



OLD REPUBLIC TITLE



## TIP #1

Date \_\_\_\_\_

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Prepare a schedule for your household, with or without kids. Helping everyone stay on some type of regular schedule can create daily stability. Remember that daily activities like getting up, getting dressed, doing your hair and make-up are normal. Keep a somewhat normal schedule for everyone in your household.

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## TIP #2

Date \_\_\_\_\_

Share these helpful tips with your family and friends:

Working from Home with or without Kids

1. **Find a workspace** – If you don't have a home office, your first task might be to carve out a spot where you can have privacy to work. Can you find space in the basement, take over the guest room, or take calls in a large closet? Creative thinking might be necessary.
2. **Get ready like usual** – Create a consistent routine to get into the work flow each day. Get ready for work, make breakfast, and get the kids set up with morning activities before opening up your email.
3. **Set realistic expectations at work** – Being upfront with your coworkers that you have kids at home can help you manage anxiety and better manage everyone's expectations. We all know this is not a normal circumstance!
4. **Divide and conquer** – If you have a partner that is also working from home, try to divide your work time and work with each other's schedules.
5. **Have a family talk** – Help your kids understand how work works by sitting down together and setting boundaries for them. Explain that you won't always be available and that they have to knock when your office door is closed.
6. **Take breaks** – It's nice to be able to sit down and knock out a bunch of work over a few hours, but taking breaks will be more necessary now. Set an alarm and take a few minutes each hour to check on the kids, get everyone a snack, or have a short dance party with the family.

<https://www.cnn.com/2020/03/16/success/working-from-home-with-kids-coronavirus/index.html>

<https://www.bostonglobe.com/2020/03/17/business/10-tips-working-home-with-kids/>

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## TIP #3

Date \_\_\_\_\_



Email, text or post suggestions for folks at home with their children. Have your children write a note or letter to someone every day. Letter writing is a lost art and yet nothing beats getting a handwritten note in the mail. Suggestions for recipients (other than grandparents of course) could be a teacher, a neighbor, a good friend, a local first responder, etc.

Visit [www.amillionthanks.org](http://www.amillionthanks.org) and learn how you can send a note, drawing or letter to military personnel. Since 2004, this organization has supported our military and their families and has sent over 9.5 million letters to our military personnel.

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## TIP #4

Date \_\_\_\_\_

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Email, text or post the link to docs.google.com for Virtual Field Trips. Over 30 virtual field trips with links to places like the San Diego Zoo, Yellowstone National Park and more are available to view.

Share "[The Best Ideas for Kids](#)" page on FB with 100+ Indoor Activities

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## TIP #5

Date \_\_\_\_\_

Share some links with your family and friends via email or text for sites that help with kiddos being at home. Fun and free ways to learn from home.

Math: Prodigy: [play.prodigygame.com](https://play.prodigygame.com)  
Khan Academy: [www.khanacademy.org](https://www.khanacademy.org)

Reading: Squiggle Park: [www.squigglepark.com](https://www.squigglepark.com)  
Storyline: [www.storylineonline.net](https://www.storylineonline.net)

Science: Mystery Doug: [www.mysterydoug.com](https://www.mysterydoug.com)  
National Geographic: [www.kids.nationalgeographic.com](https://www.kids.nationalgeographic.com)

Writing: Typing Club: [www.typingclub.com](https://www.typingclub.com)

Social Studies: History for Kids: [www.historyforkids.net](https://www.historyforkids.net)

For family and friends with older kids, make suggestions such as read books, exercise, listen to podcasts, start a hobby, journal (we are living thru history and their kids and grandkids will be able to read this later), wash cars, garden, continue friendships thru social media and facetime (have limits set for "screen time").

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## TIP #6

Date \_\_\_\_\_



Check out a cooking site for fun family recipes if you have kids. You can also share this with your family and friends via social, text or email. Some sites include:

[www.jennifercooks.com](http://www.jennifercooks.com)

[www.favfamilyrecipes.com](http://www.favfamilyrecipes.com)

[www.easyfamilyrecipes.com](http://www.easyfamilyrecipes.com)

[www.familytreemagazine.com](http://www.familytreemagazine.com)

[www.familyfreshmeals.com](http://www.familyfreshmeals.com)

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## TIP #7

Date \_\_\_\_\_

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Have your children draw pictures or write cards to senior citizens. Google the Senior Centers in your town/city. Mail these pictures and cards to your local Senior Centers with a note asking the staff to distribute on your behalf. Remember, these folks have had their social interactions put on hold. No visitors, no dining in facilities with dining rooms, no scheduled activities. A simple picture or card can make a huge difference for a senior in your community.

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**TIP #8**

Date \_\_\_\_\_



Why not start a new book? Books can be a great source of entertainment, relaxation and even connection.

Five ways to make time for reading and connecting:

- Read more than one book at a time.
- Ignore what you “should” be reading.
- Connect virtually.
- Listen instead of reading.
- Make is seasonal.

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**TIP #9**

Date \_\_\_\_\_

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Remind yourself and your family and friends to stay connected with each other. Use video technology such as Zoom, Google Hangouts, Facetime and even your neighborhood FB or Nextdoor page.

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**TIP #10**

Date \_\_\_\_\_



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Check out [www.pobble.com](http://www.pobble.com) for “non-screen activities you can do at home”. There are 25 fun ideas to choose from when you’re at home and there’s no school. Some ideas include: create a story board and build a house of cards.

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## TIP #11

Date \_\_\_\_\_

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Find free online reading resources for kids on the following sites:

[www.wordworld.com/apps-and-games/](http://www.wordworld.com/apps-and-games/)

[pbskids.org/games/reading](http://pbskids.org/games/reading)

[www.storylineonline.net](http://www.storylineonline.net)

[www.readworks.org](http://www.readworks.org)

[www.starfall.com](http://www.starfall.com)

[www.newsela.com](http://www.newsela.com)

[www.natgeokids.com](http://www.natgeokids.com)

[www.sikids.com](http://www.sikids.com)

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## TIP #12

Date \_\_\_\_\_

Organize a Neighborhood Window Walk thru your neighborhood FB page or Nextdoor app. This is a fun way for families to participate when going on a neighborhood walk. Ideas for this include:

- Silly Faces
- Animals
- Words of Encouragement
- Flowers
- Jokes
- Easter Theme (eggs or bunny)

This is a great reason for you to take a walk with your kiddos and get some fresh air. Take pictures of what you find posted in windows and then post those pictures on the FB page or Nextdoor app. This creates a sense of community.

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