



Working from home *with children*



Use visual cues to designate your workspace.

Make a designated work zone and use it on a regular basis. Assist your children in developing the understanding that when you're sitting down, you're working and shouldn't be disturbed unless it's an emergency.



Create a routine and add extra structure to your children's day

Create a daily or weekly schedule with your children. Allow them to choose some of their own activities and assist them in becoming more self-sufficient.



Communicate with your co-workers

Let your team know if you think there will be distractions or interruptions during your calls or even your workday! They'll see what's going on and figure out a way to work around it.



Set realistic expectations

Early on, with your team and managers, set and manage expectations. Determine your working hours, when you'll be most available, and how much you'll be able to accomplish.

