We assess how pandemic-related occupational risks of working in non-essential and non-teleworkable jobs were distributed across households with and without children immediately before the pandemic in Germany. Working in essential or teleworkable occupations have become important occupational advantages during the COVID-19 pandemic. Employees in teleworkable and essential occupations were at lower risks of job loss or income cuts during and after the pandemic. Yet it is unknown, how working in teleworkable and essential occupations is distributed across households with and without dependent children. We use large-scale population representative household-level data from the German Microcensus 2019, the only data source that provides sufficient case numbers for a detailed mapping of households types. The Microcensus is linked with an original data collection to construct indices of essential occupations and teleworkability on the occupation level. We use descriptive statistics and regression models to assess the percentage of different household types and their pre-pandemic poverty risk.