

Six tips for juggling work and parenthood

By Swati Tripathi





Thanks for downloading this guide!



I'm Swati, have 8+ years of experience making your parenting journey easier, happier, more satisfied, and confident. I'm the author of book "The Power Of Parenting," and the founder of "The Elegancia Play School". I am predominantly the originator of the "Curated Parenting Hub" which cater to early childhood education and empower parents to help their children to reach their full potential.

I'm on a mission to help parents find happiness and deep affinity in their parenting journey.



Six tips for juggling work and parenthood

Balance is the key to success in life. a healthy balance that enables you to commit adequate time to almost all aspects of your life. Furthermore, finding this equilibrium is difficult. Parenting and the workplace are similar in this regard. We're offering some advice on how to balance parenting and work since we believe that neither of them should take precedence over the other.



Step 1- Establish boundaries

After you've finished your workday, it's normal to still get work-related emails. But you don't want to read one while your child is competing in an elocution contest. During these times, your child requires all of your focus; they don't want just a passive ear.

Your phone should be your last priority while you're at the table for a family dinner, reading a book, or helping your child with their homework. Keep it in silent or vibrating mode so you can check your missed calls and messages to see if there is an emergency. Other than that, put your phone in another room.



Step 2 - Better Planning

Nothing occurs without a strategy in place. Having a good plan that works for your kids and partner is crucial if you want to keep the balance between career and family. You're not required to handle anything on your own. Plan who will do what, and divide up the domestic duties with your partner and kids. Your mental health will benefit greatly from this, knowing that everything is in its proper position and order. You'll experience the feeling of commanding a well-managed ship! Re-plan and re-strategize if something with your family's designated chores isn't working out. Change roles and observe how they respond. To avoid becoming too accustomed to it, try doing this every week.

You could also choose to have a personal planner beside your bed. Write down the tasks and events you have the following day. Being organized and modeling a healthy lifestyle for your children are key components of good parenting.



Step 3 - Maintain A Separate Work Area

While you could consider being able to work from home to be a gift, there are a few drawbacks as well. It's really simple to get sidetracked, especially if you're working in the living room or another area where there is a lot of activity involving others. Because of this, it's crucial to designate a separate room or location for oneself when working from home. Consider yourself in an office setting. If nothing important comes up, let that be the time when you take a brief break from parenting.

However, that doesn't mean you have to ignore your kids entirely while you work. If you have young children, consider installing a small partition between the living area and your office so you may periodically check on them.



Step 4 - Take Breaks In Between

You might be unsure of what a break is. In this nonstop world of hustling, is there truly time to relax? It's advised that you take a break and relax from that steady load of work, even though you might continue working even until 9 o'clock to meet deadlines. There will always be work to do. There will always be more due dates. However, you must prioritize taking care of your health. In addition, there's a danger that you won't give your kids enough emotional support, which could have an impact on their mental health.

So, enjoy those intermissions. Plan an activity with your child, schedule lunch breaks, and go for a stroll on the sidewalk. Make whatever effort to clear your head! You may think that your efforts are futile. In actuality, though, you'll feel more energised and be much better able to do the work you still have to do.



Step 5 - Take Care Of Yourself

Burnout may occur right away from putting in more hours and persevering with the grind. That may also degrade the caliber of the work and harm nearby relationships. It's equally crucial to take care of yourself and your family in order to prevent that from happening.

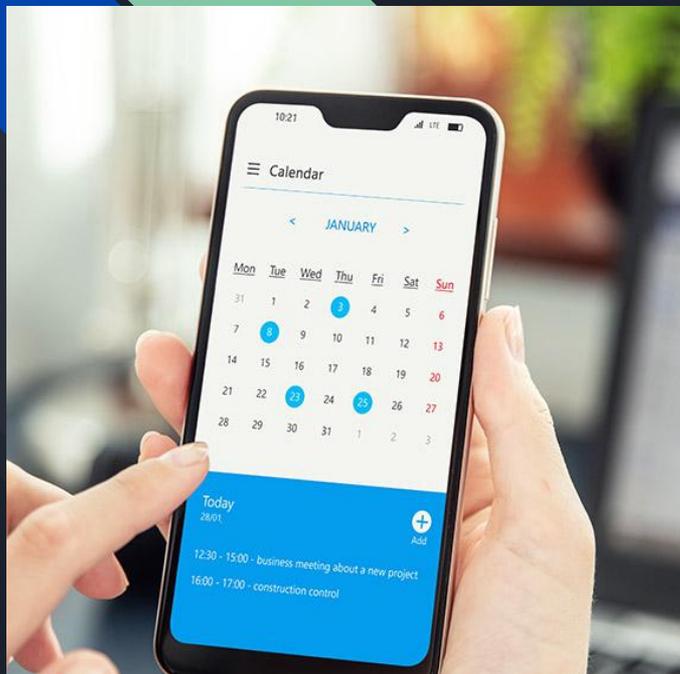
Although taking pauses in between busy work hours was mentioned, that is only one method. Attempt meditation. Before you start your day, even a five-minute one would do. There are several breathing techniques available that can refresh your mind and senses. Even your children can be persuaded to participate with you in this practice. You might also consider listening to music. Whatever your preference, be it classical or metal, music is a fantastic mood enhancer that will give you the energy you need to face anything that comes your way.



Step 6 - Inquire about Flexible Scheduling

Parenting is not a game for kids! You may feel overburdened by all of the obligations you have to fulfill. Things will go a little bit more smoothly for you if you let your employer know exactly what you require in terms of timings or schedules. If you're the main caretaker, this is very crucial. A flexible work schedule will undoubtedly soothe your mind while you're attending to those responsibilities if your child needs to be picked up from school or if some other type of child emergency occurs.

The goal here is to have an open and sincere conversation with your boss. Your manager will also value your commitment both as an employee and a parent, we're sure of it.



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