

Working Moms Parents Guide



Working Moms: A Parent's Guide to Thriving

Juggling career and motherhood is a superhuman feat. This isn't just about surviving; it's about thriving—finding joy, fulfillment, and balance in the beautiful chaos. This comprehensive guide for working moms provides actionable strategies, practical tips, and emotional support to navigate the challenges and celebrate the victories. We'll delve into time management, self-care, communication, and building a supportive network—everything you need to become the best working mom you can be.

1. Mastering the Art of Time Management: Your Working Mom's Toolkit

The constant battle against the clock is a familiar one for working moms. Effective time management isn't about squeezing more into your day; it's about prioritizing what truly matters.

Prioritization is Key: Learn to distinguish between urgent and important tasks. Use methods like the Eisenhower Matrix (urgent/important) to categorize tasks and focus on high-impact activities first.

Batch Similar Tasks: Group similar tasks together to minimize context switching. For example, respond to all emails at once instead of checking intermittently throughout the day.

Delegate When Possible: Don't be afraid to ask for help! Delegate tasks at work and at home whenever feasible. This might involve hiring a cleaner, utilizing meal prepping services, or assigning

chores to older children.

Embrace Technology: Leverage technology to streamline your workflow. Utilize calendar apps, task management tools, and automation software to improve efficiency.

Plan Ahead: Weekly planning sessions can significantly reduce stress. Plan meals, pack lunches, and lay out clothes the night before.

2. Self-Care: Not a Luxury, but a Necessity

Self-care isn't selfish; it's essential for your well-being and your ability to be a present and effective parent. Burning the candle at both ends leads to burnout – something no working mom can afford.

Schedule "Me Time": Treat self-care appointments like any other important meeting. Schedule time for exercise, relaxation, hobbies, or simply quiet reflection. Even 15 minutes a day can make a difference.

Prioritize Sleep: Aim for 7-8 hours of sleep each night. This might require adjusting bedtime routines or asking for help with nighttime duties.

Mindfulness and Meditation: Incorporate mindfulness practices or meditation into your daily routine to reduce stress and improve mental clarity. Even short sessions can be incredibly beneficial.

Healthy Diet and Exercise: Fuel your body with nutritious food and engage in regular physical activity. This will improve your energy levels and overall well-being.

Connect with Others: Maintain social connections with friends and family. Sharing your experiences and receiving support is crucial for maintaining mental health.

3. Communication is Key: Building Bridges at Home and Work

Open and honest communication is vital for success both at home and in the workplace.

Communicate with your Partner: Establish clear expectations and responsibilities with your partner regarding childcare and household chores. Regular check-ins are essential to ensure everyone is on the same page.

Communicate with your Employer: Be open and honest with your employer about your family responsibilities. Explore flexible work arrangements if possible.

Communicate with your Children: Involve your children in age-appropriate chores and routines. This teaches them responsibility and fosters a sense of teamwork.

4. Building Your Support Network: It Takes a Village

Leaning on your support network is not a sign of weakness; it's a sign of strength.

Family and Friends: Don't hesitate to ask for help from family and friends. Whether it's babysitting, meal prep, or simply a listening ear, their support can be invaluable.

Community Resources: Explore local resources such as daycare centers, parenting groups, and community support programs.

Online Communities: Connect with other working moms online through forums and social media groups. Sharing experiences and receiving advice can be incredibly helpful.

5. Setting Boundaries: Protecting Your Time and Energy

Setting boundaries is crucial to prevent burnout and maintain a healthy work-life balance.

Learn to Say No: Don't overcommit yourself. It's okay to say no to requests that will overwhelm you.

Protect Your Time: Establish clear boundaries between work and personal life. Avoid checking emails or working during family time.

Delegate Responsibilities: Don't try to do everything yourself. Delegate tasks at work and at home whenever possible.

Conclusion:

Being a working mom is a challenging but incredibly rewarding experience. By implementing these strategies and prioritizing self-care, communication, and support, you can navigate the complexities of motherhood and career with grace, resilience, and joy. Remember, you are not alone, and your journey is unique and valuable.

FAQs:

1. How do I find affordable childcare? Explore options like daycare centers, in-home care, family members, or nanny-sharing arrangements. Research local resources and compare prices.

2. What if my employer isn't supportive of my family needs? Document your needs and have an open conversation with your HR department or manager. Explore options like flexible work arrangements or reduced hours.

3. How do I manage guilt about not spending enough time with my children? Focus on quality time over quantity. Be present when you are with your children and make those moments meaningful.

4. How can I prevent burnout? Prioritize self-care, set boundaries, delegate tasks, and don't hesitate to ask for help. Regular breaks and time off are also essential.

5. What are some fun activities I can do with my kids after work? Keep it simple! Read books together, play games, cook dinner as a family, or go for a walk in the park. The most important thing is to spend quality time together.

working moms parents guide: *Go Diaper Free* Andrea Olson, 2021-02-17 Stop changing diapers?start potting your baby. Over half the world's children are potty trained by one year old, yet the average potty training age in the United States is currently three years old. This leaves parents wondering: What did people do before diapers? and How do I help my own baby out of diapers sooner?Elimination Communication, also known as EC, is the natural alternative to full-time diapers and conventional toilet training. Although human babies have been pottied from birth for all human history, we've modernized the technique to work in today's busy world.Go Diaper Free shows parents of 0-18 month babies, step-by-step, how to do EC with confidence, whether full time or part time, with diapers or without. Diaper-free doesn't mean a naked baby making a mess everywhere - it actually means free from dependence upon diapers. With this book, new parents can avoid years of messy diapers, potty training struggles, diaper rash, and unexplained fussiness. Also helpful for those considering EC, in the middle of a potty pause, or confused about how to begin.This 6th edition includes a new section on The Dream Pee, a full text and graphic revision, more photos of EC in action, and a complete list of further resources.MULTIMEDIA EDITION: includes the book and access to private video library, helpful downloads, additional troubleshooting, and our private online support group run by our Certified Coaches. For less than the cost of a case of diapers, you can learn EC hands-on, the way it's meant to be learned.

working moms parents guide: Advice for Working Moms (HBR Working Parents Series) Harvard Business Review, Daisy Dowling, Sheryl G. Ziegler, Francesca Gino, Amy Jen Su, 2021-05-04 Manage the competing demands of working motherhood. As a working mother you often draw the short straw. You carry most of the burden of caregiving and household chores—and your career suffers because of it. Bosses and coworkers assume that since you're focused on your family, you don't prioritize work. But choosing your job over your kids' extracurricular and school commitments means letting down the people you love most. Advice for Working Moms can help you alleviate this tension. Drawing on the wisdom of experts and parents alike, it will help you strike the right balance between family and work so that you can prioritize what matters most to you and feel fulfilled in all areas of your life. You'll learn to: Let go of working-mom guilt and that constant overwhelmed feeling Discuss family commitments with an unsupportive boss Create a parenting posse for caregiving support Negotiate a more equal division of labor at home Say no to office housework and other invisible tasks at work The HBR Working Parents Series with Daisy Dowling, Series Editor, supports readers as you anticipate challenges, learn how to advocate for yourself more effectively, juggle your impossible schedule, and find fulfillment at home and at work. Whether you're up with a newborn or planning the future with your teen, you'll find the practical tips, strategies, and research you need to make working parenthood work for you.

working moms parents guide: HBR Working Parents Series Collection (3 Books) (HBR Working Parents Series) Harvard Business Review, Daisy Dowling, Stewart D. Friedman, Whitney Johnson, Bruce Feiler, 2020-12-29 Tips, stories, and strategies for the job that never ends. When it comes to being a working parent, there are no right answers to the tough questions you grapple with, from how to get your toddler out the door to supporting your teen through struggles with their peers to whether or not to accept that big promotion—and the extensive travel and long hours that come with it. But there are answers that are right for you and your family. The HBR Working Parents Series Collection assembles the ideas and strategies you need to help you get ahead—and get through the day. Included in this set are *Managing Your Career*, *Getting It All Done*, and *Taking Care of Yourself*. This compilation offers insights and practical advice from world-class experts on the topics that matter most to working parents including making decisions at home and at work that align with your priorities; navigating tradeoffs—and managing the feelings that come with them;

developing strategies for managing both the details of your day and the long-term view of your career; finding time for personal development; and making career choices that work for you—and your family. The HBR Working Parents Series with Daisy Dowling, Series Editor, supports readers as you anticipate challenges, learn how to advocate for yourself more effectively, juggle your impossible schedule, and find fulfillment at home and at work. Whether you're up with a newborn or planning the future with your teen, you'll find the practical tips, strategies, and research you need to make working parenthood work for you.

working moms parents guide: *The Go-To Mom's Parents' Guide to Emotion Coaching Young Children* Kimberley Blaine, 2010-07-15 From the producer of the popular on line The Go-To Mom.TV, comes a handy guide filled with practical tips that reject old-fashioned discipline and instead use empathy and emotion coaching, a more effective, open-hearted method of support and positive change. Blaine shows how to put in place life-changing solutions and access previously untapped resources. This book is written for parents who struggle to solve the day-to-day problems of raising kids. She offers emotion coaching solutions for dealing with tantrums, nightmares, hitting, bedtime, whining, bedwetting potty training, shyness, and anger.

working moms parents guide: *The Parent's Guide to Family-Friendly Work* Lori K. Long, 2009-01-23 The Parent's Guide to Family-Friendly Work will assist you in finding a job that allows a balance between work and family. It will help you overcome the barriers you might face in your job search, understand flexible work options and benefits, and learn strategies to find and negotiate an arrangement that works for you and your family. Written by a human resource management professional, this book provides advice with a clear understanding of the limitations and legal concerns of most employers. You'll also find creative ideas on work you can do on your own.

working moms parents guide: *Workparent* Daisy Dowling, 2021-05-25 An all-in-one resource for every working mother and father. Sure, there are plenty of parenting books out there. But as working moms and dads, we've never had a trusted, go-to guide all our own—one that coaches us on how to do well at work, be the loving and engaged parents we want to be, and remain true to ourselves in the process. Enter Workparent. Whether you're planning a family, pushing for promotion during your kids' teenage years, or at any phase in between, Workparent provides all the advice and assurance you'll need to combine children and career in your own, authentic way. Whatever your field or family structure, you'll learn how to: Find a childcare arrangement you fully trust Build a strong support team, at home and on the job Advocate for advancement—and flexibility Step up at work while keeping your family healthy and whole Tame guilt, self-doubt, worry, and other difficult emotions Navigate big transitions: the return from leave, a promotion or job change, or the arrival of a second child Manage day-to-day pressures, like scheduling, mealtimes, homework, and more Find—and really use—time off Feel more capable, calm, and in control Written by Daisy Dowling, a top executive coach, talent expert, and working mom, Workparent answers all of your questions and feels like a good talk with your favorite mentor. Finally, the handbook you need to thrive as a working parent.

working moms parents guide: *Being There* Erica Komisar, 2017-04-11 A powerful look at the importance of a mother's presence in the first years of life **Featured in The Wall Street Journal, and seen on Good Morning America, Fox & Friends, and CBS New York** In this important and empowering book, veteran psychoanalyst Erica Komisar explains why a mother's emotional and physical presence in her child's life--especially during the first three years--gives the child a greater chance of growing up emotionally healthy, happy, secure, and resilient. In other words, when it comes to connecting with your baby or toddler, more is more. Compassionate and balanced, and focusing on the emotional health of children and moms alike, this book shows parents how to give their little ones the best chance for developing into healthy and loving adults. Based on more than two decades of clinical work, established psychoanalytic theory, and the most cutting-edge neurobiological research on caregiving, attachment, and brain development, *Being There* explains: • How to establish emotional connection with a newborn or young child--regardless of whether you're able to work part-time or stay home • How to ease transitions to minimize stress for your baby or

toddler • How to select and train quality childcare • What's true and false about widely held beliefs like I'm not good with babies and "I'll make up for it when he's older" • How to recognize and combat feelings of postpartum depression or boredom • Why three months of maternity leave is not long enough--and how parents can take control of their choices to provide for their family's emotional needs in the first three years Being a new mom isn't easy. But with support, emotional awareness, and coping skills, it can be the most magical—and essential—work we'll ever do.

working moms parents guide: Working Mom Survival Guide Suzanne Riss, Teresa Palagano, 2011-10-04 Every day, working mothers encounter and overcome new challenges large and small at home, at the office, and on the road. From the editors of Working Mother, veteran working moms themselves, this book offers clear, straightforward solutions and practical shortcuts. From the experts at Working Mother magazine, Working Mom Survival Guide answers your most basic and trickiest questions: Are you addicted to your BlackBerry? How do you get your toddler, or your co-workers, to listen? How do you get on or off a mommy track? Access quickly the information every working mom needs to know—from how to keep tabs on your teen's online time to how to ask for a flexible schedule—and get back to your busy day, better prepared and more confident. With humor and practicality, Working Mom Survival Guide collects the wisdom and experience of working moms who have been there, too, giving you a head start when you need it most. Subscription to Working Mother magazine included with purchase (details inside book). "As a busy professional and mom of three kids, I know it's not possible to achieve total balance, but the Working Mom Survival Guide definitely makes juggling all these roles more manageable. This book is rich with practical advice on how to organize and prioritize and make life's difficult decisions, so you can be your best self in the boardroom and in the playroom!" -Joy Bauer MS, RD, Today show nutritionist and The New York Times bestselling author "Three cheers for the Working Mom Survival Guide! One cheer for its common sense approach, one cheer for its thoroughness, and one big cheer for its sense of humor. Working moms need backup, and this book provides "been there, done that" advice that really resonates for everyday issues. The authors, Suzanne Riss and Teresa Palagano, write with authority and empathy for the millions of us trying to manage a career, kids, and the occasional ill-advised e-mail rant! This is a must-read for moms trying to raise independent, well-adjusted children in a crazy-busy world." -Lian Dolan Parenting expert at oprah.com; creator of The Chaos Chronicles magazine column, podcast, and blog; and mom to Brookes, 16, and Colin, 13. "All moms have eighteen things to do at once. Make room for nineteen: reading this clever, cheerful, empathetic guide to streamlining your priorities as a working parent." -Aline Brosh McKenna Screenwriter (The Devil Wears Prada, 27 Dresses, and Morning Glory) and mom to Charlie, 11 and Leo, 8. "A terrific resource for working moms who, like me, welcome fresh, realistic advice on juggling kids and career." -Kristi Yamaguchi Figure skater, Olympic Gold Medal winner, author, and mom to Keara, 7, and Emma, 5.

working moms parents guide: The Giver Lois Lowry, 2014 The Giver, the 1994 Newbery Medal winner, has become one of the most influential novels of our time. The haunting story centers on twelve-year-old Jonas, who lives in a seemingly ideal, if colorless, world of conformity and contentment. Not until he is given his life assignment as the Receiver of Memory does he begin to understand the dark, complex secrets behind his fragile community. This movie tie-in edition features cover art from the movie and exclusive Q&A with members of the cast, including Taylor Swift, Brenton Thwaites and Cameron Monaghan.

working moms parents guide: The Conscious Parent's Guide to Coparenting Jenna Flowers, 2016-06-01 A positive, mindful plan for children and parents in transition! If you're facing the challenge of raising children in two homes, you may be feeling overwhelmed and unsure of how to build a healthy coparenting relationship. With The Conscious Parent's Guide to Coparenting, you'll learn how to take a relationship-centered approach to parenting, foster forgiveness, and find constructive ways to move on when relationships change. Coparenting means putting your child's needs first. And conscious parenting acknowledges a child's thoughts, feelings, and needs, as well as a parent's responsibility to them. This easy-to-use handbook helps you to: Build a coparenting

relationship based on mutual respect Lower stress levels for the entire family Communicate openly with children about divorce Discuss and reach parenting decisions together Protect children, meet their needs, and help them build resilience Educate your family and friends about coparenting The concept of ending a marriage peacefully, with compassion and respect for former partners, is often viewed with surprise in modern society. But choosing to consciously coparent is an important choice you can make for yourself and your children--one that will benefit the emotional health of your family for years to come.

working moms parents guide: The Conscious Parent's Guide to Raising Girls Erika V Shearin Karres, Rebecca Branstetter, 2017 Contains material adapted from The Everything Parent's Guide Raising Girls, 2nd Edition by Erika V. Shearin Karres--Title page verso.

working moms parents guide: Here's the Plan. Allyson Downey, 2016-04-05 For many women in their 20's and 30's, the greatest professional hurdle they'll need to overcome has little to do with their work life. The most focused, confident, and ambitious women can find themselves derailed by a tiny little thing: a new baby. While more workplaces are espousing family-friendly cultures, women are still subject to a parenting penalty and high-profile conflicts between parenting and the workplace are all over the news: from the controversy over companies covering the costs of egg-freezing to the debate over parental leave and childcare inspired by Marissa Mayer's policies at Yahoo. Here's the Plan offers an inventive and inspiring roadmap for working mothers steering their careers through the parenting years. Author Allyson Downey, founder of weeSpring, the Yelp for baby products," and mother of two young children advises readers on all practical aspects of ladder-climbing while parenting, such as negotiating leave, flex time, and promotions. In the style of #GIRLBOSS or Nice Girls Don't Get the Corner Office, Here's the Plan is the definitive guide for ambitious mothers, written by one working mother to another.

working moms parents guide: *The Working Mom* Vicki Broadbent, 2020-10-27 Chosen by the Independent as one of the 10 best business books written by women 'Vicki is one inspirational mumboss, who shares her secrets to juggling a thriving business with raising a family in this entertaining and empowering read!' Una Healy 'Ideal for going back to work without losing your mind . . . a no-nonsense guide to navigating the transition' Marie Claire 'If ever there is a person who has shown just how successful you can be online whilst also being an amazing parent it is Vicki. Read, learn and follow. A brilliant book from an inspirational mother'. Natasha Courtenay-Smith, author of The Million Dollar Blog In The Working Mom, Vicki Psarias, founder of HonestMum.com, shares her manifesto for surviving and thriving at work and at home. Vicki writes about everything from juggling work and family, to regaining your confidence after having a baby and battling imposter syndrome. An award-winning blogger and vlogger, in this book Vicki shares how to turn your passions into a business that suits the modern mum's lifestyle. The Working Mom is full of practical advice, tips and tricks to help fellow #mumbosses build their own business or return to work, while creating a personal brand and learning how to market yourself. Vicki's funny, fresh approach to life and work as a mum has brought her a loyal fanbase and a brilliantly successful business: her blog Honest Mum is one of the UK's most popular parenting and lifestyle sites, and the blog combined with Vicki's social channels has an average monthly reach of 1 million. A Lean In for the blogging and vlogging generation, The Working Mom is an essential book for all parents, whether they are returning to work or looking to start a new career, as well as anyone looking to build their brand or business online. 'A must-read for the modern Mum; particularly one who has aspirations to build her own business. I wish I had been able to read it three years ago!' Katie Massie-Taylor, Co-Founder, Mush

working moms parents guide: Doing It All as a Solo Parent (HBR Working Parents Series) Harvard Business Review, Daisy Dowling, Brigid Schulte, Heidi Grant, Shawn Achor, 2022-03-08 You're only one person—but you're not alone. As a single parent, you know your life is different from the other working parents around you. With the pressure to perform well at work and no partner to assist with tasks at home (let alone major crises), you likely find yourself pulled in all directions, with many responsibilities and little support. Doing It All as a Solo Parent offers you the

help you need to lighten the load. Drawing on the wisdom of experts and parents alike, it provides practical tips and advice tailored to your unique challenges as a solo parent. Whether you're single, widowed, or have a partner who is unable to help, you'll discover how to do it all—with less stress. You'll learn to: Create a support system of family and friends Make time spent with your children more meaningful Shape a long-term career despite short-term demands Build a childcare backup bench Carve out time for yourself The HBR Working Parents Series provides support as you anticipate challenges, learn how to advocate for yourself more effectively, juggle your impossible schedule, and find fulfillment at home and at work. Whether you're up with a newborn or planning the future with your teen, you'll find the practical tips, strategies, and research you need to make working parenthood work for you.

working moms parents guide: French Children Don't Throw Food Pamela Druckerman, 2013 What British parent hasn't noticed, on visiting France, how well-behaved French children are compared to our own? Pamela Druckerman, who lives in Paris with three young children, has had years of observing her French friends and neighbours, and with wit and style, is ideally placed to teach us the basics of French parenting.

working moms parents guide: The Family Manager's Guide for Working Moms Kathy Peel, 1997 It's not two jobs. It's a life . . . Ours to shape as we will. --Kathy Peel If you're a working wife and mother who's about ready for crash-and-burnout, hang on. There's good news from family-management expert Kathy Peel, who shows you in this book how to use systems and skills from the office to bring order out of your domestic chaos. In short, she transforms you into a resourceful family manager in charge of a relaxed, comfortable, and orderly home. Inside you'll learn how to Involve the whole family in planning and teamwork Set long- and short-term priorities and goals Establish routines and delegate responsibility Manage food, finances, property, and social life Work smarter, using Kathy's hundreds of time-saving ideas, everything from organizing the freezer to using the Internet Prepare for the unexpected Balance your one and only life so that you can be there for yourself as well as for others

working moms parents guide: 8 Steps to Being a Great Working Mom Gretchen Gagel, 2015-11-27 This book give practical tips and advice to all parents, but especially working moms, about how to juggle the many roles we have in life and feel good about our success as a parent. Each chapter ends with exercises designed to help ensure that the reader can put these tips to use, as well as Sanity Savers - key ideas from each chapter. The author, Gretchen Gagel, has held numerous executive positions, is working on her fourth degree, and is the loving mother of two great kids who are college students. But mostly, she is a Great Working Mom and wants to help you be one too! A portion of the proceeds from this book support two outstanding nonprofits focused upon helping single working moms, Warren Village in Denver Colorado (www.warrenvillage.org) and Safehouse Outreach in Atlanta (www.safehouseoutreach.org). From the Author: Years ago a friend was having her first child and said to me You always have it all together, even with traveling every week - how do you do it? What an amazing facade of calm I was putting forth! It was then that I realize that we are all working so hard to be great parents, great employees, great spouses, etc. but we rarely share the challenges we face, both men and women. If this book accomplishes one thing, I hope that it will help working parents feel less stress and less guilt. Please lighten up on yourself. We all make mistakes. We all have days that we feel like we're not doing any of our roles very well. But we are great because we work hard every day to care for our families and our companies. We are not perfect, we are great. We care. If we are all a little gentler on ourselves, a little less stressed, we'll have better relationships with our kids, our spouses, our families, our friends, and our fellow employees. I am on a mission to not only get this book into the hands of every working parent, but to continue the healthy dialogue about how we all make it all happen on a daily basis!

working moms parents guide: Minimalist Moms Diane Boden, 2021-03-16 Simple Minimalism for Your Family and Your Life "Both practical and inspirational, you'll learn how to simplify and streamline your entire life." Morgan Tyree, @morganizewithme A collection of minimalist quotes, daily wisdom, affirmations, and meditations that you as a busy mom can use to

stay focused and inspired to live a minimalist lifestyle. Make minimalist living possible for your family. Parenting is hard enough already without trying to change the way you live in one fell swoop. Diane Boden, the host of the Minimalist Moms podcast, knows that what busy moms desire are quick, daily minimalist quotes that provide inspiration and a reminder of the positive impact of minimalism. Minimalist Moms is a book of on-the-go minimalist wisdom, that gradually teaches busy parents how to embrace the core principles of minimalism —simple living, focusing on what matters, and inner calm. Thrive by living with less. Minimalism is more of a way of life than a goal to be reached. We need little reminders to help keep perspective and focus on what's important to us. Minimalist Moms helps you aspire toward minimalism and simplify your life and home. With daily meditations that take only a few minutes to read, this is the perfect, gentle guide to getting started. In this book find: Practical advice on how to live a minimalist lifestyle emotionally, physically, and mentally Mantras that cover a range of topics, from slowing down and getting outside to habit stacking and decluttering Accessible minimalism that is applicable to any lifestyle —and any busy mother You've read motivational books and minimalist books like When Less Becomes More, Make Space, or Cozy Minimalist Home? Then you'll love Minimalist Moms.

working moms parents guide: *Becoming Me While Raising You* Kim Muench, 2021-07-06 In May of 2008, Kim Muench received a call from the eldest of her five children, twenty-year-old son Nick, who confessed that his life was being destroyed by alcohol abuse. During his spiral through the darkness, Kim worked with her son to help him find long-term sobriety. But she knew that he was not the only person who needed to change. So, while she partnered with her family in her son's recovery, she also began to make her own physical, mental, emotional, and spiritual well-being a priority. Knowing parenthood was her greatest role, Kim sought to uncover the limiting beliefs she had developed in childhood that were infecting the relationships she'd built with those she loved the most. Kim made a conscious choice to parent in a different light. As you read *Becoming Me While Raising You*, Kim's amazing story will challenge you to: Review your core beliefs; Release what limits you; and Renew your commitment to your true self. Join Kim on a journey of self-discovery that will inspire you to also look back to move forward

working moms parents guide: *Fair Play* Eve Rodsky, 2021-01-05 AN INSTANT NEW YORK TIMES BESTSELLER • A REESE'S BOOK CLUB PICK Tired, stressed, and in need of more help from your partner? Imagine running your household (and life!) in a new way... It started with the Sh*t I Do List. Tired of being the “shefault” parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family—and then sent that list to her husband, asking for things to change. His response was...underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She needed a solution to this universal problem. Her sanity, identity, career, and marriage depended on it. The result is *Fair Play*: a time- and anxiety-saving system that offers couples a completely new way to divvy up domestic responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With 4 easy-to-follow rules, 100 household tasks, and a series of conversation starters for you and your partner, *Fair Play* helps you prioritize what's important to your family and who should take the lead on every chore, from laundry to homework to dinner. “Winning” this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space—the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try *Fair Play*? Let's deal you in.

working moms parents guide: *Raising Boys to Be Good Men* Aaron Gouveia, 2020-06-16 If you are the parent of a boy . . . this is the book you need . . . insightful, enlightened, practical. —Peggy Orenstein, New York Times bestselling author of *Boys & Sex* From the dad who created the viral tweet supporting his son wearing nail polish, this essential parenting guide shares 36 parenting tips for battling gender norms, bringing down man up culture, and helping sons realize their potential. Our boys are in a crisis. Toxic masculinity and tough guy-ism are on display daily from our

leaders, and we see anger, dysfunction, violence, and depression in young men who are suffocated by harmful social codes. Our young sons are told to stop throwing like a girl. They hear phrases like “man up” when they cry. They are told “boys will be boys” when they behave badly. The “Girl Power” movement has encouraged women to be whoever and do whatever they want, but that sentiment is not often extended to boys. Just watch the bullying when boys try ballet, paint their fingernails, or play with a doll. But we can treat this problem—and the power lies in the hands of parents. It's not only possible to raise boys who aren't emotionally stifled and shoved into stereotypical gender boxes; it's vital if we want a generation of men who can express their emotions, respect women, and help nurse society back to a halfway healthy place. We can reframe manhood. From Aaron Gouveia, who gained viral fame after tweeting his support for his son's painted fingernails (and who knows toxic masculinity very well), learn practical and actionable tips such as: Don't accept different standards for moms and dads Teach boys that “girl” is not an insult and retire phrases like “boys will be boys” Show boys that expressing their emotions and being physical is a good thing Let boys pursue nontraditional interests and hobbies Talk to boys about consent and privilege Model healthy and respectful relationships for boys to emulate Penned with equal parts humor, biting snark, and lived advice, *Raising Boys to Be Good Men* is the essential parenting guide for raising sons to realize their potential outside the box.

working moms parents guide: *The Catholic Working Mom's Guide to Life* JoAnna Wahlund, 2019-05-10 Whatever their unique circumstances, all Catholic working moms have three things in common: (1) They are Catholic, striving to live out the Faith in every aspect of their lives. (2) They are working, some by choice, and some by necessity. (3) Most prominently, they are mothers — knowing that's the most important responsibility they will ever have. In *The Catholic Working Mom's Guide to Life*, JoAnna Wahlund speaks to the plethora of Catholic women who are looking for other moms with whom to relate, moms who understand the unique challenges of juggling motherhood and work. This book sums up what JoAnna has discovered about life as a Catholic working mom. In this book you will learn about: The large community of other Catholic working moms Inspirational saints for working mothers How to find peace whether you decide to work or not — and how to discern what's right for your family How to juggle home and family responsibilities while working Practical advice on child-care, pregnancy, and maternity leave The importance of prayer and fellowship Find the peace and strength God wants for you as a Catholic working mother. Click here to register for the related webcast

working moms parents guide: *My Mom Has Two Jobs* Michelle Travis, 2018-07-15 Children explore how their mothers have careers but also have the job of taking care of them.

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baby, introduce you to a community of other returning-to-work mamas, and empower you to make calm and thoughtful choices? Back to Work After Baby fills this much-needed gap. Whether you are a brand new mom wondering how this return from maternity leave will go or it's your second or third return, Back to Work After Baby will inspire you with new ideas on how to approach the return with a healthy mindset, tackle all those logistics, view your leave and return as a leadership opportunity, and commit to staying in community with other working mamas.

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working moms parents guide: *Career and Family* Claudia Goldin, 2023-05-09 In this book, the author builds on decades of complex research to examine the gender pay gap and the unequal distribution of labor between couples in the home. The author argues that although public and private discourse has brought these concerns to light, the actions taken - such as a single company slapped on the wrist or a few progressive leaders going on paternity leave - are the economic equivalent of tossing a band-aid to someone with cancer. These solutions, the author writes, treat the symptoms and not the disease of gender inequality in the workplace and economy. Here, the author points to data that reveals how the pay gap widens further down the line in women's careers, about 10 to 15 years out, as opposed to those beginning careers after college. She examines five distinct groups of women over the course of the twentieth century: cohorts of women who differ in terms of career, job, marriage, and children, in approximated years of graduation - 1900s, 1920s, 1950s, 1970s, and 1990s - based on various demographic, labor force, and occupational outcomes. The book argues that our entire economy is trapped in an old way of doing business; work structures have not adapted as more women enter the workforce. Gender equality in pay and equity in home and childcare labor are flip sides of the same issue, and the author frames both in the context of a serious empirical exploration that has not yet been put in a long-run historical context. This book offers a deep look into census data, rich information about individual college graduates over their lifetimes, and various records and sources of material to offer a new model to restructure the home and school systems that contribute to the gender pay gap and the quest for both family and career. --

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