

Parents and Carers Series - Establishing Daily Routines

Routine in remote work is crucial. But the reality of life with children, particularly young children, or other caring responsibilities make it difficult to maintain a consistent schedule every day. While striving for consistency can be a helpful way to manage stress and expectations, acknowledging that even the best laid plans will go awry from time to time is important. Remember- you are human, you can only do so much, and you are not in this alone. If you feel you are struggling or need additional support, the [Community Wellbeing Team](#) is here to help and can assist you to access the appropriate support.

The below tips and suggestions have been collated from various sources and members of the ANU community to help others establish routines for themselves and their families. However, every family is different, and so what work for one family, may not work for another.

- Before creating a daily routine, consider taking a step back to reassess the goal posts. Rather than aiming for 'perfection' or 'excellence', reflect on what 'good enough for now' would look like. It may not be your usual way of thinking or working, though these are not usual times.
- Engage your family or household in the creation of your [daily routine](#) – discuss time for breakfast, time for playing together, time for studying, time only for yourself, and so on. Check in each week to see how it's working and whether changes need to be made.
- For young children, try starting them off in their own routines, before you commence your day at work.
- Instead of your usual commute time, try doing some light exercise such as taking a short walk or completing exercises at home to mimic the routine time of commuting. If you are doing it with your children, explain you are all walking or riding to school/work.
- Include time for yourself and your wellbeing. The people you care for will benefit from being around the healthier, or at least better rested, version of you.
- Celebrate the small victories - At the end of the day, try talking with your family or household about achievements; what did they do today? How did they do it? Set the tone by focusing on more than 'productivity' e.g. how did you show kindness? who did you help in the house or at work? what the roses smelled like when took a moment for yourself?

Want more information about establishing daily routines?

Read

- Trello - [A Remote Work Guide for Parents](#)
- HBR - [How Working Parents Can Let Go of Perfectionism](#)
- Emerging Minds - [Supporting children during the Coronavirus \(COVID-19\) pandemic](#)

Listen

- ABC RN - [This Working Life Podcast](#) – 20 April 2020

Watch

- Insider - [14 parents share their work from home plans, and tricks](#)

Join

- Clever Classroom - <https://www.facebook.com/Clever-Classroom-235761613111516/>

Have feedback, questions or would like to suggest other topics? Email community.wellbeing@anu.edu.au.