



# FULL HOUSE: Working From Home with Your Family

a'parently  
Advancing Work and Family

# Remote: Working & Managing

## Best Practices:

- 1.0 Carve out workspace
- 2.0 Dress the part
- 3.0 Create zone schedule
- 4.0 Trigger and reward
- 5.0 Manage your attention
- 6.0 Keep it human
- 7.0 Mangle your calendar
- 8.0 Do your best...let go of the rest

Which is the hardest in your house?

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What do you know about yourself that will help?

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[www.5lovelanguages.com](http://www.5lovelanguages.com)

## For Managers:

- 1.0 Don't assume team is settled
- 2.0 Manage team, not tasks or time
- 3.0 Carefully plan when you need to be in synch
- 4.0 Revisit expectations
- 5.0 Acknowledge your own family, struggles, etc.

What I'm already doing:

Where I need support:

# Tips by Age & Stage

## baby/postpartum

- Mom is top priority
- Extra support required above-and-beyond work hours
- Isolation may be particularly scary and painful
- Check in often

## toddler

- Connecting with friends is still key for young kids
- Break up day into small pieces
- Tire them out(side) early and often
- Have a safe zone
- Rebuild your village

## preschool

- Zoom/Call for storytime with family or known sitter/friend
- Hyper-organize and minimize toys and activities
- Use the magic words “I’m going to have you”
- Express feelings!

# Tips by Age & Stage

- E-learning is only part of the day
- Build in “brain breaks”
- Write and send letters/cards/art
- Use “mental health” days or sick days

- Connect with friends safely in-person but limit social media
- Serve as virtual babysitters
- Involve in themes/creative arts

- Look to the next year now
- Involve in service opportunities
- Serve as virtual babysitters
- Recruit as interns

elementary

middle school

high school

# REFLECT & PLAN

What Went Well

Got Good Results

Gave Us Comfort

What Didn't Go Well

Had Real Consequences

Made Us Uncomfortable

What I'm Letting Go Of

What I Need (& From Whom)

\_\_\_\_\_ from \_\_\_\_\_

\_\_\_\_\_ from \_\_\_\_\_

\_\_\_\_\_ from \_\_\_\_\_

\_\_\_\_\_ from \_\_\_\_\_

\_\_\_\_\_ from \_\_\_\_\_

# REFLECT & PLAN

Word or Theme For This Week

Who is Kid Captain? (And, How Will The Kids Know?)

M

T

W

Th

F

Early AM: getting up, dressed, fed, etc.

Mid AM: first round of “activities” + snack

Lunch: prep, serve, clean up (with kids!)

Early PM: next round of activities + snack

Mid PM: next round of activities + snack (again)

Dinner: prep, serve, clean up (with kids!)

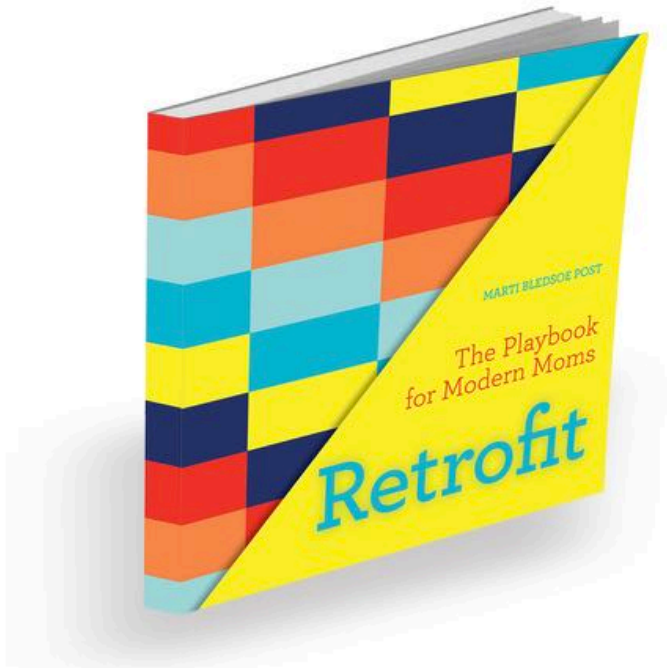
Eve: bath, story, bedtime, etc.

## CODE-RED Moments for Each Parent /Student

These are the don't-miss calls, meetings, deliverables, with days and times.  
*You might be surprised how few things fit this criteria!*

Learn more at [www.a-parently.com](http://www.a-parently.com)

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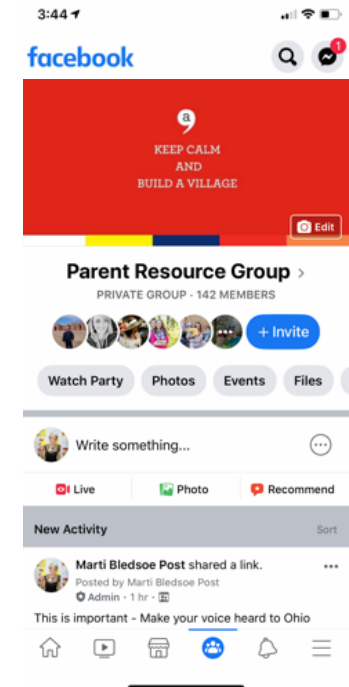
[@marti-bledsoe-post](https://www.linkedin.com/company/marti-bledsoe-post)

## Further Reading

<https://hbr.org/2016/06/resilience-is-about-how-you-recharge-not-how-you-endure>

<https://www.wsj.com/articles/no-really-your-boss-wants-you-to-take-vacationnow-11593606600>

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