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4 Remote Working Tips for Parents of Young Children

The [Wilson County Partnership for Children](#) understands fully that life with babies or toddlers is busy under any circumstances. When you add remote working into the mix, you face a multitasking challenge throughout the workday. Although youngsters don't necessarily make the best coworkers, you can create a more efficient and effective workspace at home with the right tips.

1. Create a Functional Workspace

In February 2022, [nearly 60% of American workers](#) whose jobs can be done at home were working remotely, according to the Pew Research Center. If you're one of those Americans working from home, you understand the importance of creating a functional, distraction-free workspace.

Keep your workspace separated from where your family lives. A desk in your primary bedroom, for example, creates a space with fewer distractions than working at your kitchen island. Within that workspace, incorporate organizational elements to minimize

clutter. Desk accessories, wall-mounted shelving, and tiered organizational bins can keep office supplies and paperwork in order.

Finally, consider ways to make your home workspace healthier. You might choose to get a few live plants or incorporate aromatherapy, which can reduce tension when working from home presents its challenges. A calm workspace is a helpful resource in getting the job done.

2. Set Yourself Up for Nursing Success

Being a new mom is hard enough, but when you're also [trying to juggle](#) a work-at-home job and full-time breastfeeding, it can feel impossible. However, there are some things you can do to set yourself up for success. First, make sure you have several good nursing bras. You probably already have at least one or two, but having extra ensures you don't have to worry about doing extra laundry. The next time you plan to bulk-buy diapers and wipes from your favorite online store, add a few bras to [your cart](#).

Next, you may already be on a nursing schedule, but a job can throw this off. Try to establish a new nursing schedule right away. This will help your body to adjust to your new lifestyle and will make it easier for you to pump.

3. Prioritize Your Children

Finding the proper work-life balance is challenging when your home is also your office. It's especially difficult when you're caring for your kids while you're working. Researchers found that the balancing act of working and caring for children simultaneously has [prompted some parents to leave their jobs](#). However, that doesn't have to be the case.

Successful remote working allows you to prioritize your children while still remaining focused on your job. While this seems like a challenging task, it can be accomplished strategically. Plan out your day so that you have [time set aside](#) to spend with your kids. Perhaps you spend your lunch break eating with your kiddos or invite your children into the home office to read or color while you're working alongside them. Establish your schedule, and commit to logging off at the same time every day, at which point you can shift your focus to your kids.

4. Keep Your Kids Busy

The biggest challenge of working from home may be keeping your kids entertained so that you can focus on your job. Planning engaging activities ahead of time ensures that your children remain entertained.

Devise a rough schedule for the day so it includes snacks and meals, naps, and activities. Invest in some new toys that encourage learning, such as building blocks, or inspire creativity, such as a play kitchen. When choosing toys, [home product reviews are helpful](#) to ensure you're investing in safe, age-appropriate toys for your little ones.

Create a craft cabinet or closet filled with paper, crayons, markers, stickers and stamps for your kids to use throughout the day. Also, visit the library weekly so that you can introduce

a new stack of books that your children can enjoy during your workday. [Board books](#), in particular, are toddler-friendly options.

Remote Work Success With Kids

If working from home is a must right now while you have a baby or toddler, you can limit the overwhelm when you take a few extra steps. By creating the ideal workspace, establishing a new nursing routine, prioritizing your children when you can and giving them activities, this new chapter will, hopefully, be a little bit easier to manage.

To find out more about family support services in Wilson, connect with the [Wilson County Partnership for Children](#).