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
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday 5/4</th>
<th>Tuesday 5/5</th>
<th>Wednesday 5/6</th>
<th>Thursday 5/7</th>
<th>Friday 5/8</th>
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</thead>
<tbody>
<tr>
<td>8:00 AM</td>
<td>Jackson</td>
<td>Mama</td>
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<tr>
<td>8:30 AM</td>
<td>Yoga</td>
<td>Dance</td>
<td>Morning Routine</td>
<td>Yoga</td>
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<tr>
<td>9:00 AM</td>
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<td>Diss Work</td>
<td>Social Studies</td>
<td>Admin Work</td>
<td>Zoom Class</td>
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<td>9:30 AM</td>
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<td>Admin Work</td>
<td>Diss Work</td>
<td>Social Studies</td>
<td>Diss Work</td>
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<tr>
<td>10:00 AM</td>
<td>Math</td>
<td>Music</td>
<td>Science</td>
<td>Math</td>
<td>Science</td>
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<tr>
<td>10:30 AM</td>
<td>Admin Work</td>
<td>Writing</td>
<td>Math</td>
<td>Admin Work</td>
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<td>Español</td>
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<td>Writing</td>
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<td>Reading</td>
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<td>Zoom Meeting</td>
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<tr>
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<td>Writing</td>
<td>Admin Work</td>
<td>Art</td>
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<td>Diss Work</td>
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<td>Conference Work</td>
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<td>Catch-up</td>
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<td>Kaneb Work</td>
<td>Catch-up</td>
<td>Kaneb Work</td>
<td>Catch-up</td>
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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

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)
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)
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.
Final Tips

➢ Take care of yourself!
➢ Don’t be afraid to experiment and figure out what works
➢ Be gentle with yourself when you deviate from the schedule
➢ Allow yourself to feel frustrated, but follow a plan to come back from it
➢ Practice self-care
Resources

University Counseling Center: [https://ucc.nd.edu](https://ucc.nd.edu)
Notre Dame COVID-19 Response: [https://coronavirus.nd.edu](https://coronavirus.nd.edu)
Notre Dame Instructional Continuity page: [https://coronavirus.nd.edu/instructional-continuity/](https://coronavirus.nd.edu/instructional-continuity/)
Notre Dame Learning Pedagogical Support for Remote Teaching: [https://sites.google.com/nd.edu/nd-learning/](https://sites.google.com/nd.edu/nd-learning/)

Suggested Reading

Blurt it Out, [Mental Health Benefits of a Routine](https://www.blurtitout.com/
Mariana Plata, [The Power of Routines](https://www.blurtitout.com/)
The Chronicle of Higher Education, [How to be a Caregiver While Caring for Your Own Career](https://www.chronicle.com)
COVID19 and the Academic Parent
The Wall Street Journal, [New Normal Amid Coronavirus: Working from Home While Schooling the Kids](https://www.wsj.com)