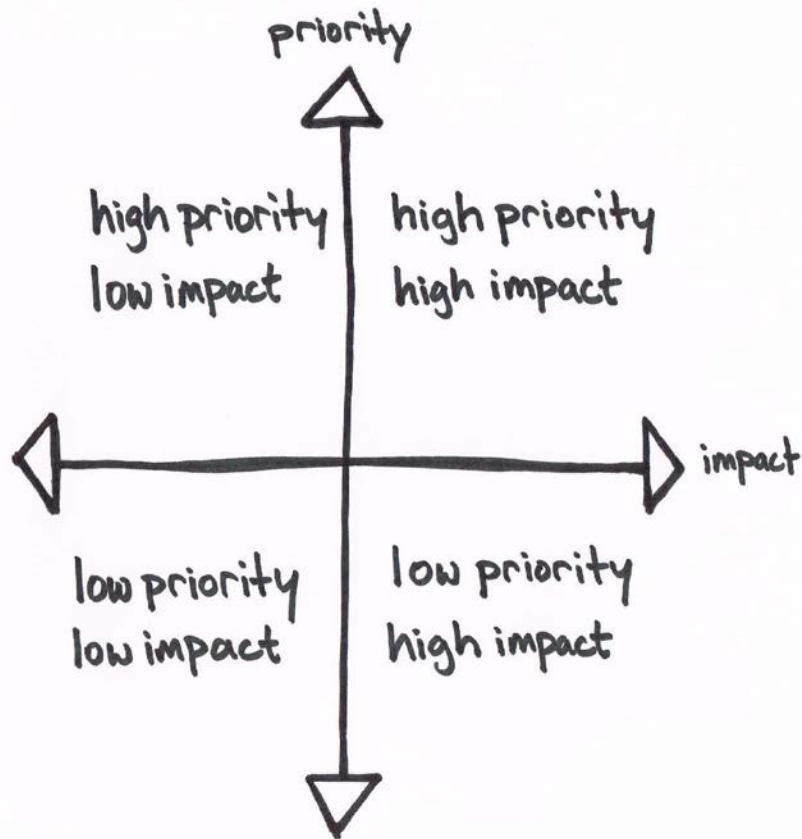


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How to Accomplish Work Tasks



- Prioritize
- Set realistic expectations
- Set specific hours for work only – save home tasks for a different time (e.g. doing laundry, cleaning, paying bills)



Self-Care

- Do something to transition mind to end work day
- Walk outside
- Shower
- Change clothes
- Shut down computer
- Play with child(ren)



Share Tips with Others



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Keeping Kids Connected and Engaged...While You Work

- Grandparents or other trusted adults can get on video chat when schedules become too tight.
- Draw, read, sing, create a puppet show, virtually visit places around the world, take tours of museums, and even go to the symphony.



Supporting Children at Home



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1st R: REASSURANCE

- Children need us to reassure them that they are safe.
- They need age-appropriate information, shared calmly from parents



<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

2nd R: ROUTINES

- Children of all ages thrive with routines.
- Each family should make one that works for *them*



3rd R: REGULATION



- Take care of physical and emotional needs, including sleep, healthy eating, creative outlets, talking....
- Stress becomes a bigger issue when these are not tended to – for children and adults.



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What is your school situation?



- Child's school still instructing?
 - If so, using online resources?
- School ended and no longer instructing?
- Still waiting to see?



Google Classroom 101

- Parents' Ultimate Guide to Google Classroom – Common Sense Media



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Schools are closed
Minds are wide open

I'm an educator

We're a family



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facebook.com/ChildMindInstitute/videos/1343621895822669/


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Parenting During the Coronavirus

Twice daily Facebook Live video chats, featuring our expert clinicians answering your questions.
Monday – Friday, 10am and 4:30pm ET.



CHILD MIND INSTITUTE



29:40 HD

Share Comment Like

Tantrum survival guide

Child Mind Institute was live. 14 hours ago

Meg Glick, LMSW, MSEd a clinical social worker in the Child Mind Institute's ADHD and Behavior Disorders Center is live answering your questions about parenting during the coronavirus pandemic.

84 50 Shares 8.4K Views

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- Domanique Rivell Cuellar** · 0:59 Howdy
Like · Reply · 9h
- Emily St. Julian** · 18:39 thank you!
Like · Reply · 8h
- Shirley McNamara** · 28:12 Thank you!
Like · Reply · 8h
- Charmaine McCorry** · 14:05 Time out doesn't work. A child has behavioural difficulties due mainly to difficulty with emotional regulation. Anger and frustration are normal emotions and getting to the root of the problem usually works. Calmness and containment works better - Time... See More
Like · Reply · 8h

Write a comment...



5 WAYS TO KEEP KIDS ENGAGED AND LEARNING AT HOME: NATIONAL 4-H TIPS



1. **Inspire your kid to do** (4-H's free [Inspire Kids to Do™](#) activity guides)
2. **Have fun as a family** ([Healthy Living Activity Guide](#))
3. **Take a homeschool approach** (keep structured learning with 4-H curricula)
4. **Create your own learning lab** (free [4-H STEM Lab](#))
5. **Combat cabin fever with mindfulness** [guide to mindfulness](#)

Virginia 4-H Posts Activities Daily

The image shows a Facebook post from the Virginia 4-H page. The post is titled "Wind Energy" and is a 30-minute activity for Pre-K-2 students. The post includes a description of the activity, a list of supplies, and a link to get started. The supplies listed are: Construction Paper, String, Paper Clips, Small & Large Disposable Cups, Scissors, Tape, Rubber Bands, and Large & Small Straws. The post has 8 likes and 38 shares.

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19 hrs · 🌐

Make your own windmill and learn about wind as an energy source! 🌬️
Here's how 📄 bit.ly/4Hwindenergy
#Virginia4H #VA4HActivityOfTheDay #InspireKidsToDo #BetterTogether4-H

🕒 30 minutes | Grades: Pre-K-2

Wind Energy

Description
Learn how wind can be converted into energy. In this activity, youth will build a simple windmill and use it to power a pulley system to lift a bucket.

▶ Get started at 4-H.org/UsingWind

Brought to you by Hughesnet and Illinois 4-H Foundation

Supplies

Construction Paper	String	Paper Clips	Small & Large Disposable Cups
Scissors	Tape	Rubber Bands	Large & Small Straws

👍 8 38 Shares

https://bit.ly/VA4HAppSpring?fbclid=IwAR0UqihJPsArqgxP6Ynlu2QUqS_QjHkODOkmH05mgGsXBimfl4Hk-aUphIE Share

More Resources for Parents and Caregivers

- [Child Trends: Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic](#)
- [Harvard Graduate School of Education: Helping Children Cope with Coronavirus and Uncertainty](#)
- VA Dept of Ed:
http://www.doe.virginia.gov/support/health_medical/office/covid-19-parent-guide.shtml
- [ZERO to THREE: Tips for Families: Coronavirus](#)
- [Early Childhood Development Action Network: Early Childhood Focused COVID-19 Resources](#)
- [Prevent Child Abuse America](#) has tips and resources for families to stay connected and manage stress.



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Balancing Life: Marital Relationships

April 8 at 10am

Dr. Megan Dolbin-MacNab, Director of Virginia Tech's marriage and family therapy doctoral program, will discuss ways to take care of your relationship in the midst of COVID-19. Tune in to learn more!"



Balancing Life: Teens, Anxiety and Stress

Friday, April 10, 10am

Dr. Kim Allen, Director of the Youth, Family, and Community Sciences academic program at North Carolina State University along with her two daughters, 16 year old Sofia and 19 year old Fiona, will present coping strategies for dealing with stress and anxiety in youth.



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Celebrate Small Wins

- Remember to be patient with yourself and others.... And celebrate the little things



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