

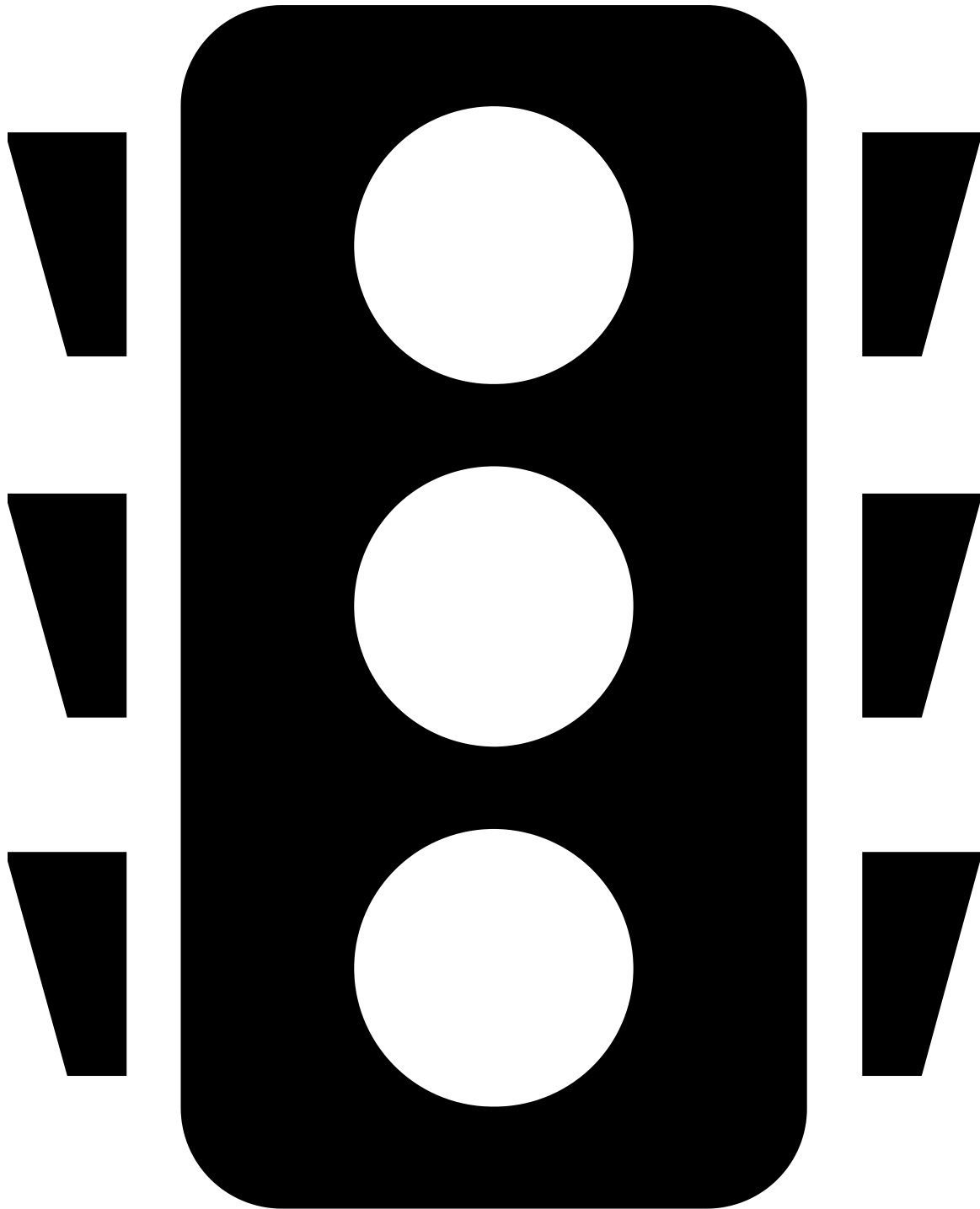
A Traffic Light for parents working from home

Even after all this time since the beginning of the COVID pandemic, it is still hard and confusing for children to see their parents working from home. While parents are attempting to create a work environment that supports their ability to perform their professional tasks and balance their different roles, children can feel confused about not having their parents available to them. The traffic light for parents working from home is a way to set clear messages to children about your limits and availability and assist you in maintaining this delicate balance.

- Print the traffic light and hang it on your office door, facing outward.
- Print the red, yellow and green circles and cut them out.
- Explain to your child what each of the traffic light colors mean:
 - Red - I am busy. Please don't come in.
 - Yellow - I am working but you can come in for a quick connection and a hug.
 - Green - I am available. You can come in.
- Make a plan with your child to engage in other activities while their are waiting, and use a timer.
- Use tape or Velcro to attach the circles to the traffic light based on your availability.
- Practice! Children learn through experiencing expectations over verbal instruction. You can even switch roles to make it more playful!



Traffic Light for parents working from home



Print and cut out



I am busy

**You can
come in for
a quick
connection**

I am available