



7 Best Practices for Working and Schooling at Home

So here we are, working from home and our children are schooling at home. I hesitate to use the word homeschooling unless that is what you're actually doing. Virtual learning is what most of our children are participating in. Our school districts have provided the curriculum, lessons and instruction. It is our job to provide a positive at-home learning climate.

Quite honestly, that can be easier said than done without a plan.

The information below is the difference between having a plan of action and reacting to the events and situations that are bound to arise. None of the 7 Best Practices will cost you any money (except for #3, but trust me that one is worth it).

It is easier to adopt a new habit or plan at the beginning of the school year than to unlearn poor habits that have been in practice for any amount of time. Not impossible, but easier on the front end.

As you read through the list of **7 Best Practices for Working and Schooling at Home**, take the time to draft a best practice for your family as you're reading. If you choose to print the PDF, we've left a margin for you to write out how you will apply each practice. Here we go...

1. Have Designated Times and Areas - Everyone in the home needs to have their own workspace that does not involve a bed or being in pajamas. My husband would remind our children when they were studying to have a "posture of learning". It's difficult to pay attention if you are snuggled up with your favorite blanket in pajamas. You don't have to invest in a desk if you are unable or don't have the space for it. A cleared kitchen table or a 1960's TV tray will suffice. Additionally, have a schedule that sets aside time for specific activities of schooling, chores, homework, working, etc. This will minimize reminders and nagging from you.





2. Explain Urgent vs Non-Urgent Needs and Requests – It never fails, as soon as we get on the phone everyone needs us. However, taking some time to discuss urgent vs non-urgent requests or now vs later questions your children may have for mom and dad will pay big dividends later. One way to address this is to give each (age-appropriate) child their own “Ask Mom/Dad Notebook”. This way, they have a place to put those questions to discuss with you when you’re available. Additionally, instruct them once they’ve written their question, to go on to the next activity or assignment until you’re free.

3. Insource and/or Outsource When Possible – It’s easy to assume that “Supermom” should come to the rescue and do it all. Laundry, cooking, dishes, scheduling, entertainment and all the other things not listed. You can be a super mom without being “Supermom” and here’s how. Let others do it. It’s true, the linen closet may not look like it does when you do it but it’s ok. Teach your kids to do their own laundry and that of their younger siblings, require they do the dishes and maybe prepare lunches the night before just like they would normally. Why? This can remove the universal sign of hunger that you’re bound to get from them while on that very important zoom call. Also, consider downloading laundry/dry cleaning service apps that will pick -up your clothing and return once clean. Not sure what to do for dinner? Too tired or concerned about social distancing to do grocery shopping? There are apps for all of that and most new customers receive a discount. Take a few minutes and research Sudshare, HelloFresh, Freshly, Instacart and others.





4. A Family Calendar or App – Having a centralized location where everyone’s schedule is available for all is helpful for several reasons. One, if color-coded, everyone can see, at-a-glance, what everyone is doing today. For children that are old enough, I recommend the Cozi App. It is a one-stop-shop for family organization and all the ways you can use it. [Check it out here.](#)

5. Be Present – Set aside a couple of times during the day to check-in and see how your students are doing. Remember, in school, they have recess, time in the hallway, lunch period, so don’t expect them to sit still from 9-3. However, when you’re with them, even if just for a moment, BE WITH THEM! Set your phone down and connect. Short moments of connection go a long way.





6. Special Toys for the Young Ones – Consider having a special box of toys, games and activities for younger children when you're on the phone or should not otherwise be interrupted. These items have to be special and seen as a real treat to keep them occupied.

7. Divide and Conquer to Take Care of You – You are worth the extra effort it's gonna take to make yourself a priority. If your children are in a 2 parent household, divide and conquer is a great game plan. Who can get up and start their work early while the other is getting the kids set up and going for the day? And then mid-day, switch roles. If your partner is not in the home, who's in your village? Is there another mom you can share playtimes with? The goal here is to be wise and safe but to be able to offer relief to yourself and another mom. Be direct and clear about how your family has been practicing social distancing and only pair up with families that you believe respect that.





Depending on where you live, current school arrangements may last a few weeks, a few months or the entire school year. My suggestion, prepare for the latter. My goal is to provide you with a system that is both helpful and able to be personalized. But even with that, perhaps you know that you need more. A specific strategy to meet your family's needs, help with creating a self-care system, a virtual visit to create areas in your home for everyone to live, work, play and recharge. Or maybe you need a coach for accountability around how you're growing in confidence as a mom. If any of that sounds intriguing, let's chat. I'm offering a **30 min. FREE strategy call** where we can map out how you can be a great mom without having to be "Supermom." The [questionnaire for the call is here](#). Once completed you pick the day and time for our call by going straight to my calendar.

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