

Parenting & Working During COVID-19



Parents are feeling the strain of trying to manage professional and home responsibilities like never before. Try some of these creative solutions to help relieve some pressure:

- For families with two working parents, assign an “on point” parent during certain hours of the day. This parent would be available to field questions from kids or helps them engage in activities.
- Stagger work hours. Can one parent go to work early while the other deals with breakfast, then the first works later while the other manages bedtime? Knowing you have uninterrupted time carved out to complete projects can greatly reduce stress.
- If you are the only parent, hang a sign on the wall behind you or on your office door as a visual cue when you cannot be interrupted. Have a bin of activities on hand or stations set up ahead of time.
- Post a sign on the refrigerator with snack and lunch options. Package snacks into portions and prep lunches in the morning for younger kids.
- During family time, be present and give your child your full attention during a designated block of time. Quality over quantity of interaction can go far to fuel your children’s connection needs.
- Let some things go. Try not to expend mental energy on things that aren’t important.

At the end of the day, give yourself credit for small victories. Carve out some time to check out and refuel, whatever this looks like for you.

References: Douglas, Teresa. “7 Tips for Working from Home with Kids When Coronavirus has Shut Everything Down”. The Muse, <https://www.themuse.com/advice/work-from-home-kids-coronavirus>. Accessed julio 31 2020.



Your Employee Assistance Program

Consider contacting Kepro for support during this time. We are available to connect you with a counselor for problem solving, assist you in locating childcare, tutors, and more. Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. Just call or log on to get started.

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1.800.999.1077

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