



Working From Home: A Guide for Parents

Hybrid work is here to stay and for many parents, that means juggling meetings, deadlines, and little humans all at once. It's not always easy, but with realistic expectations and smart habits, it is manageable. Here are real-world tips from CFS parents who've lived it.

01

EMBRACE FLEXIBILITY

No two days will look the same — and that's okay. Align meetings with nap times or school hours, share calendars with your partner, and use quiet windows whenever they appear.

02

SET DAILY PRIORITIES

Skip the minute-by-minute planning. Instead, choose 3–5 must-do tasks each day so you stay focused without setting yourself up for frustration

03

MAINTAIN STRUCTURE

Consistent routines (school time, meals, screen time) help kids feel secure — and give you predictable blocks to actually get work done.

04

UTILIZE TECHNOLOGY TOOLS

Educational apps, audiobooks, and virtual activities can keep kids engaged while you're in meetings. Even a quick FaceTime with a grandparent can be a lifesaver.

05

LEAD WITH TRANSPARENCY

Let your team know when kids are home. Set clear availability, use the mute button shamelessly, and remember: everyone's human.

06

PRACTICE SELF-COMPASSION

Some days will feel chaotic — and that's normal. Take breaks, reset when needed, and remember: balance looks different every day.