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Black Child Development Institute
ATLANTA

Supporting Work/School Life Balance for Families

Dr. Bisa Batten Lewis, Presenter

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National Black Child Development Week

Introduction

Dr. Bisa Batten Lewis, *President*

Founder and CEO of Ideal Early Learning, LLC—an education consulting and training firm. She is a published author of education and parenting articles, college textbooks, children's books and music, and WINGS Curriculum—a nationally recognized learning system for birth through five years old. Working as an educator and administrator for over 25 years from preschools and Head Start to Teacher Education at the university level, Dr. Bisa is a diversely experienced education authority and renowned public speaker. She is a serial entrepreneur and author of the new

BESTSELLING book,

The P-A-I-D Educator: 10 Professional Ways to Supplement Your Teaching Salary.

bcdiatlanta.org/dr-lewis



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AGENDA

Supporting Work/School-Life Balance for Families

- ★ Eight (8) Recommendations for Balancing It All

- ★ Four (4) Tips on Compartmentalizing

- ★ Q & A



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Promote independence & productivity.

1

★ Create a daily schedule *with* the family.

- 6 Most Important Things (Mary Kay Ash)
- Individual daily checklist for schoolwork - alternate days for subjects
- Healthy snacks within children's reach
- Regular physical activities and outdoor play

★ Design attractive workspaces with favorite things.

★ Assign age-appropriate chores.

- Download chore charts at [Pinterest.com](https://www.pinterest.com).

★ Allow trial and error to encourage initiative.



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Access **FREE** curriculum resources.

2

★ PBS

- **Parents:** pbs.org/parents - parent resources, tips, and advice
- **Teachers:** pbslearningmedia.org
 - Resources organized by learning standards for Pre-K through college with correlations based upon matches of terms for a given grade band

★ Educationworld.com

- Each state's education standards, lesson plans, activities and games to support learning by grade level

★ Education.com

- Thousands of teacher-crafted learning activities that sync with the school year for Preschool +



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Balance extra-curricular activities.

3

- ★ Set max # virtual parties and live sessions per week.
- ★ Focus on each child's strengths and favorites.
- ★ Coordinate experiences among children based on time commitment.
 - Alternate children's activities, when necessary.
 - **Cameron:** M & W - music/dance classes online; *winter* sports
 - **Jordan:** T & Th - chef classes online; *fall* classes
 - Choose programs that correspond to *your* schedule.



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Be consistent with guidance and discipline.

4

★ Model appropriate behavior.

- *Children imitate what they SEE.*

★ Be firm, but fair and **CONSISTENT**.

- Same rules apply at home, in public, and for children based on age.

★ Seek discipline help.

- Preventchildabuse.org, parentcenterhub.org, understood.org

★ Minimize/Avoid yelling and spanking

- Spanking reduces children's IQ; child abuse increases during stress

★ Tell children what **TO DO** vs. what **NOT TO DO**.



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Make allowance work for you!

5

- ★ Treat allowance like a job (work = pay).
- ★ Deduct \$ for misbehavior, incomplete chores, schoolwork...
- ★ Let allowance fund your children's WANTS.



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Take charge of your budget.

6

- ★ **Budget** = 10% giving, 10% savings, 10% investments, 70% living expenses/leisure
- ★ **Supplement income with a *family* business.**
- ★ **Take advantage of FREEBIES!**
 - Access developmentally/child appropriate online games.
 - Participate in church, community, and recreation events.
 - Find the deals! Coupons, “kids eat free” days, dollar menus, BOGO...



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Schedule “me time” REGULARLY.

7

- ★ Set a consistent bedtime for children – at least 2 hours prior to yours.
- ★ Get physical - walk, work out, dance.
- ★ Party alone *or* with *positive* associates (virtually).
- ★ Take a nice, warm bath by candlelight/music.



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Reduce stress.

- ★ Find quality caregivers for work & personal time.
- ★ Kick guilt to the curb!
 - “This is family time – NO WORK”.
- ★ Remember: “Rome wasn’t built in a day”.
- ★ Don’t let your cell phone or computer rule you!
- ★ Consolidate cooking time.
 - Be prepared for quick meals and kids’ favorites.
 - Cook simple meals *or* order on busy/stressful days.
 - Cook larger meals to allow for leftovers.
 - Reinvent leftovers.
- ★ JUST SAY NO!
- ★ Learn to compartmentalize.



4 Tips on Compartmentalizing



1. **Keep a calendar—one showing days & times with reminders.**
 - Try a FREE online version: Google, Yahoo...
2. **Use color coding to categorize entries and balance spiritual life, family, and career.**
 - Faith/Religion
 - Family
 - School
 - Business/Work
 - Movement/Exercise
 - Play (Me-time)...
 - Rest/Sleep
3. **Consistently follow and update your calendar.**
4. **Delegate tasks you don't personally have to do.**
 - Try a virtual assistance service - Upwork, Fiverr.com, Fancyhands.com, Freelancer...
 - Hire a housekeeper or cleaning service. (Include in 70% expenses of budget)
 - Register your children for a FREE tutoring or homework help program in your community or at your church. If you can afford it, hire a college student.



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by Dr. Bisa



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Stay Connected

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