

Six tips for looking after children while working from home

It has been a challenging time recently for many parents with schools and nurseries closed during the coronavirus lockdown. And now, as they open again, and some children return to classes, we find summer holidays are upon us.

As you have been during lockdown, you might be trying to work from home while also trying to look after children during the holidays. To support you during this time, we would like to share some top tips and advice.

1. Work Flexibly - We understand that juggling childcare and working from home can be difficult. Given this situation, please discuss a more sustainable and mid-term flexible working plan with your line manager if necessary.



2. Help to plan their day - At the beginning of each day, it helps to run through what the plans are. Create a list of activities or tasks to provide some structure and guidance for your children. Review together at the end of the day.

3. Schedule your breaks - We all need breaks during the working day. Actively plan some breaks throughout your day and let your children know when these will be so that you can spend some time together.

4. Use technology - While days out aren't possible when you are working from home, use technology to plan some fun adventures for your children. They could take a virtual tour of some of the world's greatest museums and heritage sites with Google Street View. Visit the [Egyptian Sculptures](#) at the British Museum or immerse themselves in masterpieces at [The National Gallery](#). They could also see some breath-taking views of space with [NASA](#).

5. Keep in touch - The social aspect of physically attending school has been missing during lockdown and friends are important. Encourage your children to keep in touch with their friends over the holidays so that they can experience some social interaction and just have a chat!

6. Stay positive - It's been a difficult time for children with significant disruption to daily routines and having to adjust to a new way of living. Staying positive and providing lots of encouragement helps to keep their spirits up.

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