



BALANCING REMOTE WORK, PARENTING, AND CHILDCARE

Today, many people work from home.

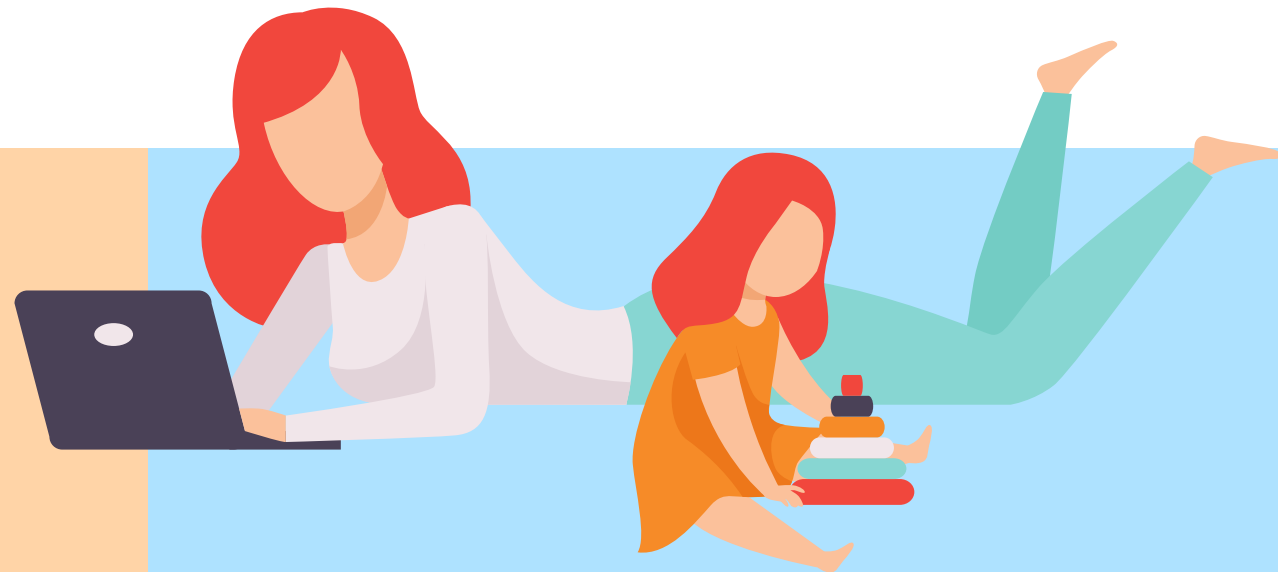
It can be hard to manage work, kids, and family at the same time.

But it also has some good sides.



TIPS FOR WORKING FROM HOME WITH KIDS:

- Make a quiet place to work
- Plan special family time
- Set simple rules for everyone
- Try to match your schedule with your children's
- Let kids join your work if it makes sense



Benefits of Working from Home Parenting:

- More flexible time
- No travel stress
- Comfortable home
- Better balance between work and family
- More freedom to travel

Challenges:

- Risk of burnout (feeling too tired or stressed)
- Hard to separate work and family
- Feeling tired from too many video calls
- No clear border between work and home life



Childcare tips:

- Keep a balance between work and home
- Show kids good habits (like planning or calming down)
- Talk clearly and kindly with your family



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