



How Parents Can Stay Productive (and Sane) While Working Remotely

Working from home comes with a lot of benefits, but parents with kids at home might struggle to find them. After all, there's a reason we don't invite kids to come hang out at the office on a regular basis. The ideal kids' day and the ideal workday look...pretty different.

Fortunately, the [KnILE Center](#) has come up with a list of resources and ideas for managing kids and work simultaneously. We'll take a look at how to manage school-aged children during your workday, as well as how to foster strong connections off the clock.

High Schoolers

Your teens' independence and self-sufficiency are your best friend here — embrace them.

- If your child is taking virtual classes, offer to help them create [their own home office](#).
- Set clear, consistent boundaries, and let teens know how to recognize meetings and other [“Do Not Disturb”](#) times of the day.
- Help them find fun things to do in their downtime such as [playing online games](#), exercising, or trying out a hobby.

- Sign them up for [one-on-one sessions](#) through KnILE Center's EduCoachNow program to develop their life and soft skills.

Grade Schoolers

Younger kids and pre-teens are learning how to trust themselves — empower them through gentle guidance.

- Younger children may have an easier time learning virtually if they can see you [lead by example](#). If your work and school schedules allow it, offer to make them a workspace in your office.
- Get your child a series of [exciting, captivating books](#) so they have an easy activity to turn to when you need the house to be quiet during the day.
- Encourage them to take plenty of breaks to move around. Children need to be [physically active](#) throughout the day in order to focus properly.

Off the Clock Connections

Find ways to have quality time together.

- Remember, even the most understanding kids [probably miss you](#) when you're home but inaccessible.
- Prioritize quality connections while you're off the clock. For example, go on a [family walk](#) during your lunch break or resolve to have dinner together every night.
- Not only does this give your kids the connection they need to feel secure, but it also models a [healthy work-life balance](#), which will serve your children well for life.

These tips might make remote work and virtual learning a breeze, but they might just make it *possible*. Remember to be gentle with yourself and your family when things are hard. For the vast majority of people, this remote work journey is temporary. Focus on getting through and keeping yourself — and your family — centered in the process.

Is your child struggling to thrive at school? Check out the KnILE Center for [more resources](#) tailored for young learners.

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