CHECKLIST

Family boundaries for online work

- [ ] Write down your working hours and share them with your household
- [ ] Turn off work notifications outside those hours
- [ ] Explain one typical task so your family understands what you do
- [ ] Show your family a post from start to finish so they see the steps
- [ ] Put your work phone in a drawer during dinner
- [ ] Ask your family to tell you when they feel ignored
- [ ] Bring your family into your work occasionally without making it a daily event