

How to Master Remote Work with Kids

If the reality of working from home alongside your kids seems daunting, you're not alone. Here are some simple strategies to balance remote work, with the added pressures of homeschooling and childcare.

Toddlers

- Tag team, if possible.
- Be flexible and loosen up on screen time.
- Make a schedule that includes one-on-one time.

Kids

- Nail down a routine and reinforce expectations.
- Create a dedicated space for schoolwork.
- Let kids be kids.

Infants

- Take advantage of mornings, naps, and evenings.
- Rotate toys to keep them new and interesting.
- Have a bottle ready before meetings.

Teenagers

- Encourage family well-being.
- Be patient and give them time to adjust.
- Keep TV off to prevent distractions.

Tweens

- Establish self-sufficient schedule.
- Talk about what's happening.
- Use breaks to do something outside.

