



How to parent in 'unprecedented' times

It's certainly uncharted territory. Parents are currently home schooling children whilst fulfilling work commitments. Any parent will tell you it's been a rocky four weeks but here's what our ONSIDE parents' feel has helped them:



Establish a routine:

It's a time of flux but try to establish a 'loose' routine for the day. Children respond well to routine and structure.

For example, breakfast, school work, break time, reading, lunch, free play etc. Make sure to include plenty of play and outdoor time!

Flexible working:

Split your workload into 1 or 2 hour blocks and take advantage of early mornings, naps and bedtimes. Be realistic ... if kids need to watch a movie so you can meet a deadline, so be it!

If you have a schedule that works for your family - communicate it with your boss.

Make room:

Take over a corner of the kitchen, bedroom or junk room and set up an office space.

This will ensure you can achieve 'child-free' work time but also keep all your work essentials safe and away from the jam and play dough!



Plan 'small goals' It is important to be realistic about how much you can achieve in a day. Set a small goal e.g. understanding present and past tense. Anything extra is a bonus!



Take advantage of technology If children get a daily dose of outdoor play, let them use their screens. There are plenty of apps, educational and entertaining, that can help the home school/work balance e.g. BBC Bitesize, Twinkl, Squeebles etc.



AVOID unrealistic social media images: Try to focus on what suits your family and not look at what others are doing on social media. Remember, social media posts and photographs are highly manufactured and staged.