

## Re.engineer Hacks

## Introduction

# COVID-19 QUARANTINE WORK FROM HOME PARENTAL GUIDE

We are operating in an entirely new space-managing career duties from home, leading virtually, and educating our children. So before you kill your computer, read this #HACK.



## THE C-19 VOLUME

## Hack

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### Self Love

Isn't it crazy to think about where we were several weeks ago compared to now? C-19 has created challenges that no one could have ever seen coming. The unknown can cause anxiety and each one of us has a unique way in getting through this. Take **care of yourself** and focus on what you can control, nothing else!



**2****Hack**

## Work Performance

Set daily goals, but don't miss out on this gorgeous Spring weather...take some meetings from the patio!



Set boundaries! Don't make yourself accessible 24-7 just because you're home. People can take advantage and

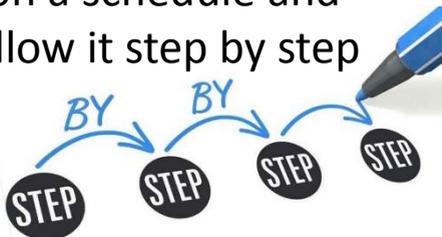


**burn out is real.**

Have a genuine conversation with your supervisor about your work from home



situation. Get on a schedule and maintain it!! Follow it step by step and don't stray too far from it.

**3****Hack**

## The Quarantine Teacher

Similar to work, the kids need a schedule. Depending on how active your job responsibilities are - it simply may not be possible to do school during "school hours", you may have to **consider night classes** for kiddos- And that's ok!



Encourage your kids to **think independently** and not relying on their parents' assistance simply because of convenience. This independence will pay in dividends in the future!



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Hack

## Have Some Fun

You can provide some structure, but **make it fun** and not too drearily serious for yourself and your kiddos!



Do daily outdoor activities, make a creative game or experience. Now would be a great time to make some new memories. Also, remember to set minor boundary limitations but it's ok to toss out some of your "rules", this is a whole new world!!



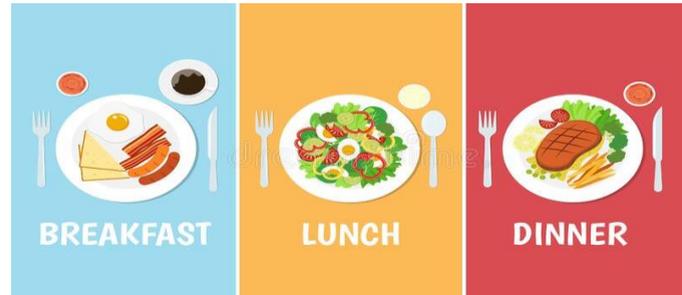
Hack

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## What Are We Going to Eat?

Don't operate in a silo, **empower everyone** when it comes time to eat.

Get the kids involved in meal selection, planning and prep.



Even if you have young kids, having them choose a breakfast, lunch, and dinner option for the week allows them to get involved in planning and feel like they are apart of the team



**6****Hack**

## Everybody Do Their Share

Your house has now become the office & school, so that means more traffic than normal. **Assign tasks** so that everyone can assist in the chores.

<b>Romina</b>	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Brush Teeth							
Get Dressed							
Make Bed							
Practice Music							
Take a Bath							
Do Homework							
Set Table							
Pick Up Toys							

**7****Hack**

## Force Flexibility

Have **built-in choices** for the kids throughout the day, we do not want this situation to stress them out, so empower them, give them some control.

**Hack****End**

## Conclusion

This **HACK** was developed for us, by us and has provided several perspectives on we can all thrive in our “work from home” environments during the quarantine. Thanks to all of the Re.engineers that contributed and remember, this too shall pass!

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## Be Thankful!

The key is to stay positive through these dynamic times and identify your own #hacks that will help foster balance. We have to make sure that we aren't so focused on one element that we neglect the others. As someone also mentioned, thank the Lord that we still have a job to work from home at. No obstacle will be put in our way that we can not overcome.