

# Working From Home with Children



## Tips to Manage Work While Supporting Children at Home

### Talk to your Children & Make a Plan

- Begin by asking your children how they feel & share your own feelings.
- Make a plan together for how you will each do your daily activities.
- Talk to your children about breaks & how you will spend free time together.
- Use “when-then” statements such as “when my work is done, then we can play”.
- Minimize distractions by designating spaces, using headphones & reminding children of the plan.

### Set Realistic Expectations

- Be reasonable in what you expect of you & your children. Expect progress not perfection.
- Be patient. Show kindness to you & your children.
- Use reminders to stay on track but be flexible & willing to change the plan as needed.
- Celebrate the wins, no matter how small.

### Focus on the Positive

- Notice the good things happening around us such as spending more time together as a family & the many acts of kindness.
- Think about what you are thankful for right now. Gratitude helps us to focus on the good.
- Find humour each day. Allow yourself to smile or laugh especially in difficult times.

### Make Self-Care a Priority

- Schedule breaks & check in with your children.
- Stretch & step away from the computer.
- Use relaxation or self-care breaks to boost mood & productivity.
- After work, take a walk, do a crossword, or listen to music to create a buffer between work & before starting your home routine.
- Do activities you enjoy & spend time with family.
- Make a joy list & do something that brings you joy each day (e.g., read, listen to music, take a bath, call a friend, cook a meal, or get outdoors, etc.)
- Eat healthy, stay hydrated, move more & practice a good sleep routine.
- Check out the links on the next page to learn more ways to take care.

### Reach Out, Stay Connected

- Connect with people such as friends, family, co-workers & neighbours to remind us that we are not alone.
- Involve other members of your home in activities such as cooking & chores. Try cooking as a family activity or share the load with children by giving them age-appropriate chores.
- Ask for help. Reach out to teachers or others that can help your children with schoolwork. Reach out for parent support too.

We're in this together



# You are not alone. We're here to help.



Bridge  gapp.ca

CheckItOutNL.ca

- CHANNAL Warm Line
- Mental Health & Addictions Systems Navigator
- Domestic Violence Helpline
- Provincial Opioid Toll-Free Line
- Healthline

For emergency or crisis support, please call 911 or:

- Provincial Mental Health Crisis Line
- Crisis Text Line
- Kids Help Phone

Not sure who to call? Help Starts Here.

## Learn More Self-Care Tips

### Self-Care Audio/Video Resources

- Recorded webinars
- Short promotional videos
- Relaxation audio files

Call the [office in your area](#) for counselling options.

Check out the new [E-Mental Health](#) options from the comfort of your home.

### Mental Health & Substance Use Self-Screening

<a href="#">1-855-753-2560</a>	9 am – 12 midnight
<a href="#">1-877-999-7589</a>	8:30 am-4:30 pm Mon-Fri
<a href="#">1-888-709-7090</a>	Call or Text
<a href="#">1-844-752-3588</a>	8:30 am-4:30 pm Mon-Fri
<a href="#">811</a>	24 hours; 7 days/week

<a href="#">1-888-737-4668</a>	24 hours; 7 days/week
<a href="#">Text 'Talk' to 686868</a>	24 hours; 7 days/week
<a href="#">1-800-668-6868</a>	

Call [211](#) for local community/government programs & services. 24 hours; 7 days/week

### Taking Care During Difficult Times

- [Managing Stress During the Pandemic](#)
- [Staying Active During the Pandemic](#)
- [Healthy Eating During the Pandemic](#)
- [Smoking & Vaping Concerns](#)

For more information on Coronavirus (COVID-19), visit <https://www.gov.nl.ca/covid-19/>

