



Working From Home

Practical ways to create healthy boundaries at home so children feel secure, connected and prioritised — even when you're behind a closed door.

Working from home is hard! By creating good boundaries and structures your children can still feel connected to you and prioritised by you, even when you are unreachable just beyond the door.

01

Be clear about when you're working and when you're not

When you are clear about when you are working and when you're not, it removes the uncertainty for children. You may need to be creative in how you do this, using schedules, signs, timers or lists.

02

Use your flexibility superpower

Your flexible work patterns mean that you can connect with your family at unexpected or unusual times, or adapt your working hours for holidays or other events.

03

Create spaces for the 'yes'

Work out what level of interruption you are happy with and help your children understand how that works, so they are clear that they are prioritised and you will make space for that.

04

Discussion questions

- What do you like most and least about working from home?

- How can you set boundaries about being interrupted that still allow your children to feel prioritised?
- How do your children know when you are 'working' and when you are 'home'?

SPACE FOR YOUR THOUGHTS
