

What To Do When Your Kids Get Sick

You wake up in the middle of the night to hear your child calling for you. Rushing to her side, you find that she is sick, and the next morning she is only worse. You know that you can't take her to the daycare, but you can't stay home from work to be with her either. What do you do in a situation like this?

For many parents, this is a dreaded scenario. Fortunately, with a little planning, you can be prepared. Even though it can cause your day to be filled with stress, there are some ways to make this crisis more bearable.

Talk to your boss

Even before your child becomes ill, find out how your boss would like for you to handle the situation. Maybe working at home is an option. If not, you might at least be able to take off a little bit early to care for your child.

Take your work home

If it is possible, take home your work that needs to get done. This allows you to still be productive without falling behind.

Is there some busy work that you have been needing to get caught up on? This would be a great day to do so.

Have An Alternative To Day Care

Ask a relative who lives in your area to care for your child. If no one in your family lives nearby, call a friend who stays at home during the day. Maybe a retired friend from your church, synagogue or neighborhood could help you out. Follow up with a thank-you note for their assistance.

Preparing ahead of time for this complicated situation can help you lessen the stress when it actually occurs

The next time your child becomes ill, you will be confident that she is getting the care she needs.