



BALANCING REMOTE WORK, PARENTING, AND CHILDCARE

In a changing world where remote work has become the norm, explore the unique challenges and opportunities that arise when parenting and childcare intersect with remote employment.



TIPS FOR MANAGING REMOTE WORK WITH KIDS:

- Create a dedicated work area
- Block out family time
- Establish ground rules
- Sync schedules
- Involve kids in work when appropriate



Benefits of Work from Home Parenting:

- Increased flexibility
- Reduced commuting stress
- Better living environment
- Enhanced work-life integration
- Travel freedom

Challenges of Work from Home Parenting:

- Burnout concerns
- Balancing work and family
- Video-meeting fatigue
- Blurred boundaries



Childcare Options and Considerations:

- Maintain balance and boundaries
- Model positive habits
- Communicate effectively



Co-funded by
the European Union



"The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."