

Working Remotely While Caregiving

Professional Development Series:
Working Through a Crisis, May 7, 2020

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bit.ly/CaregivingND20

“Mothering, radically defined, is the glad gifting of one’s talents, ideas, intellect, and creativity to the universe without recompense”

Preface by Loretta Ross in
Revolutionary Mothering: Love on the Front Lines

Learning Goals

In this workshop, we will:

- Identify the challenges that caregiving poses for remote work
- Understand the logistical and psychological benefits of a routine
- Share successful strategies for working from home while caregiving

Check-in

- How are you feeling about remote work?
- What are your current frustrations about working from home?
- What challenges do you anticipate this semester of disruption will pose for your professional and personal life?



What was an average Thursday like prior to our switch to remote work?

5:30 a.m.—wake up and lie there and think.

6:15 a.m.—get up and eat breakfast (lots).

7:15 a.m.—get to work writing, writing, writing.

Noon—lunch.

1:00-3:00 p.m.—reading, music.

3:00-5:00 p.m.—correspondence, maybe house cleaning.

5:00-8:00 p.m.—make dinner and eat it.

After 8:00 p.m.—I tend to be very stupid and we won't talk about this.

Benefits of a Routine

- Mitigates Anxiety
- Improves Psychological & Physical Wellbeing
- Contributes to Organization
- Maintains Work/Life Balance
- Increases Flexibility



	Monday 5/4		Tuesday 5/5		Wednesday 5/6		Thursday 5/7		Friday 5/8	
	Jackson	Mama	Jackson	Mama	Jackson	Mama	Jackson	Mama	Jackson	Mama
8:00 AM	Morning Routine		Morning Routine		Morning Routine		Morning Routine		Morning Routine	
8:30 AM	Yoga		Dance	Diss Work	Walk		Yoga		Walk	
9:00 AM	Zoom Class	Diss Work	Social Studies		Zoom Class	Admin Work	Cello	Diss Work	Zoom Class	Diss Work
9:30 AM			ELA	Science			Social Studies			
10:00 AM	Math	Admin Work	Music	Admin Work	Science	Grandma's Appointment	Science	Admin Work	Social Studies	Diss Work
10:30 AM	ELA				Math		Math		ELA	
11:00 AM	Media	Journal Service	Outside Activity		Writing	Journal Service	ELA	Kaneb Work	Español	Admin Work
11:30 AM		Journal Service			Español		Writing		Science	
12:00 PM	Lunch	Writing	Lunch		Lunch		Lunch	Kaneb Work	Lunch	
12:30 PM	Chores		Chores	Writing	Chores	Writing	Chores		Writing	Chores
1:00 PM	Reading		Reading	Zoom Meeting	Reading		Reading		Reading	
1:30 PM										
2:00 PM	Writing	Zoom Meeting	Writing	Admin Work	Art	Diss Work	Technology	Zoom Workshop	Writing	Diss Work
2:30 PM	Science		Math	Kaneb Work	Social Studies		Puzzles		Cello	
3:00 PM	Social Studies	Conference Work	Science	Kaneb Work	ELA	Diss Work	Zoom Class	Admin Work	Math	Diss Work
3:30 PM	Free Time		Free Time		Free Time		Free Time	Journal Service	Free Time	
4:00 PM		Catch-up	Kaneb Work	Free Time	Writing	Free Time	Diss Work	Free Time	Writing	Free Time
4:30 PM	Catch-up							Catch-up		Catch-up
5:00 PM	Dinner		Dinner		Dinner		Dinner		Dinner	
5:30 PM										
6:00 PM	Shower		Shower		Shower		Shower		Shower	Family Facetime
6:30 PM	Free time until bed		Free time until bed		Free time until bed		Free time until bed		Free time until bed	



Simon Holland ✓
@simoncholland



No one is full of more false hope than a parent making a colorful daily schedule for their kids during the Covid-19 quarantine.

9:55 PM · Mar 13, 2020 · [Twitter for iPhone](#)

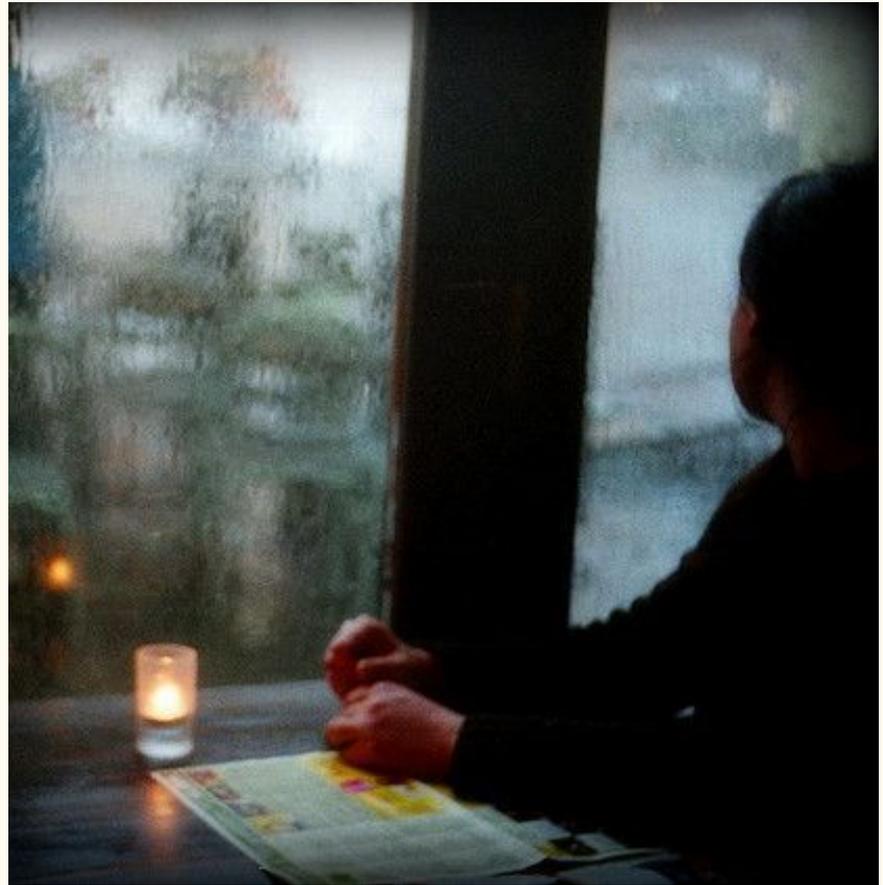


Simon Holland ✓
@simoncholland



Haven't heard any parents bragging about their color coded quarantine schedule or chore chart lately.

9:25 AM · Apr 29, 2020 · [Twitter for iPhone](#)



Scheduling Tips

- Set working hours and stick to them
- Include meals, exercise, and rest
- Create a workspace and environment that works best for you
- Clean up your workstation at the end of the day
- Use a task list (daily and weekly)



DAYTIME PAJAMAS



NIGHT TIME
PAJAMAS



WORK PAJAMAS



WATCHING T.V.
PAJAMAS



WALKING THE
DOGS PAJAMAS



FANCY PAJAMAS

gemma CORRELL '20

Hi there!

I'm working!

-  Come on in! I'd love your company.
-  I'm busy, but you can interrupt me if you need something.
-  I'm in a meeting, but these people know you exist and you can say hi real quick.
-  I'm in a meeting, and unless you're bleeding or on fire, I don't want to see or hear you.
-  If you come in this room or make a noise in this house, you will shortly be bleeding or on fire.

Mum is
in a meeting

9:30-11



! DO NOT ENTER !

The answer to your question
might be here:

upstairs

In the wash

I don't know
what's for dinner

No

In your bedroom

piece of fruit



Making it Work

- Create boundaries
- Be prepared for interruptions
(mute/stop camera)
- Foster age-appropriate independence
- Coordinate schedules with an in-home partner
(if available)





Breathe



Rest, Restoration, and Community

- Build in time for rest and restoration - share with family
- Socialize and share
- Tap into community resources
- End everyday the same way (especially when the day has been less than productive)



Name what you need. Reflect on what could make this kind of labor tenable.

Resources

University Counseling Center: <https://ucc.nd.edu>

Notre Dame COVID-19 Response: <https://coronavirus.nd.edu>

Notre Dame Instructional Continuity page: <https://coronavirus.nd.edu/instructional-continuity/>

Notre Dame Learning Pedagogical Support for Remote Teaching: <https://sites.google.com/nd.edu/nd-learning/>

Suggested Reading

Blurt it Out, [Mental Health Benefits of a Routine](#)

Mariana Plata, [The Power of Routines](#)

The Chronicle of Higher Education, [How to be a Caregiver While Caring for Your Own Career
COVID19 and the Academic Parent](#)

The Wall Street Journal, [New Normal Amid Coronavirus: Working from Home While Schooling the Kids](#)