

Tips to help your child understand that you're working from home

Create a schedule for your household. Include your own "do not disturb" hours.

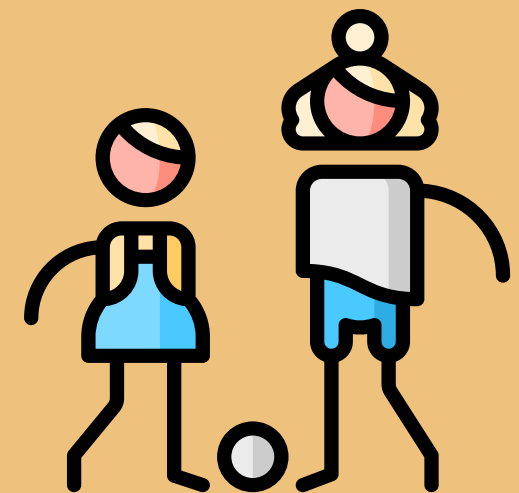


Post a sign so your family can see at a glance when you're working and when you're not.



Stop when you say you will. It's easy for work to take over our lives when working from home.

Engage with your kids on your breaks. Even 10 minutes of quality time can go a long way.



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