



Work/Life Tips for Working from Home

While it is beneficial to have a plan, or access to a schedule, don't overwhelm or pressure yourself into thinking that every day must be structured. These are new experiences, and as you integrate working and caregiving life from home, you may find that each day will differ from the previous one. Be kind to yourself, recognize that some days will be easier than others, and give yourself permission to bend your regular rules if needed.

We hope that you find the following resources beneficial as you navigate your work day and family care simultaneously.

1. **Be Realistic:** Working from home with children is a difficult thing to do. By acknowledging our expectations reasonably, we can focus on what we can get done, rather than what we can't.
2. **Keep Children Informed:** Our family schedules and routines have changed, and our children are impacted and adapting to it with us. Opening an age-appropriate dialogue with our family about why things have changed can allow us to hold space for everyone to speak about their emotions and feelings. [How to Talk to Your Child About COVID-19](#)
3. **Communicate:** Acknowledging our current stressors, upcoming deadlines, and work/home needs with supervisors, colleagues, and family, will allow for better support and flexibility when prioritizing schedules and workloads.
4. **Involve Your Family:** Encouraging children to develop ideas for the daily or weekly schedule can enthusiastically keep them engaged while sparking their creativity.
5. **Connect with Nature:** Being outdoors can have many positive health benefits on the entire family. Take a walk around the neighborhood, walk a local trail, or enjoy some time at the park. This activity can be a calming, connecting, and/or educational time for you alone, or as a family.
6. **Utilize On-line Learning Resources** such as: [ABCmouse Early Learning Academy](#) (Preschool - 2nd Grade), [Adventure Academy](#) (3rd - 8th Grade), and [ReadingIQ](#) (pre-school - 6th grade) which are offering free home access for a month. Additionally, educational websites can be beneficial for (Math) [Funbrain](#), [Prodigy](#), [Math Playground](#). (Social Studies) [Nat Geo Kids](#), [TIME for kids](#), [Smithsonian for Kids](#). (Science) [Discovery Mindblown](#), [NASA Kids Club](#), [Code Academy](#), [How Stuff Works](#), [Amazing Space](#). [Common Sense Media](#) and [Scholastic](#) also offer a variety of educational resources and programs.
7. **Take a family indoor field trip to:** [San Diego Zoo](#), [Monterey Bay Aquarium](#), [Exploratorium SF](#), [The National Museum of African American History & Culture](#), or [The Louvre](#).
8. **Congratulate Yourself:** Take a moment at the end of each day to acknowledge all that you did today. Navigating working from home with children can be difficult, and in these unexpected circumstances, unplanned.

UC Berkeley Resources

- COVID-19 may be affecting your access to basic needs at this time, [UC Berkeley Basic Needs Center](#) is continuing to support our community with their needs.
- [Back-up Child Care: Bright Horizons Care Advantage](#)

Be Well at Work Work-Life is committed to supporting you with your family needs at this time. If you require parenting or familial resources, please contact Karen Patchell at kpatchell@berkeley.edu