

WELLNESS WEEKLY

WORKING FROM HOME AS A FAMILY

Many of us are facing the challenge of working from home while also monitoring our kids as they participate in E-Learning. All of this on top of other responsibilities we have to keep the household running. We hope these resources will provide support and guidance on how to navigate these challenges and maintain a positive and healthy lifestyle.

RECOMMENDATIONS AND TIPS

[10 Tips for Parents Navigating the New Realities of Online Education](#)
[Tips from Cognitive Neuroscientist](#)
[Working Remotely during COVID-19](#)
[COVID-19 Resources for Families and Educators](#)

Activities to Help Keep Kids Busy

[20 Learning Activities to Keep Kids Busy](#)
[5 Fun Brain Breaks for Kids and Families](#)
[Awesome Audios for Kids](#)
[Create Your Own Comic Books](#)
[Seussville Activities and Crafts](#)
[Children's Books Read by Celebrities](#)

Additional tips for parents trying to balance working from home and E-learning:

- Wake up early to get a head start. Getting one or two things done before everyone else gets up can make a huge difference
- Divide and conquer. Dividing up the day in shifts or blocks between you and your spouse can make the day more manageable. For single parents this may mean breaking up the day with breaks and activities children can do while you work.
- Create a designated work space for each person in the household
- Encourage autonomy. Older children should be encouraged to manage their schoolwork. Provide younger children with structured choices.
- Ask kids to help. Having them help around the house and contribute more can help them feel a sense of competence and control.

COVID-19 IMPACT

COVID-19 is presenting new and unique challenges. We are navigating uncharted waters, making it important to find new ways to work and interact while also taking care of our mental health and well-being. Many are teleworking full-time for the first time. Our daily living routines are disrupted causing added anxiety, stress and strain—physically, mentally, and financially. It is natural for this disruption and uncertainty to lead to anxiety and stress. Now more than ever, we all must take care of our mental health and well-being.

