

# Huge Parents' WFH Guide: Keeping your cool for your kids.

## 1. Set up a productive workspace.

It can be your dining room table or a makeshift desk in the bedroom, but the goal is to establish a place that can remain constant each day. This helps to overcompensate when the day eventually does go awry.

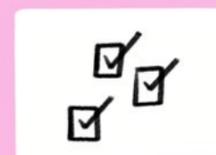
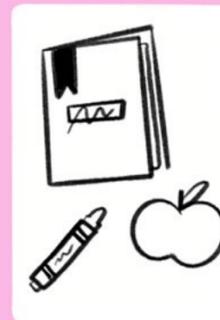
- Have a strong wifi connection to reduce frustration.
- Get into work mode quicker by staying organized.
- Keep supplies stocked to reduce interruptions.



## 2. Find your rhythm & routine.

Finding a sense of normalcy is going to be hard, but not impossible. Think of your routine as a guideline rather than a rulebook to keep your cool.

- Turn your commute time into peace time (yoga, stretch, read).
- Don't beat yourself up. Structure should add support, not stress.
- Prioritize your top 3 activities for the day to reduce the load on your family.



## 3. Don't suffer in silence.

Communication is crucial. Without nonverbal cues and IRL FaceTime, a lot gets lost in translation. Remember, you're not alone.

- Get additional clarity around asks & deadlines.
- Touch base with your manager and use digital tools to help you and your teams manage availability. (Slack & Google Calendar have availability windows you can set).
- No one can read your mind, so be sure to articulate your feelings. Managers: be sure to check-in.

## 4. Ease into the new normal.

You're learning. Focus on what you can do today and let go of the rest. We're all in this together.

- WFH is a practice, not something you're becoming an expert at. Think of yourself as constantly learning.
- Settle into disruptions. It's not realistic to think the house will always be clean or your kid won't interrupt a virtual meeting.
- Lean into compassion. Your kids are going through it too. The more compassion you show, the more they learn to reciprocate.



## 5. Feel your feelings.

Shifting your mindset will help you respond vs. reacting to situations. There are 5 levels of responding that take you from Powerless to Powerful. To do this, try the following:

- Pause and identify the problem.
- Release your emotions.
- Gather information.
- Make a level 5 plan (write it down or keep it in your head).
- Take action.

**Bookmark this.**

## Grab our comprehensive Parent's COVID-19 guide.

We've gathered resources from across the Internet so parents and adults taking care of kids have a one-stop-shop.

[Access the FULL Huge Parents WFH Guide: Keeping your cool for your kids.](#)

