

## **How Can we Work Together at Home without Falling Out?**

**Some ideas** – *please bear in mind they may not work!*

### **Routine**

The most important thing to do is to set up a 'routine' for the day, devised in partnership with yourself and your children. Discuss everything from when you are aiming to get up, to when break times are going to be, lunch etc and when the 'working' day will end. This will give an agreed structure to the day, with everyone knowing what they are supposed to be doing and when. This should also include chunks of 'down time' activities like watching tv, reading a book, doing a painting, going for a walk etc. Don't forget that we still need to be getting 2 hours of physical activity in every day!

Decide who is going to work where and allocate either separate working spaces or a communal working space. If you are working from home, then ideally you don't want to be working next to your children or them you. Set up the working area with all the equipment you may need e.g. pens/pencils etc. This will enable 'working' to take place uninterrupted.

Some days are going to work and others just aren't. Be prepared for this and just go with the flow! If 'education' work is causing friction, get the children to do other stuff instead e.g. sorting and putting away the laundry, helping to cook tea, devise a treasure hunt around the house as a treat etc. At the end of the day nobody wants to be cooped up in house where everyone is falling out, so have a list of different ideas up your sleeve just in case.

Keep 'social' activities going e.g. facetime chats at 'breaktime'; writing a shared story over email, each person taking it in turns to write the next instalment; texting hangman letters or battleship co-ordinates or just having a chat over the phone. Don't let isolation get you down!