

Work at Home with an Infant or Toddler!

You want to do what's best for your child and you want to keep performing your job at home. Here are some solutions for building this balance. Celebrate small successes every day - nobody's perfect!

#TheyreOnlyBabiesOnce

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Adjust your way of working

- Start every call or online meeting with "I respect our professional interaction but I also have a baby at home" Don't apologize!
- Use flexible hours but have a plan. Prioritize just a few critical tasks during baby's awake time and do everything else whenever they are out or asleep.
- Don't feel pressured to use your camera for meetings. Leave it off - go ahead and nurse your baby or tickle your toddler. Babies don't get do-overs of these important years!
- Break projects into manageable tasks. Don't worry about completing the whole report but congratulate yourself when you complete the introduction during nap time.



Stay informed about early childhood development



- Babies thrive when you respond to their needs. Babies who often have to wait for help actually cry more and longer. They can't learn to be patient until their second year.
- Give your child plenty of attention whenever you can to help them feel safe, engaged, and connected so they'll be more secure to briefly play alone. Try quietly playing alongside your toddler like stacking blocks or rolling cars - then gradually pull away.
- A bored baby is a fussy baby. Don't take it personally. This is their brain's way of getting enough stimulation to grow and learn. You are baby's first teacher. Don't apologize!



Prepare a baby-safe workspace

- Re-evaluate your home's babyproofing. New demands on your attention, new schedules and responsibilities, new things for babies to touch can mean more dangers.
- When sharing child care with a partner, make sure they answer when you ask them to take over baby watch. It's too easy for each person to assume the other is watching.
- Use a playpen with the best toys or get a flexible baby corral/play yard to surround your work area. The safer your space, the less interruptions you'll have!

Take pride in your parenting priority!

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