

# Working Parents Toolkit

Runny noses, run-on meetings, housework, homework, and prepping for tomorrow—chances are your days feel like a juggling act. With the juggle struggle and so many responsibilities, it's no wonder working parents feel tired and stressed. If you're like most, you could use some practical strategies to minimize the pressure and maximize the satisfaction and joy of being a working parent.

This toolkit is designed to make your life easier—at work and at home. You'll find time-saving tips, valuable information on planning ahead for backup care, parental leave, and reminders on how to take care of yourself and balance the pressures of work and home.



## Tips for working parents

Many working parents—moms and dads alike—feel the pull of not having enough time with their kids. When you're always in hurry-up mode, how are you supposed to squeeze in time for hobbies, exercise, and friends and family? Here are tips to help you make the most of your valuable time.

- [Great Apps and Websites for Working Parents](#)
- [Motherhood and Career](#)

- [Navigating Work and Life: Setting Priorities and Making Choices](#)
- [Staying Strong as a Couple When You're Raising Kids](#)
- [Talking with Children About Work](#)
- [Ten Tips for Fitting Work and Life Together](#)
- [Time-Squeeze Tips](#)



## Child care and backup care

From sick kids and sitters to holidays and summer vacations, working parents often need to make alternate child care arrangements. Here are tips to help you line up your plan B and C options.

- [Child Care for Children with Disabilities](#)
- [Comparing Types of Child Care](#)
- [Looking for Child Care: What to Do, When to Start](#)
- [Planning Ahead for Backup Child Care](#)
- [Planning for Emergencies with Your Child Care Provider](#)





## Pregnancy, parental leave, returning to work, and tips for adoptive parents

Here are tips on working during pregnancy, planning a parental leave to care for a new baby or adopted child, and returning to work after your leave.

- [Planning Your Parental Leave](#) (article series)
- [Returning to Work After Your Parental Leave](#)
- [Returning to Work While Breastfeeding](#)
- [Working While You're Pregnant](#)



## Managing stress and taking care of yourself and your family

Giving your best both at home and at work is a lot to ask of yourself, but you wouldn't have it any other way. It's important not only to take care of your family, but also yourself. These articles offer helpful tips and reminders.

- [Being Present as a Parent](#)
- [Building Your Resilience with Self-Care](#)
- [Getting a Good Night's Sleep](#)
- [Managing Stress as a Family](#)
- [When a Couple is Under Stress](#)

Lastly, remember to seek support from your partner, family, friends, and co-workers. Parenting is like a joyous ride on a road with lots of potholes. Having a strong support network helps you get through the bumpy parts.

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