

Balancing work and family life

Balancing work and family life requires flexibility from parents, daycare providers and the workplace. These exercises will introduce you to this topic.

Exercise

Talk to a parent who has returned to work about how they have managed to combine work and family life. What positive things can you learn from them?



Discussion

What kind of discussions have you had with your partner about sharing family leave? What have you agreed on? Which arrangement would best suit your situation?

Exercise

Find out how your workplace can accommodate your changing family situation? Is there any flexibility in working hours or location? Does the workplace offer childcare? Does the workplace take into account employees' work shift requests?



Discussion

Reflect on and discuss how you tend to solve scheduling challenges with your partner/co-parent? Do you have an effective mutual calendar system in place?



Exercise

It is easy to get tense when you are coming home. Think about how you could prevent this and write it down. Next time, test your ideas.



**Parenting is
a team effort**

Tips for team parenting