Home-Office with Kids
Tools and Food for thought

by Maren Wölfl
Be aware of the high demands and difficult situation right now.

Lots of parents face similar challenges, so you are not alone with this!

Be pragmatic with challenging demands of work, schooling, cooking, staying home, ....

Find attached some ideas and food for thought ...

Enough is enough!
(Daily) structure for:
Work – Children - Household - Me - Partner

Schedule important online meetings and discuss the timing with your family („I need time to work without distraction!“)

Be creative and flexible in your time management for work – adapting to family needs and your own bio-rhythm

Idea: Work early morning or late in the evening, during afternoon sleeping times of kids, 2h when partner takes care of children, weekends, ...

Make a daily and weekly plan!
The biggest hurdle for balancing work and private life are your own expectations!

Set yourself realistic goals
Ask yourself: What is REALLY important today (and in these days) and has to be taken care of today?

How and in where can you incorporate the thinking: „Better done than perfect“ in your life?

Be compassionate to yourself and your children 😊

Check your own expectations!
Together it works better!

Plan and take care of household chores like cooking and cleaning together with your partner and children

Idea: We are all cleaning for an hour at xx pm on Saturday!

Discuss and review the daily routines with your partner and kids and agree on responsibilities

Idea: partner cooks, child sets and cleans the table and puts dishes in the dishwasher or helps at least😊
You can’t change the external circumstances but you can try to make the best out of the current situation.

Transparency is key!
Discuss the current professional requirements with our boss and make agreements.
(important To Do’s, working hours, …)

Weekly family meeting:
Discuss room for improvement in current situation and implement recommendations from everyone
(be curios and ask each other: „how is it going?“ and “what can we do better as a family?”)

Design your circle of influence
We are social beings and need human relationships.

Begin and end your working day with a virtual check-in and check-out with your team. Possible topics: how are you, important to dos for today, my daily accomplishments, ...

Agree on a virtual coffee, lunch or after-work drink with friends and/or extended family.
Do something everyday that supports you to stay in a good state of mind!

End the day for yourself and your children with the question:
What was the best/funniest/most beautiful today?

More helpful questions:
What is the positive side of the current situation?
What is it a chance for?
Looking forward to getting your feedback and questions!