

Professional Development (PD) Virtual Discussion Group

Business Affairs-Parenting and Working from Home

Session summary

On May 22, 2020 during the Human Resources Professional Development *Virtual Discussion Group* for Business Affairs parents on parenting and working from home, colleagues discussed challenges they face having to work and parent from home. Parents have met these challenges with courage and creativity. Please see solutions listed below for some ideas you may wish to implement to help you parent and work from home.

What challenges are you facing while parenting and working from home?

- Guilt
- Overwhelm
- Exhaustion
- Pulled in all directions

What is your “magic wand scenario” parenting and working from home?

- Have a pause button.
- Kids would keep themselves entertained. They would not pick fights.
- Dedicated office space.
- Have a CHEF!
- Kids would be self-sufficient.
- I would have multiple versions of me -- one to keep up with educating the kids, one to play with them, one to clean and cook, one to keep up with health and fitness, and another to dedicate to work.
- Have a nanny, a cook, a teacher, a cleaner!
- Be a perfect homeschooling teacher.
- Have both kids and work under control.
- The house is clean, lunch is made, and my wand would work the mute button as soon as my kids show up in the room while I am in a meeting.
- An automatic mute button, instant clean up, instant food.
- The magic wand would smooth out time so we had enough for everything.
- All of the above.

Ideas to making it easier to parent and working from home

- Have a reading time each day.
- I will plan to start my day a little early to have time when my children are still asleep.
- Go easier on myself.
- Schedule activities and learning opportunities for my kids.
- Look into things that we can replace summer camp programs with: virtual camps, leaning a language, etc.
- Accept that the house is messier than normal.... let go of keeping it squeaky clean.

- Prep the kids and let them know my schedule. If there's a meeting coming up, let them know so they understand and know mom is not available.
- Schedule work tasks (when I am unavailable to my children) in smaller time increments.
- Explain to my younger child I'm going into a meeting, for how long, and when they can come in to get me.
- Have more patience.
- Meditate.
- Take breaks outside.
- Take deep breaths.
- Ask for help from others in the house.
- When setting a schedule for older kids, engage them in developing that schedule.
- Build my kids' schedule around my work schedule.
- Prioritize essential/critical activities that are important for me and my family; try and let go of all the rest.
- Do not overschedule my kids.
- Work with my kids to set goals for themselves.

Resources

Webinars on COVID-19

- Registration link: [UA webinars for kids on COVID-19](#)
- Dates:
 - May 26
 - June 9
 - June 23

Activities

- Link: [Ben's Bells: Kind at Home](#)
- Link: [Duolingo app](#) for learning a new language
- Link: [Cosmic Kids Yoga](#)

Podcasts/blogs

- Link: [Podcasts for Stir-Crazy Kids](#)
- Link: [Covid-19 Diaries- Parenting](#)

Article

- Business Affairs Bulletin: [Working Remotely While Parenting and Caregiving](#)

For more information about Human Resources Professional Development opportunities, please contact MTA at mta@unlv.edu.