



TIP SHEET

# Navigating the Unexpected Kid-At-Home Days

BECAUSE "SCHOOL'S CLOSED!" WASN'T ON  
YOUR CALENDAR

josie\*



# Parenting: Expecting the Unexpected.

Whether it's a fever, a school closure, or your sitter's car breaking down, last-minute kid-at-home days can derail even the best-laid plans. This tip sheet will help you keep calm, carry on, and maybe even get a few things done.

## STEP 1: START WITH A RESET.

Take 2 minutes to:

- Breathe. Literally - try 3 deep ones.
- Adjust expectations. Today won't go exactly as planned - and that's okay. Try one of these favorite Josie mantras:
  - *"This is hard, AND I can do it."*
  - *"I get to navigate sick days."*
  - *"I can ask for help."*

## STEP 2: COMMUNICATE EARLY AND HONESTLY.

Let your team know what's up as soon as you're able. Three things to keep in mind:

- No need to over-explain. You can say *"Hey - heads up, my kid is unexpectedly home today. I can still join [xyz] and will keep you posted if anything changes."*
- If you're up against a hard deadline, get clarity on what's flexible vs. mission critical:
  - Can timing be extended for all or part of the deliverable?
  - Can the format change (e.g., an email recap vs. a polished document)?
  - Are there things that can be removed (e.g., "appendix slides can come later")?



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## STEP 3: CREATE A GAME PLAN

- Reprioritize: What are the top 1 - 2 things that **must** get done today?
- If you have a partner, can they tag in for part of the day?
- What's your meeting schedule, and what can move?
- Set up 1-2 chunks of focused work time
- Set up a rotation of snacks, books, art, and screen time (zero guilt)
  - **Pro tip for older kids:** have your kiddo create and propose their own schedule for the day (this kills 10 minutes, btw!)
  - **Pro tip for screen time:** the guilt here is real. Remember: screen time in and of itself is often not the issue - it's the opportunity cost of what your kiddo *could* be doing instead. If they're sick, or school's closed - that cost is pretty low. If you want to go above and beyond, try rotating between more educational programming and standard kid shows.

## STEP 4: PLAN AHEAD - CREATE YOUR DAY HOME KIT

Prepare now for future you:

- Have a list of go-to "sick day" shows, crafts, or puzzles
- Stash a box of "new" toys or coloring books for emergencies
- Partner up with another family at your school for day at home play dates

HAVE MORE QUESTIONS?

# Get in touch with team Josie:



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