

# **8 Strategies For Working-From-Home & Having Your Kids At Home AND Being Their Teacher Too!**



# 1. Create Clear Intentions

Your family needs a strategy right now for managing all the competing needs for time and space.

If you want your kids to cooperate, sit down with them in a family circle and take the time to really listen to what their needs are and what is going on for them. Pay particular attention to what they have to say around school work.

Next express clearly your needs and your situation. It is important to explain to them with the respect you would to another adult. Remember they don't know what it means to work but you do know what school is like. Make analogies they can understand, like the boss is like the teacher or principal.

Record everyone's needs preferably on big paper in big writing. Go through each need and prioritize on a scale of "Absolutely non negotiable - like you must work uninterrupted for some of the day - to this is a wish list item.

Be sure to include the running of the house in this so that everyone can take on some tasks. This will free up more time for you to work.



## 2. If Possible, Clear A Designated Workspace

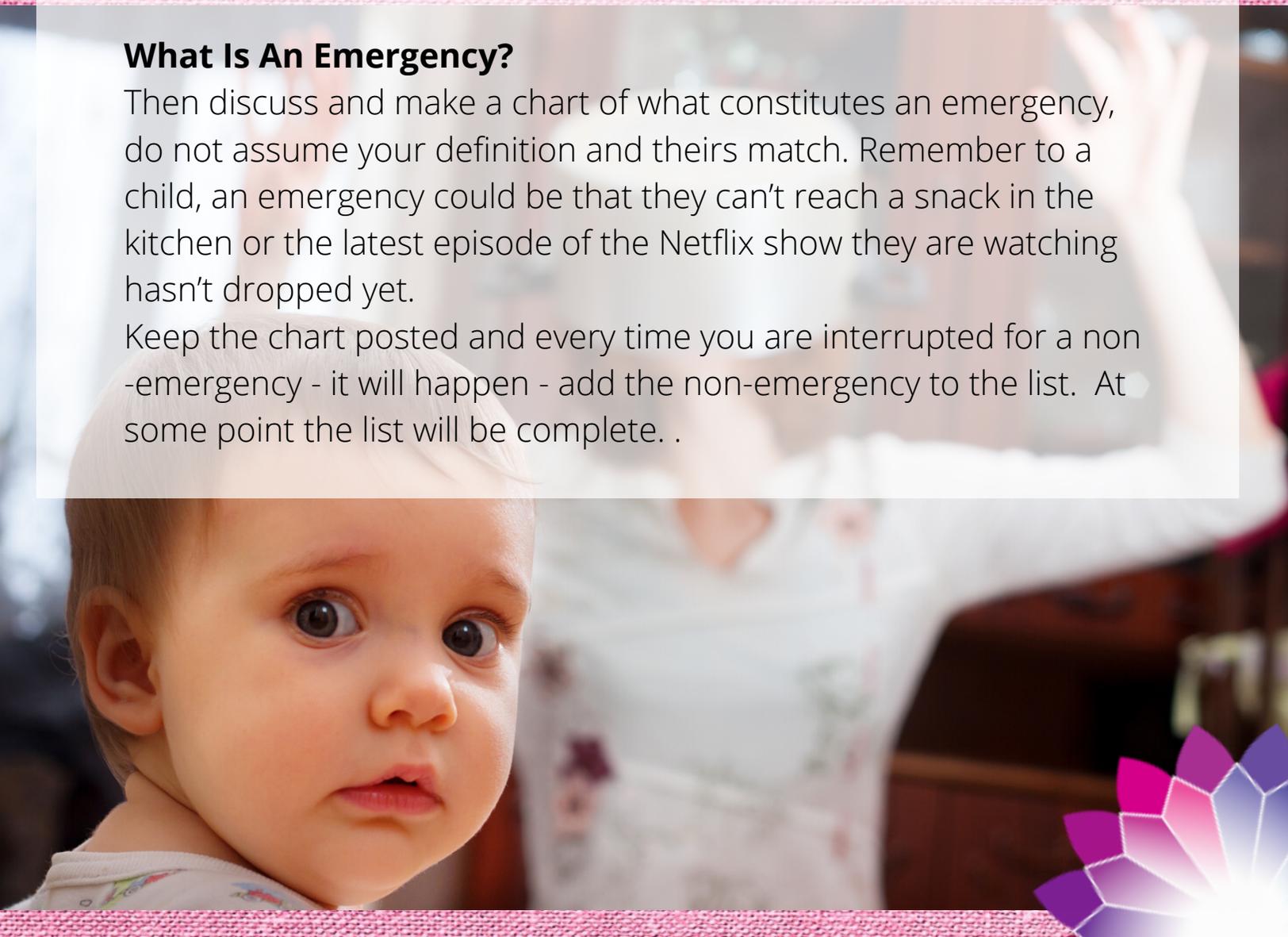
This space needs to be somewhere you can work comfortably such as your home office if you have one, or create one if you don't. You can maybe turn part of another room like the bedroom into the office if necessary.

The main point is that during the intention setting exercise, you make it clear that when you are in there working, there are to be **no interruptions unless it is an emergency.**

### What Is An Emergency?

Then discuss and make a chart of what constitutes an emergency, do not assume your definition and theirs match. Remember to a child, an emergency could be that they can't reach a snack in the kitchen or the latest episode of the Netflix show they are watching hasn't dropped yet.

Keep the chart posted and every time you are interrupted for a non-emergency - it will happen - add the non-emergency to the list. At some point the list will be complete. .



### **3. Set Up Dedicated Time With The Children**

Make sure your daily schedule includes dedicated time with the children when you facilitate their learning.

Be sure to schedule time near the beginning of the day and some time at the end for them to share what they have done and learned. This could even be over dinner, but sometimes they may have done a cool project, or designed a new game they are proud of, so you will need to make space for that. Honor those special achievements with your attention.

Dedicated scheduled time will allow you to work unhindered the rest of the time.



## 4. Design A Family "Schedule"

- Breakfast - Clean Up
- Dedicated Family Time
- Work Time/Play Time
- Lunch
- Work Time/Play Time

Ideally a schedule in this case would be **more like an order of events**. It is important to take care of the needs identified in intention setting, and not so important what time they happen. However, most children and many adults do thrive with some kind of routine so they know what to expect.

### **Structure is good. Rigidity is not.**

So an order of events is a perfect blend of flow and structure. Of course with work, you may not be able to control doing activities in the same order every day, due to standing meetings set at particular times. If you have standing meetings each week, include these in the schedule planning and expressed needs.



# 5. Keep The Kids Focused On Learning and Keep Learning As Independent As Possible.

Expecting or even trying to force children of almost any age to stay focused on boring stuff that seemed irrelevant even before COVID19 is likely mentally and emotionally painful for them. The same as it would be for you.

The point here is to spend your designated learning facilitation time helping them learn about what they find interesting and relevant.

Maybe that means learning to play guitar, build a go kart, read a book about Nicola Tesla, bake a cake, identify bugs in the garden, write a book, paint a picture...whatever it is, if it is interesting, you can assist them with getting started and they will have no trouble staying focused and carrying on more independently.

Struggle over.

Choosing what we learn about is the essence of 21st Century learning in the Light Way System.



See my pdf: "Are You A Struggling "School-At-Home" Homeschool Parent"" for more on this.



## 6. Become A Facilitator - Not A Teacher

School teachers do years of training in how to convey highly specific topics and skills in a way that, hopefully, children will understand. Their jobs would be far easier, if the children they are teaching actually had a real interest in what they are learning. As we know, that is not the case 99% of the time. Even motivated kids are generally being motivated by the desire for good grades which get them social and parental approval, and not by any enthusiasm for the subject matter. This is especially true of the subjects they are not strong in and which they are consequently made to do more of.

The point here is that you can't suddenly become a teacher, so relax and don't even try. But **you can become a facilitator.**

Let your children decide what they want to learn about and then help them to access resources so they can learn it.

**I know what you are going to say right now "But they have assigned work they have to do."**

This is true, and I will explain more about that in number 7 next. To facilitate keep these points in mind:

- Capitalize on your status as an expert learner.
- Focus on showing them how to learn and how to ask the right questions.
- In your dedicated time with them, listen, guide with questions, and post their questions somewhere prominent so they can celebrate when they have answered them.

# 7. Why It Is Okay To Let Go Of The Work Your Kids Brought Home With Them I

So you are worried about the packets of worksheets and assignments your kids have brought home with them. You feel that if they don't complete them, you will have failed in your parental duty to make sure they keep up in school.

**I get it.**

But how much can you take of trying to get your kids to sit still and do work they don't care about?

How long can you keep up the police role of constantly checking on them to make sure they are working, only to find them sitting staring into space or slumped over the table bored to tears with one or two problems solved, or a couple of sentences written in an hour or more while you've been working.

**Why is it okay to let all that go or at least treat it with the nod it deserves?**

**First**, if kids could learn all that stuff just by doing worksheets sat at a kitchen table, we wouldn't need teachers.

**Second**, most of what they learn at school, they forget even when taught by a qualified teacher often multiple times.



# 7. Why It Is Okay To Let Go Of The Work Your Kids Brought Home With Them II

**Third**, the schools are sending work home or going online because they don't know what else to do or how else to do it. They haven't figured out yet that you can't just transfer school to home and have it end well.

(Note: did you know most homeschool kids only need to do 2 hours of work a day to keep up with school kids?)

**Fourth**, ask most teachers and they will tell you that the chances of the kids coming back to school knowing this information is very close to zero and they will have to reteach it all anyway.

**So the question here is:**

Would you rather spend the next weeks or even months arguing, cajoling, forcing your kids to something they don't want to do and that they aren't going to really retain anyway?

OR

Would you rather let that go, and spend quality designated time connecting with them, doing fun learning activities, and getting to know them and their interests on a deeper level?

Which sounds better? Happy, excited kids sharing their learning and learning how to learn? Bored, frustrated, unhappy kids, making working from home miserable if not next to impossible?

Yep. That's what I thought you'd say.

# 8. The BEST strategy yet: LET THEM PLAY - A LOT

In the US today, play is the most undervalued activity for children to engage in and yet it is THE most valuable way they can spend their time especially children 12 and under. But we all need play time.

Experts in child development like Dr. Peter Grey are very concerned about **PDD - Play Deficit Disorder**. Children who do not engage in play miss out on key developmental milestones. Play builds the cognitive structures necessary for children to acquire knowledge.

## So what do children learn when they play?

Here are the **top THREE things from a long list** of essential cognitive and emotional functions:

1. Children learn to put undivided attention into something.
2. They get an increased sense of personal value.
3. They find creative solutions to problems: ex. Making up rules to games.

## How To Do Play

This might seem like a silly topic but psychologists say parents today need reassurance that it is okay to let their children play.

Here goes:

- Provide raw materials or outside space in nature if possible.
- Trust them and leave them alone. (This is the most important part and just what you need to be able to do right now.)

So be reassured that leaving your children to play unsupervised while you work is one of the most healthy things you can do for them in an age of overscheduled, over electrified lives.

Resource: Dr. Peter Gray - "The Value of Mixed Age Play."

# YOUR NEXT STEPS

If this primer got you interested and wanting more , I have a few options for you below.



Especially designed for parents who have been thrown in at the deep end and need knowledge, tools and support right, this two week intensive will get you up and running right away with a stress free at home program your kids will love and so will you. [More info here.](#) Ready to apply [click here.](#)



A weekly group coaching offer where we will explore a different topic each week followed by Q & A. [Click to apply.](#)



An opportunity to get your questions answered and interact with other parents in your boat. [Click to sign up for the next call.](#)

# YOUR COACH



Zahra Lightway is known as the most sought after designer of 21st Century, holistic, education programs for children and youth. She is famous for empowering parents to inspire their children to lead fulfilling lives and realize their full potential.

Zahra is a certified school principal and teacher, a school founder, and youth advocate. She ran a home-based youth empowerment program for three years, and has a Master's Degree in Education. She has keynoted at conferences, been a guest on telesummits, & has published articles on education.

Currently Zahra is working with a group of homeschool parents in New Zealand as the vision catalyst for creating the Golden Bay Community Learning Hub and coordinating the Golden Bay Sustainable Living Course. She is also and coaching parents online in Australia, New Zealand and the US.

You can reach her at:

[zahralightway@gmail.com](mailto:zahralightway@gmail.com)

US 1-832-998-8323

NZ +64 (0)2040771446