

Remote Work Tips

for FAMILIES



Plan together.

- ▶ Discuss your availability, expectations, and needs with your partner and/or other adults and older children in the home.
- ▶ With a young child, make a clock that has hour and minute hands. Show them where the hands will be when they can expect you will take a break to connect with them.

Schedule virtual dates.

- ▶ Schedule virtual dates for your child(ren) with grandparents, family members, classmates, and other friends. This can be especially helpful when you need to be present in a meeting. Have children and adults read to each other, do an activity together, or simply remain on camera together.

Give yourself flexibility.

- ▶ Use headphones and a phone to participate in Zoom meetings - this gives you flexibility in checking on your children in other rooms and gets you moving!
- ▶ Try to schedule short breaks between meetings so you can make sure your children have everything they need (bottle, snack, activities to keep them occupied) and you're less likely to be interrupted.
- ▶ If your child interrupts your work meeting by popping on camera, don't be embarrassed - introduce your child and go forward with the meeting. If you need to leave for a moment, pause your camera and sound and attend to your child's needs. (If your pet makes an appearance, do the same.)

Unplug after work.

- ▶ It is especially important to disengage with work and engage with your family - for everyone's wellbeing.

Cornell Parenting Newsletter

- ▶ This bi-weekly newsletter features family-related news and campus/community activities and events. Published by Work/Life in Human Resources. [Sign-up form](#)