

# COVID-19 WORKING PARENT SCHEDULE



Before 7:00 AM	WAKE UP	Check your email, brush teeth, consume large amounts of caffeine, make your bed, home workout (anything goes, just get that heart rate up). Let's be real -- with the kids at home, no one is working out.
7:00-8:30 AM	BREAKFAST + PREP	Attempt to eat something somewhat healthy (let's be honest, no one has time for that and you're planning on eating your kids' leftovers anyways). Make sure kids' iPad, laptops, workbooks, etc. are ready and laid out for them to begin their day. Having this prepared in advance will help for a smoother start to the day. Obviously you've answered about 50 emails in the middle of all this.
8:30-9:00 AM	KIDS	Get them situated, give them breakfast (of course these pancakes are fresh dear, I made them myself this morning). Assign homework and hope they don't have 100 questions (but no matter how well you explain it, let's face it, they will so keep calm and carry on).
9:00 AM-12:00 PM	WORK, WORK, WORK!	You've probably been interrupted by your kids 100x now, while you've been on back-to back-client calls, working non-stop and had your 10th cup of coffee. It's OK, hang in there, lunch is only a few minutes away (I mean again, you're just going to eat the kids' leftovers).
12-1 PM	KIDS, AGAIN	Make sure they are alive and well. Now is a good time to answer their questions, feed them lunch (If you're lucky and have a nanny or babysitter, more power to you). Make sure they have what they need to keep themselves busy so you can get back to WORK!
1-6 PM	BACK TO WORK	You will have accumulated another 1,000 or so emails and calls that you need to get back to, so get to it! At some point you should find a few minutes to step out for some fresh air; I'm not saying to go on a leisurely walk (who's got time for that) but you do need to keep yourself sane.
6-8 PM	RELAX, FINALLY	Go ahead, pour yourself that glass of wine and put your feet up, you deserve it. Seriously? Who are you kidding? The kids need dinner and a bath and story time, so get to it!
8 PM ONWARDS	WRAP IT UP	OK seriously, now you deserve it. Pour yourself that glass of wine, maybe 5, while you wrap up emails and begin the process all over again for tomorrow.

*\*This is not meant to be a reflection of all working parents' schedules and times will vary. I hope you enjoyed this light-hearted version of the kids' daily schedule vs ours. In times like these, we need to remember we're all human and need to be forgiving of ourselves and others.*

*- Ishviene Arora, Vested COO*