



BROUGHT TO YOU BY THE SELECT MEDICAL OUTPATIENT DIVISION

Pets

- Schedule regular intervals for a break to take the dog outside or for a walk.
- Kill two birds with one stone by taking your pet for a walk during a call, if possible.
- If you need to be on the phone or video call:
 - Close the door to the room where you are working or put the pet into a confined area.
 - Give your pet something to do, i.e., favorite chew toy or activity.



Kids

- Try to create a schedule for your family that fits in activities for the kids and work time for you.
- Plan ahead by having activities ready to implement that require minimal supervision during calls or virtual meetings. For example: coloring, watching a movie, taking a nap, chores, homeschooling activities from teachers or other experts, crafts, reading, virtual tours, etc.
- If both parents are working from home, coordinate schedules and switch off work/child care responsibilities so you aren't both on a call at the same time with kids in the background.
- For older children, or even your significant other, develop a signal or put up a "do not disturb" sign on the door to communicate you are in the middle of important work activities.

Grace and honesty

- Working from home with your kids is challenging.
- No schedule is perfect and interruptions will happen.
- Be honest and professional if you are the only one at home and have young kids. Tell colleagues on the phone or video call that you may need to step away to deal with a distraction, or that you will be on mute to avoid background noise.

Name:	
Phone:	Email:

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