



TIPS FOR WORKING FROM HOME **EFFECTIVELY** WHEN YOU HAVE KIDS THERE

- ✓ **Be upfront about expectations with your employer**
- ✓ **Set up virtual babysitters**
- ✓ **Plan activities that don't need supervision --- stress less about screen time**
- ✓ **Prioritize your schedule**
- ✓ **Split the work with your partner/spouse**
- ✓ **Reward good behavior**
- ✓ **Take mini breaks**
- ✓ **Get creative with office space**