



A
PARENTS'
GUIDE TO
**WORK-LIFE
BALANCE**



Work-life balance is the relationship between your work and the other important things in your life, like your family, sport and social life, household chores, volunteer commitments and so on. If you feel like you have enough time for all of these things in your life, you probably have a good work-life balance.

For a parent there's no universal formula to maintain work-life balance. It's different for everyone, because every family situation is different and unique. Here's what parents have been suggested to do for maintaining work-life balance:



RESET YOUR PRIORITIES:

When you're a working parent, you might like to consider family-friendly work arrangements. Try to find out what family-friendly policies your employer has in place by looking at your workplace agreement or talking to your workmates. Then talk to your boss about:

- Working flexible hours
- Working from Home
- Working fewer hours



FIND QUALITY CHILDCARE:

Ask your network of friends and family for references to different daycare centers. Create a list of criteria that are important and then schedule time to tour local daycares. A good daycare facility should have flexible hours, a low teacher-to-student ratio, outdoor space, up-to-date licenses, and employees who have had their backgrounds checked.



MAKE THE MORNINGS EASIER

Avoid starting the day on a frazzled note by getting organized the night before. Look over the next day's to-do list and divide the schedule, determining which parent gets the kids dressed, buys necessary groceries, and cooks the meals. This will allow you to spend a few minutes eating breakfast with the kids without rushing out of the house.



ENJOY WEEKENDS:

Weekend is the most important day for any working individual. All you can think of is to sit back at home and relax. But, if you are a working parent then you need to understand that this is the only day when your children spend time with you. On Weekend, you can plan small outings with your family. You can start any Sunday activity that your child loves to do.



CHANGES IN WORK HABITS:

When you have children, it might help to rethink your work habits to make it all fit. Here are some ideas:

- Review the work day in your mind before you leave work. This can help you shift gradually to thinking about home and family.



- If your family and care arrangements allow it, consider staying a little longer at work to finish up a task instead of taking it home. Longer hours might not be the best option in the long term, though.
- Try to arrange your work so you take on the most challenging tasks at the beginning of the day, instead of at the end.
- Take a moment in your work day to feel connected with your child. This could be as simple as looking at a photo or thinking about a special thing you've done together recently. This can help you remember the reason you're trying to achieve a work-life balance.
- Try to set some boundaries around how much work you'll do at home, including limits on checking and responding to emails or phone calls.



These tips & tricks will help you while dealing with your child. Apart from this, it will not only help you take things in a positive way but also will balance your work and personal life.

Take the first step towards the right school where



- We help to nurture curiosity in your child by organizing field trips.
- We encourage children's creativity through a variety of play-based activities.
- We coordinate team games to cultivate teamwork ethos among students.
- We organize cultural activities which keep the students connected to social values and religion.



**ADMISSION OPEN
TILL 8TH STD**

**Small things can make
big difference.**



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