



Studying at home with children during COVID-19

For many students studying at home and balancing work and family is nothing new. But for some of us, the recent changes have meant that we have had to make major changes to the way we study, work and school our kids. No matter what tips, strategies, routines, or habits you implement it will always be a tough and exhausting gig to balance everything. Take it easy on yourself. Where you can, try to develop some healthy habits and a good routine. Here are some of our tips to manage this balance:

- Depending on your child's age, let them know when you need to do your "homework" and plan a task for them in this time. Perhaps they can do their homework with you?
- If your children are younger perhaps make a childproof room/area. That way they can roam freely with minimal supervision from you.
- Don't be afraid of screen time – yes there shouldn't be too much of it, yes we feel guilty if we use screen time, but in the short-term including something educational or age appropriate for them to watch can help you to build a predictable routine when you are planning to study.
- Get your children involved in your study. Perhaps make it a game. For example, you could recite acronyms or facts to your children, get them to test your memory and read it with you. They can even give you prizes for getting it right.
- Plan breaks with your children. During study days have lunch together or go for a walk as a family.
- Ask for cooperation from your kids. Sometimes we underestimate our children; simply asking them to give you space or time might just work.
- Ask for help from other adults. This might be your partner, family, or perhaps your children could go on a play date.
- Allow for interruptions. Let's face it, it's going to happen and when you can't do everything, just do something. Study when you can, even if you can only fit in 20 minutes.
- Plan ahead, you know it's going to take you longer and cramming isn't always possible when you have children. You might need to plan for that assignment a bit sooner to avoid the last-minute rush.
- Reward yourself – it's a tough gig! Or plan a family reward for getting through a study session together! And above all, make protecting the relationship with your children the priority.

If you would like further support and information about staying connected in difficult times, please contact USQ Wellness Educators for support usq.edu.au/counselling

