

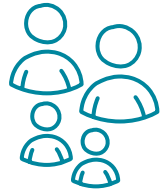
FINDING A BALANCE

These days, the COVID-19 pandemic has parents wearing many different hats. Between teaching, working and parenting all at the same time, it can be a lot to handle. Here are some tips to help you find balance in your new routine.



CREATE A BALANCED FAMILY SCHEDULE

- ✓ Build a detailed master schedule for the kids, including time for breaks, school work, chores and exercise. Limit playtime to after the “school day.”
- ✓ Craft your own workday around this schedule — host Zoom meetings while the kids are doing chores, or write personal notes while the little ones are down for a nap.



HOST A WEEKLY FAMILY MEETING

- ✓ Review the week’s activities and discuss any challenges or changes.
- ✓ Set expectations for school work, chores and other items on the master schedule.



MAKE TIME FOR YOU

- ✓ Self-care is essential! Schedule an hour or so each day to relax and recharge by going for a walk or reading an inspirational book.
- ✓ Don’t forget to give yourself short breaks during the day to help you transition from kids to work



GIVE YOURSELVES GRACE

- ✓ Understand that crisis schooling is different from homeschooling. You don’t have to be perfect!
- ✓ Be patient with yourself and your family, and understand that everyone is in the same boat!

For more tips on how to balance home and work life during these unprecedented times, check out the Buffini & Company 5 Circle Fit Challenge, designed to help you improve in life’s most significant areas. Get started for free at bonus.buffiniandcompany.com.



DIVIDE AND CONQUER WITH YOUR SPOUSE

- ✓ Split up homeschooling responsibilities — one parent may lead math and science, while the other takes the kids outside for “gym class” later.
- ✓ Assign these teaching roles based on your strengths to get more accomplished.

