

Resources & Tips for Working Parents

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Top Tips from Our Groups

- Ask for equal help at home – split up meals and chores
- Request meeting-free days at work as needed to help with school
- Find out if teachers allow flexibility on school assignments or calls
- Offer grace, to yourself, your team and your kids
- Let kids set goals and make plans so they own their learning
- Pack lunches just like “normal” school days

On The Socials:

There is so much out there in social media that can help, but it can also get overwhelming really quickly. I recommend cleaning out the accounts you're following or Groups you're joining every week across Facebook and Instagram.

Here are a few that have survived my cleanings, plus the best way to follow a'parently:



[@aparentlyltd](#)

[@askHRmom](#)

[@ParentResourceGroup](#)



[@a_parently.ltd](#)

[@motherhonestly](#)

Upcoming Event

Join us September 23 for a virtual event offered through the Vernon Public Library in Illinois but open to the public online:

[Full House! Working from Home With Your Family](#)

Learn smart strategies for working remotely from home with kids (WFHWK), or managing teams who do.

We'll cover:

- remote work best practices
- how culture and communication can help everyone on the team
- age-specific recommendations for helping kids, from toddlers to teens
- guidance for single parents and coupled parents alike

For Further Reading:

70% of women said they are solely responsible for household work during the pandemic? Is this you? If so, one of these titles might help.

