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Working Parents: Balancing Work and Family

Employed parents and their children lead busy lives. It's important to try and balance your many roles: parent, spouse, and worker. Your work affects your own life and the lives of your children.

*Enjoy the
time you and
your children
spend
together!*

Some Ideas to Help You Be a Better Parent

- ▶ Choose what is most important. You will not be able to do everything. Accept your limitations and help your family accept them.
- ▶ Take care of yourself. It is important to the whole family that you feel good.
- ▶ Enjoy your work as much as possible. The more you enjoy your job, the more energy and love you will have to share with your family.
- ▶ Talk to your children about your work. Invite them to visit you at work if possible. Introduce them to your co-workers.
- ▶ Spend quality time. Take time to listen, understand, share, hold and show love. Plan to spend some time with your children each day.
- ▶ Do not worry or feel guilty about things you cannot do. This will only increase your stress.
- ▶ Find the best childcare services possible. Finding the right place or person will put your mind at ease.



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