

Personal Tools for Parents Working from Home while Caring for Children

The current circumstances we all find ourselves in as a result of the Covid-19 pandemic test our resilience and ability to cope with change. For many of us, we find ourselves transitioning to new ways of work, such as working entirely from home. This is an enormous and challenging undertaking. It is common to feel worried and anxious about a multitude of issues, including your job security and future, being productive while not in the work environment, or the health concerns of your extended family members and the uncertainty surrounding our future.

We know that many of you will be juggling competing expectations of work with managing your children who are now studying and learning in the home. Here are some tools to consider:

1. Give yourself permission to not do everything – as parents; we are human. It's ok to make mistakes and change your mind.
2. Remind yourself - you are not a teacher, and that's ok. You have your own skills, so there is no need to judge yourself or compare yourself to other parents.
3. Be encouraging and ask for help from the teacher. Use online tools and support groups with other parents.
4. Have a structure and routine as this provides stability and a sense of control.
5. Be a role model, if you get upset or angry, simply apologise and show it's ok to be emotional and to apologise if you make a mistake.
6. Encourage your children to come up with solutions and ideas. You can help foster their independence and resilience.
7. Make to-do lists, involve the family and tick off items. It helps everyone to feel and see achievements or goals being kicked.
8. Social isolation may be out of your control but having fun and laughing is very important. It's also great for the self-care and wellbeing of you and your family. Both children and parents will miss their friends, so it's important as a family to focus on fun and play.

If you are feeling anxious or stressed about the new role to 'tutor' your children with their classroom learning while trying to maintain your work productivity have a conversation with your manager to discuss your situation. Whatever the nature and extent of your concern, feel free to call us. Simply provide some basic details about yourself, and we will offer you a confidential appointment with a counsellor at a time that suits you. If you have any specific questions or concerns, please contact AccessEAP on **1800 818 728** to book an appointment and speak with one of our experienced counsellors.

