

# Tips for Parents and Caregivers

Remote work can be particularly challenging for parents and caregivers if kids are home from school or usual caregiving arrangements aren't available. Here are some tips to help navigate this situation.

## 01. Communicate your needs & prioritize results.

Let your manager know if you need flexibility to care for your family during the work day. Work with your manager to understand what results to prioritize, and channel your energy toward those, rather than worrying about which hours you're working.

## 02. Set boundaries with your workspace.

Communicate to family members when you need focus or privacy. This could be working from a designated area in your home, but it could also be a signal, like wearing headphones (bonus points for a noise-cancelling pair), a lamp turned on or off near your workstation, or a sign on the back of your chair.

## 03. Create a schedule for your family.

Parents inside and outside of Facebook have started sharing examples of schedules for keeping kids busy when caregiving is disrupted. Think about committing to share meal times and exercise breaks with your loved ones – it's a nice way to spend focused time with your family and it's necessary care for you, too.

## 04. Find community.

Tap into the [communities on Facebook](#) that support working parents and caregivers.

## 05. Educational Resources.

Many parents are looking for ways to help their children learn and stay active during the day when schools are closed or they're home sick. We've created a [list of engaging, academic-oriented resources](#) on a variety of subjects to support you during this time.