

Staying Productive As A WFH Parent

We have transformation happening around us everywhere. Parents working from home (WFH) are finding their home offices needing to serve as classrooms too. We're all learning new lessons! Take it from Vaco's all-stars, Meagan Krift and Dylan Sutton.

Here's Meagan and Dylan's best advice

ESTABLISH YOUR ROUTINE

- Create a differentiation between "work hours" and "kid hours."
 - Meagan's tentative work schedule is 6-9am, 12-2pm, and 4-6pm.
- Don't sleep in or stay up late, so that you can commit to your schedule.
- Remember, the kids are on a new schedule too.
 - Everyone wakes up at the same time, like a normal school day, and everyone goes to bed at regular times.
 - Kid movie nights have shifted to lunch time movies, so that younger kids can sleep, and mom and dad can work.
 - Lunch time is for everyone and is used as a time for the kids to ask questions about their school work.
 - There are times set for when the kids play and when the whole family plays.

DEFINE YOUR WORKSPACE

- Create a space in the house that is yours. The kids know that this is a parent-only quiet place and that it is a no-enter zone.
 - Think about your desk at the office. Do you have photos, motivational quotes, notepads and pens, and water? Ensure your new WFH space matches these needs.
 - Try not to isolate yourself there all day. Move around and utilize the space when you truly need quiet work time or when the kids are working on their school work.

FOCUS ON WELLNESS

- Limit screen time. Don't quickly hop on Instagram when you have a free moment. Take a second to breathe, stretch, take a sip of water, and check on your mental health.
- Be empathetic to others' situations and be there for support -- virtually.
- Talk it out. Have open communication among your family and friends.
 - This time is hard and testing, due to its state of unknown, and it's OK to not feel OK all of the time.
- Get outside. Get creative.
- Put your phone away for two hours a day. It's easy to be overly invested in what the media is saying and what everyone is doing with their quarantine time. Take a break from it all.



MEAGAN KRIFT

As a twelve-year industry veteran, Meagan joined Vaco's Cincinnati team in 2017 for the opportunity to lead, grow and brand the executive search practice. With an expertise in building long-term strategic relationships with her clients she's been partnering with local organizations to add accounting, finance and audit talent for over a decade. Meagan loves being on the ground floor of crafting a role alongside her clients when developing a new position or even building out an entirely new team. Outside of work, Meagan is a supportive wife to her husband, Ryan, mom of three and an Orangetheory Fitness protégé.



DYLAN SUTTON

As associate director of Vaco's Birmingham Accounting and Finance Division, Dylan prides himself on working closely with company leaders in helping them with strategy, planning, and problem solving as it pertains to attracting the best talent for their organizations. He also enjoys recruiting and helping accountants identify the best opportunities in the marketplace while navigating the interview process. Dylan is also a husband, father of two and a very average golfer.

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