



Working from Home Summer Break Tips



Set up a schedule of day camps or exchange playdates to give you blocks of time for working



If you have family nearby, ask for regular help - 1 day or 2 mornings/week



Plan for smaller blocks of work time - know ahead of time what you'll do during each block



Be flexible - get up early, or work in the evening



Make sure your kids know what your work schedule is and that you need to be left alone during those times



Summer is a great time to have kids learn and take on new chores. Done right, this can be a double bonus (kids are busy AND they complete housework you don't have to make time for)



Set expectations ahead of time with your kids if you want them to do something other than screen time while you're working. It's great practice for self entertaining.



Remember that some screen time is ok! In addition to entertainment, time on screens can promote learning, creativity, and even social connections.



Schedule in time to play too!