

Tips for parents working at home with children during the Coronavirus Pandemic

Working from home with children is a disaster waiting to happen, right? Yes probably, but let's just take the pressure off us all right now!

- This is not the time to add more pressure to your life by trying to be the perfect parent, spouse, employee or business owner. This is a time for 'Survival Mode'.
- Find a simple routine that works for you and your family and stick to it! We are used to living regimented, structured lives and that has now been thrown out of the window. Don't fight it, accept it.
- Try to schedule your work day around the children's reality – lunchtime, nap time, school time, but again lower your expectations – lunch doesn't have to be perfect or even healthy – if you feed your child then you are winning!
- Set clear boundaries and expectations for everybody in the house. 'Survival mode' doesn't mean working yourself to the bone, you are no good to anyone exhausted.
- Keep work as work and home as home, mentally and physically.
- Make the most of your allocated one walk a day. It will stop the 4 walls closing in on you, reduce tension and get the good hormones racing through your body.

Final Tips

- Remember, there is no right or wrong way. Everyone is just figuring this out as we go along. What you are doing is enough.
- Your kids are safe and your kids are loved - you are winning!
- Acknowledge how much you have already managed to adapt in this new crazy mad reality.
- Recognise and acknowledge how resilient you have already been.
- Remember you have been through worse and survived, you will again.
- This time will pass.
- Finally be gentle on yourself. It is almost guaranteed that at some point you will end up losing it, probably more than once, and you know what, that's O.K! We are all human, we are all allowed to have a bad day. Accept it and move on.

Stay well and stay safe

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