COVID-19: Working at Home with Kids



Many parents are finding themselves working from home for the very first time in their professional lives as businesses work to prevent the spread of COVID-19. With schools and childcare facilities also closing, these new remote workers are also dealing with the challenge of working with kids in their new office: the home.



Here are some tips for working at home with kids:

Give the kids attention first. Before you switch your attention to work, meet your kids' needs first. By doing this, they are less likely to bother you while you are working.

Do your most focused work when the kids sleep. Use the time while your kids sleep to get your most important tasks complete. If your kids don't nap, implement designated "quiet times" throughout the day to help you keep focused.

Switch between kids and work in time blocks. If your kids require more attention, block out a chunk of time to tend to their needs as opposed to trying to work and watch the kids at the same time. Focusing on one task at a time is much easier to handle.

Rotate childcare with your spouse. Pair up with your spouse to rotate time looking after the kids. Switch roles after your designated work time is over.

Develop your kids' collection of games. Take time to build your inventory of games and help your kids understand the rules so they can play independently while you work.

Assign a younger kid to an older kid. Tasking your older kid(s) to look after younger kids is a great way to create time for work. For siblings that are very close in age, you can assign one to be the "sitter" for a time block then have them switch roles.

Rotate activities and keep some in reserve. Having a rotation of toys can help alleviate boredom that kids experience when they don't have something new to play with. Rotating toys in and out of a storage area can help create excitement about playing with toys, especially if they have not seen the toys in a month or two.

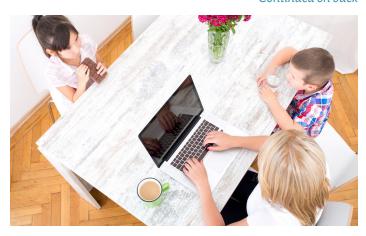
Send the kids outside in all weather. Rain or shine, sending your kids outside can provide much needed quiet time to get work done. Make sure they have the right gear for any kind of weather and send them on their way.

Start an activity with them, then leave. Sometimes kids just need a little motivation or direction to start an activity. As soon as your kid is having a good time and self-directing play, you can leave and get started working.

Make your home conducive to self-directed play. Creating play and hobby spaces for kids provides them with easy access to games and supplies for activities causing less distractions while trying to work.

Get your kids used to managing themselves. Children who develop hobbies and skills that require their own independent work, interest and focus become used to managing themselves. Use the opportunity you have with them while at home to help your kids grow in self-reliance.

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COVID-19: Working at Home with Kids (continued)



Resources for Learning at Home

Apps:

RazKids

Seesaw

Epic

Vooks

Book Creator

Magnetic ABC

TenFrames

ABCMouse

Monster Math

Scratch Jr

Starfall

Let's Read

YouTube

Kids Learning Tube

Free School

Homeschool Pop

StoryBots

Khan Academy

Smithsonian Channel

The Brain Scoop

Word World PBS

TED-ed

Sci Show Kids

National Geographic Kids

Peekaboo Kidz

Storyline Online

Story Time with Ms. Becky

KidTimeStoryTime

Podcasts:

Brains On

Six Minutes

But Why: A Podcast for Curious Kids

Story Pirates

Circle Round

Smash Boom Best

Wow in the World

Eleanor Amplified

The Two Princes

Far Snacks

KidNuz

Websites:

Freckle.com

Lexialearning.com

Starfall.com

MysteryScience.com

Readworks.org

STMath.com

KhanAcademy.org

Gonoodle.com

Abcya.com

Xtramath.org

Xtra

Zearn.org

Please note that this is not an endorsement of these products. This list has been compiled to provide parents with educational options for children who are at home while schools and childcare facilities are closed.

Source: thefederalist.com/2020/03/16/14-strategies-for-working-from-home-around-children-without-endless-screen-time/

