

# Working from home with children



## Tips to manage work while supporting children at home

### Talk to your children and make a plan

- Begin by asking your children how they feel and share your own feelings.
- Make a plan together for how you will each do your daily activities.
- Talk to your children about breaks and how you will spend free time together.
- Use “when-then” statements such as “when my work is done, then we can play”.
- Minimize distractions by designating spaces, using headphones and reminding children of the plan.

### Set realistic expectations

- Be reasonable in what you expect of you and your children. Expect progress not perfection.
- Be patient. Show kindness to you and your children.
- Use reminders to stay on track but be flexible and willing to change the plan as needed.
- Celebrate the wins, no matter how small.

### Focus on the positive

- Notice the good things happening around us such as spending more time together as a family and the many acts of kindness.
- Think about what you are thankful for right now. Gratitude helps us to focus on the good.
- Find humour each day. Allow yourself to smile or laugh especially in difficult times.

### Make self-care a priority

- Schedule breaks and check in with your children.
- Stretch and step away from the computer.
- Use relaxation or self-care breaks to boost mood and productivity.
- After work, take a walk, do a crossword, or listen to music to create a buffer between work and before starting your home routine.
- Do activities you enjoy and spend time with family.
- Make a joy list and do something that brings you joy each day (e.g., read, listen to music, take a bath, call a friend, cook a meal, or get outdoors, etc.)
- Eat healthy, stay hydrated, move more and practice a good sleep routine.
- Check out the links on the next page to learn more ways to take care.

### Reach out, stay connected

- Connect with people such as friends, family, co-workers and neighbours to remind us that we are not alone.
- Involve other members of your home in activities such as cooking and chores. Try cooking as a family activity or share the load with children by giving them age-appropriate chores.
- Ask for help. Reach out to teachers or others that can help your children with schoolwork. Reach out for parent support too.



You are not alone. We're here to help.

Emergency	<b>911</b>	24 hours, 7 days/week
Provincial Mental Health Crisis Line	<b>1-888-737-4668</b>	24 hours, 7 days/week
Crisis Text Line	<b>Text 'Talk' to 686868</b>	24 hours, 7 days/week
Kids Help Phone	<b>1-800-668-6868</b>	24 hours, 7 days/week
Call an office in your area for counselling options - DoorWAYS	<a href="https://nl.bridgethegapp.ca/adult/service-directory/doorways-walk-in-clinic-counselling">https://nl.bridgethegapp.ca/adult/service-directory/doorways-walk-in-clinic-counselling</a>	
Check out the new E-Mental Health options from the comfort of your home	<a href="https://nl.bridgethegapp.ca/adult/online-programs/">https://nl.bridgethegapp.ca/adult/online-programs/</a>	
CHANNAL Warm Line	<b>1-855-753-2560</b>	9:00 a.m. – 12:00 midnight
Mental Health and Addictions Systems Navigator	<b>1-877-999-7589</b>	8:30 a.m. – 4:30 p.m. Monday - Friday
Domestic Violence Helpline	<b>1-888-709-7090</b>	Call or Text
Provincial Opioid Toll-Free Line	<b>1-844-752-3588</b>	8:30 a.m. – 4:30 p.m. Monday - Friday
Healthline	<b>811</b>	24 hours, 7 days/week

**Not sure who to call?  
Help starts here.**

Call **211** for local community/government programs and services. 24 hours, 7 days/week