

A day in the life of a UN telecommuter

Wednesday

- 6.15 a.m. Rise and shine
- 6.30 a.m. Wake up toddler and older children to get them started
Give baby his bottle, clean and put him back to sleep
- 7 - 7.15 a.m. Older children and toddler leave for school
Make a pot of coffee and an omelet
- 7.30 a.m. – 10:00 a.m. **Begin UN work in the home office (2.5 hours)**
- 10.00 a.m. Baby monitor comes alive!
Feed baby breakfast, change and clean him up
Floor play with baby with toys, lights and sounds
Watch as baby stands up unassisted for about three seconds,
attempts to take his first steps, then falls back on the carpet
- 12 noon Give baby lunch
Eat my lunch
Clean, change and put baby back in his crib with Mozart
- 12.30 p.m. – 4:00 p.m. **Resume UN work in home office (3.5 hours)**
- 4.00 p.m. Take a coffee break
Feed baby mashed veggies, change and clean him up
Play with baby on outdoor swing-set
- 5.00 p.m. Older children return from school. It's "mommy, mommy, mommy" time
- 6.00 p.m. Family dinner, family play, bath time
- 7.00 p.m. Give baby yogurt and juice
Give toddler warm milk
Watch rerun of Special Agent OSO for the umpteenth time with toddler
Send both baby and toddler off to bed
- 8.00 p.m. – 10:00 p.m. **Resume UN work in home office (2 hours)**
Older children stay with me in the office until 9 p.m.
to complete their school homework and study
- 10.00 p.m. **Upload work update and email it to my boss**
Go to my room to find a surprise from my daughter:
a hot, scented bath all drawn up for mommy!

Total hours worked: 8 hours

Output: Completed assigned work of 100 pages fact-checking/copy-editing, plus an additional 30 pages beyond the expected daily output.

Sentiments: "I'm grateful to the UN for this opportunity to be at home as a mother, while being able to work. My wish is that the baby will take his first steps on a day that I'm home!" -- Contributed by Rita Ihekwaba