5 Tips for Being a Working Parent in Isolation

1. Forget the book
Doing everything by the book is not achievable and you're not a bad parent if you can't follow the 'rules'. These are not normal circumstances and most days it might just be about survival. It's important to lower our expectations and be realistic about what this time might look like. Go back to the basic rule of thumb: feed your child, feed yourself and bathe one of you sometimes. If you're doing that, you're having a good day.

2. Do what works for you
The unknown is scary. We don't know if we've made the right decisions for our family. Remember, what works for another family won't necessarily work for your family and that's okay! We need to do what is sustainable for our families and it's okay to change how you do things when the time comes.

3. Stay connected
It's a lonely time and sometimes it can feel like you're the only one struggling. We know It's so easy to be 'too busy' and have all the days run into each other but you've got to make the time to connect with other adults. Reaching out to other parents and your support network will help you get through similar challenges (like how to keep children entertained at home).

4. Getting support and help
Along with EAP, there are some amazing resources and websites on our portal. Even if you don't need any extra support at the moment, it's ok to change your mind down the track when you could need some help. Reach out to colleagues or other organisations – we are all in this together.

5. Be kind to yourself
This is a stressful time, make sure you take time out of every day to do something for yourself. **Beyond Blue** has some great tips.