



Managing the Stress of Working While Kids are **Online Learning**

Create a Routine

- ▶ Create structure, with the opportunity to adapt as needed.
- ▶ Find out the expectations from their school/teacher.
- ▶ Adapt the schedule based off of age.
- ▶ Set break times for stretching, snacks, play, etc.
- ▶ If something is not working, change the routine until you find something that works.

Create a Workspace

- ▶ Separate the space from the play area.
- ▶ Create your own workspace and model to your kids how you use it.
- ▶ Let them make their space their own (i.e. create name tags and “desks”).

Social Interactions

- ▶ Set up virtual play dates often (create games they can do together, but apart).
- ▶ Have socially distant outings, if comfortable.
- ▶ Promote social development by having family game nights or activities.
- ▶ Set breaks throughout the day for playtime with you and your kids.

Limit Distractions

- ▶ Create breaks specifically for TV and devices and only allow during breaks.
- ▶ Keep things as quiet as possible or add some calming music in the background.
- ▶ Eliminate any distractions that are in your control (some may not be).

Contact Perspectives EAP for additional resources on childcare.