

Workskills Fact Sheet Number 14

TIPS FOR WORKING PARENTS

No doubt about it, being a working parent can often turn your life into one long juggling act. You probably already know it takes a bit of creative thinking and clever organisational skills to pull it off successfully.

It's certainly challenging but you are not alone – many parents enjoy having both; a happy and successful work and personal life, at the same time!

It's a balancing act; meeting your family's needs for care and attention, keeping good relationships with partners and friends and being a reliable and good employee. Getting the balance right for you might take some time to work out.

TIPS TO MAKE IT HAPPEN... A LITTLE MORE EASILY

Here are just a few ideas we've learned about from working parents that have helped in getting the balance right:

- **Ask for help!** There are people around you in a similar situation. Ask around and see if you can help each other out with some things; e.g. child care, taking children to school and sports activities etc
- **You might need to change your priorities around the house.** Some household jobs may need to wait a little longer than before, after all there are only so many hours in each day and some of yours are now needed at work
- **Routine is important.** Young children can become frustrated and overwhelmed when routines are constantly changing (sometimes it can't be helped). Happy and contented children make the balancing act easier to manage and less stressful
- **Household chores.** Are your children old enough to help with some household jobs? Giving children a regular job of their own will encourage them to learn

about responsibility and give them a sense of pride that they can be a big help to the family

- **Get everything organised...** Packing your child's bag and organising your clothing the night before can be a great timesaver in the morning rush
- **Off to bed!** Give your child a reasonable bedtime to ensure they get a good night's rest. It's essential for development and growth and a good health and temper to deal with daily challenges. Also frees up time for yourself as well
- **No TV in the morning.** Consider a 'no TV' rule; it can be a big distraction for everyone
- **Food x 2.** Prepare double amounts of food. Freeze some for a quick and easy dinner when you need one
- **The daily grind.** Wash and hang out your washing of an evening - neat folding can save ironing
- **Do a big shop once a week.** Save having to go to the shops and grab bits and pieces every day; this can be a money saver too
- **It's still fun!** Plan and do regular, fun, family activities. These can be simple and free; visit the park for a play and a picnic, take a walk around your neighbourhood or go for a splash at the beach
- **Don't forget you.** Keeping yourself healthy and happy is part of the plan so make sure you take time out for yourself and do something that you enjoy
- **"I'm sick."** If your child becomes sick, if possible, see if a family member or friend can help out with child care. Ask around your friends and family in advance if there is any possibility of this help so that you can have this plan in place if needed

At Workskills we have working parents in our team so we understand! If you have any concerns, questions or just need to talk get in touch with us today.

You can contact anyone from our Post Placement Care team on 6263 5785 from Monday to Friday, 8.30am to 5.00pm or email us at ppc@workskills.org.au, alternatively you can contact your Case Manager, whichever you prefer. We are all happy to help.

