



Dear stress, *let's break up!*

4 Tips to Balance Work and Parenting

1



Take steps to achieve the life that you want as a working parent!

Set a mission and have goals to help you prioritise your resources. This will help to keep you on the right path. It can be as simple as saving enough to pay for your child's university fees while never missing a single teacher-parent meeting.

2



Make mornings easier – get prepped the night before!

Start your mornings at a comfortable pace by organising everything the night before. For example, pack your children's snacks and pick out their clothes before going to bed!

3



Have a Plan B – and don't wait for a crisis to start using it

Have a plan B ready to prepare for any emergencies. It is also important to practise it. For example, you may prepare an overnight bag in case your children need to stay at your parents' house.

4



Be efficient at home

Try using work tools such as calendar to help you to be efficient at home.



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