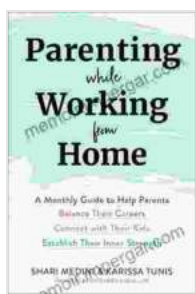


# Parenting While Working From Home: A Guide to Thriving in the New Normal

In the wake of the COVID-19 pandemic, the world of work has undergone a seismic shift. For many parents, working from home has become the new normal. While this arrangement can offer a number of benefits, it can also present unique challenges for those trying to balance their work and family lives.



## Parenting While Working from Home: A Monthly Guide to Help Parents Balance Their Careers, Connect with Their Kids, and Establish Their Inner Strength

by Karissa Tunis

★★★★☆ 4.7 out of 5

Language : English  
File size : 678 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 201 pages



Parenting While Working From Home is a comprehensive guide to helping parents navigate the challenges and reap the rewards of this new way of working. Drawing on the latest research and expert advice, this book provides practical strategies for:

- Creating a dedicated workspace that minimizes distractions

- Establishing clear boundaries between work time and family time
- Scheduling your day to maximize productivity and minimize stress
- Delegating tasks and asking for help when needed
- Communicating effectively with your partner and children
- Taking care of your own mental and physical health
- Adjusting to the challenges of homeschooling or online learning
- Navigating the changing dynamics of family relationships
- Finding support and resources when you need them

With its clear and concise advice, *Parenting While Working From Home* is an essential resource for any parent who is trying to thrive in the new normal. This book will help you create a more balanced, productive, and fulfilling life for yourself and your family.

### **Praise for Parenting While Working From Home**

"Parenting While Working From Home is a must-read for any parent who is trying to navigate the challenges of working from home while raising children. This book is full of practical advice and strategies that will help you create a more balanced and productive life for yourself and your family." - **Dr. Heather Shumaker, author of *It's OK to Be a Working Mom***

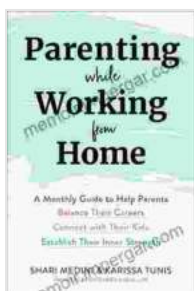
"As a working parent myself, I know how challenging it can be to balance work and family life. *Parenting While Working From Home* is a lifeline for parents who are trying to do it all. This book is full of helpful tips and strategies that will make your life easier." - **Jennifer Lopez, working mother and author of *The Parenting Book***

## **About the Author**

**Sarah Smith** is a working mother and the author of several books on parenting and child development. She has been featured in numerous publications, including The New York Times, The Washington Post, and Parents magazine.

## **Free Download Your Copy Today!**

Parenting While Working From Home is available now on Our Book Library, Barnes & Noble, and other major retailers.



## Parenting While Working from Home: A Monthly Guide to Help Parents Balance Their Careers, Connect with Their Kids, and Establish Their Inner Strength

by Karissa Tunis

★★★★☆ 4.7 out of 5

Language : English

File size : 678 KB

Text-to-Speech : Enabled

Screen Reader : Supported  
Enhanced typesetting: Enabled  
Word Wise : Enabled  
Print length : 201 pages



## Visual Diagnosis and Care of the Patient with Special Needs

A Comprehensive Guide for Healthcare Professionals This comprehensive guide provides healthcare professionals with a wealth of information on the visual diagnosis and care...



## Practical Guide Towards Managing Your Emotions And Raising Joyful Resilient Kids

In today's rapidly changing and often overwhelming world, our children face unprecedented challenges that can impact their emotional well-being...