

Pandemic Parenting

Juggling working and parenting from home



COVID-19 and shelter-in-place mandates have created a new host of anxiety and challenges for parents. We, **Sample Company**, truly care about you and your family, and want to offer support during these unprecedented times. Below are various links to articles and videos that offer tips, methods and advice for parenting through this pandemic. If there is anything **Sample Company** can do to support you and your family, please contact Human Resources.

ADDRESS THE STRESS

It's totally normal to feel stressed right now. Take a minute to read up on ways to work through your feelings, learning to recognize your triggers, and how to get help. Also be mindful that your kids are likely experiencing the same feelings of isolation and loss.

- [7 Tips To Reduce Anxiety Working From Home](#)
- [Supporting Kids During the Coronavirus Crisis](#)
- [How To Be A More Patient, Present Parent](#)
- [Parent Resources](#)
- [Survival Guide for Parents at Home with Kids](#)
- [How to Talk to Kids about COVID-19](#)

SET UP SCHOOL

Just like you thrive in a calm work environment, your kids will, too. Staying true to your normal work and school schedule will help everyone differentiate between relaxing home time and working home time. Communicate with your kids times during the day that you are not available to assist them. In turn, communicate with your manager that there will be times that you will need to step away and put on your "parent hat." Also, make sure your kids have their own dedicated workspace — even if it's a corner of the dining room table. Make it fun by having them create a [pencil holder](#) or [name plate](#) so it's official.

DO SOMETHING TOGETHER

It's important to still do fun, meaningful things together as a family.

- **Pick up trash** during your family walks. Just remember to wear gloves and practice social distancing.
- Try a **new recipe**. Kids would enjoy making [chocolate-dipped pretzels](#) and [bananas](#).
- **Donate** food through Feeding America. There are over 200 food banks and 600,000 food pantries in their network. Find your local food bank [here](#).
- **Bring joy**. Banners and window decorations can lift the spirits of neighbors out for a stroll. Kids will love creating a [sidewalk chalk art obstacle course](#).



MAKE A PLAN

Structure is great for kids, especially when they don't feel like they have much control over what's happening. But making a plan doesn't mean you have to concoct a full homeschool curriculum each day. Try planning out the day the night before and writing it on a white board so everyone knows what's expected.

Start with whatever work is assigned through your child's school. If that's enough to keep your child busy through most of the day, add on mandatory outside play time, household chores and keeping in touch with friends and you're all set. If, however, your child's schoolwork is usually completed by lunchtime, you'll want to get creative so they don't end up bored out of their minds. Here are some ideas!

- **Teaching resources.** You don't have to go into this blindly, and nobody expects perfection. Everyone is doing the best they can, so avoid the temptation to compare yourself to your child's teacher or other parent friends. Seek out resources to help you.
- [Khan Academy's Daily Schedule for Teaching at Home](#)
- **Take advantage of already prepared lessons.** [Ted Ed](#) is a great starting point since it has daily lessons for all age groups. Topics range from bullying and hyperbole to Roman soldiers and eating bugs.
- **Podcasts** aren't just for adults. Have your kids listen to a podcast a few times a week and give you a summary of what they've heard.
 - » [Brains On!](#) Your kids can still ace science from the comfort of your home! This podcast from American Public Media is hosted by kid scientists and public radio reporters. Topics include whether plants have feelings, how viruses spread, and more.
 - » [The Kids Are All...Home.](#) A new podcast made just for kids in quarantine! Each episode features kids from around the world talking about what they're doing at home and how they're passing their time. Kids can even submit their stories to be featured on the pod!



- Assign extra **reading**. Older kids can write a summary of what they've read or make a video, while younger kids could act it out or create a diorama.
 - » Check out *Mosaic Literary Magazine*, which features interviews, articles and essays by writers of African descent. They're also offering [free lesson plans](#) for teens.
 - » Sign up for [Time for Kids](#) digital magazine. Designed for K-6, it's free and very topical.
 - » You can check out books from the library even from home! If you have a library card, you can use it through [Overdrive](#) to check out ebooks or audiobooks. Introduce your kids to your favorite books from childhood for a bonding experience.
- Send your kids **online**. Not all screen time is bad. Virtual tours and lessons are at your fingertips.
- Does your kid or teen love computers? Learning to code is not only fun, but a great skill they can use throughout their life. [Codecademy](#) is a free education tool (with upgrades for a cost) where kids can learn to code at different levels.
- You can still exposure your kids to the arts without ever leaving home! Many museums are offering virtual tours, including the [Metropolitan Museum of Art](#) and the [Guggenheim](#).