

ACCEPT FROM THE START THAT YOU WILL NOT BE AS PRODUCTIVE

THIS IS A FACT



# TELEWORKING WITH KIDS SURVIVAL GUIDE

## PLAN A SCHEDULE

As a couple: swap roles between work and childcare.


Solo: alternate between play and work.



- Plan your professional communications in advance and at specific times.
- Favour communication via email and professional social networks. (Ex.: Teams)

-Respect a FLOWING schedule and rhythm. You do not need to plan everything in advance, but try to be predictable so your children know what is coming.

## KEEP CHILDREN ACTIVE



Outings  
Screens: yes, but keep sessions short and strategical.  
Video call friends and family. Hugs and laughter

- Ask the older ones for help.
- Involve them in household chores.
- Stay close to the area where they play so they know you are there for them and inform them of the rules.
- REWARD THEM.

## WORK IN TERMS OF RESULTS AND NOT TIME SPENT ON THE TASK

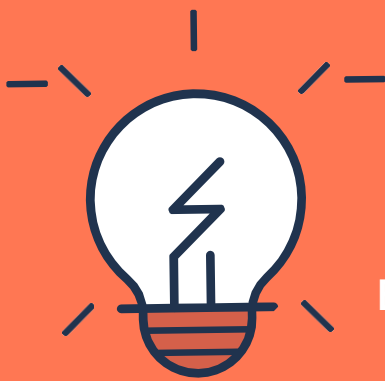
**Objective:** complete the necessary strategic work to achieve the desired progress or continuity.

- Plan “no work” periods
- Give yourself the right to take planned breaks from time to time, to take a breather and to give your children some attention.

The mood will be calmer afterward, and so will you.



## ACTIVITY IDEAS



**0-5 years old:** games that they can play by themselves, blanket tents, propose games in which you can participate – but not too many – start the game and then let them play...

**Elementary school level:** podcasts and audio books, board games, cooking with the family...

## TYPICAL TELEWORKING SCHEDULE WITH CHILDREN

- 7:30-8:00 am: play with the children
- 8:00-10:00 am: social web and work block 1 (2 h)
- 10:00 am: break and snack with the children
- 10:30-11:30 am: work block 2 (1 h)
- 11:30 am-1:00 pm: break and lunch with the family
- 1:00-3 pm: work block 3 (2 h)
- 3:00-4:00 pm: go outside with the children
- 4:00-4:30 pm: social web and emails (30 min)
- 8:00-9:00 pm: work block 3 (1 h or more if needed)



DO NOT TAKE ANYTHING TOO SERIOUSLY. REMAINING CALM IS KEY.

TAKE THIS TIME TO ENJOY BEING TOGETHER.