



Dear CCNY Community,

This week we present:

Letters to Home – Working from Home with Kids

As all of our lives have changed in the recent weeks, many of us find ourselves in very different work environments – our home! The adjustment to working from home is difficult for most and for those with children, it presents even more unique challenges. Below are some tips and resources for working from home with kids:

- **Getting by is Enough:** Simply doing your best and taking things day by day is enough! This is a difficult transition. Please take a moment to acknowledge all you've been doing by balancing work, and/or being a student, in addition to being a Parent. It is okay to experience some bumps in the road – we are all trying to figure out what works best for us during this quickly changing time.
- **Create a Schedule:** Setting a schedule, even a rough outline, can help you set boundaries for yourself and for your kids as you try to juggle different responsibilities. If possible, set specific work hours to eliminate the feeling of an endless workday and to allow yourself time for other responsibilities. A schedule for your kids can also help them stay focused, ease their transitions, and let them know when they will get breaks and when their school day officially ends.
- **Share the Work:** Do not be afraid to ask for help! If and when you can, consider splitting up the responsibilities of watching, entertaining, or teaching the kids with others in the household. Be clear about daily tasks and expectations. Get creative and use aids such as: virtual story time or virtual play-dates to keep the kids busy and give yourself time to take a moment and relax or do something else.
- **Make Daily Tasks Family Activities:** Things you do every day, and may need help doing, can be turned into learning opportunities and/or family time. Try getting the kids involved in making their lunch or dinner, having extra hands to help clean, or try folding the laundry together.
- **Don't be Afraid of Using Outside Resources:** If there's a subject or question your child wants to investigate, let them turn that into a project or opportunity for self-directed

learning. Utilize educational games, television programs, audiobooks, and more to help take the pressure off you.

- **Plan for Interruptions:** No matter the age of your kids or the boundaries you've set to keep kids busy during your work time, interruptions will happen. Things don't always go as planned. Adopt the "go with the flow" mentality to lessen the sense of stress when this happens. It could be helpful to find ways to communicate with your child that you cannot talk at that moment, such as a sign or hand gesture.
- **You Don't Have to be Productive All the Time:** You did not expect to take classes online and/or work from home, and now teach your kids all at once. Being at home does not equal more free time. You don't also need to be learn a multitude of new skills or become a teacher; doing what you can each day and keeping yourself sane is plenty.
- **Talk to Your Kids About the Virus:** With all these changes, kids might have a difficult time understanding what's happening. It can be helpful to both you and your children to be open, remain flexible, and remember that these changes are temporary. We are all doing our part in keeping ourselves and others safe and healthy and that can be reassuring for people of all ages.
- **Take care of yourself:** You are important. Allow space and time to take care of yourself and your own needs. Seek support in other parents – you are not alone! By extension, doing so helps you be more present for your kids as well.

Additional Resources:

[NYC Food Bank](#)

[Talking with Children of Different Ages about COVID-19](#)

[Talking to Kids - Video Resource](#)

[Additional advice for talking with kids](#)

[Education & Fun Resources for Kids](#)

[Smithsonian: Fun Stuff for Kids & Teens](#)

[Audiobooks to Keep Your Kids Entertained](#)

For immediate mental health support please call NYC Well 1-888-NYC-WELL (888-692-9355). NYC Well provides free, confidential services to support mental health concerns. NYC WELL is available 24/7 and can provide assistance in over 200 languages.

You can also text WELL to 65173 or access the NYC WELL website at <https://nycwell.cityofnewyork.us/en/> to chat with a counselor.

Stay safe and take care of each other.