



Balance Work with New Baby's Needs

Takeaway messages

1. Your unique relationship with baby will meet baby's security needs when you are consistent and responsive in providing care.
2. Other caregivers provide baby opportunity to adapt and learn different ways of doing things. Seek caregivers who are consistent with your values. Caregivers you trust offer you peace of mind and allow attention to shift to work.
3. Build a transition as you plan your return to work. Part-time work allows you and baby to adapt. Working from home offers opportunities for flexibility in meeting baby's needs.
4. Routines organize you and your family. They offer predictability and comfort to everyone. Positive routines are enjoyable, convenient, rewarding, and adaptable.
5. Refueling is essential for parents. Many ways to refuel – have a slow meal, a slow shower, yoga, mindfulness and gratitude moments, time with friends/family. Build-in self-care routines during the week.
6. Support your well-being by reaching out to others, whether this is your first or your fourth child. When tasks are shared, they are less burdensome. Asking someone else to care for baby for just a few hours each week will lighten your outlook.
7. Schedule a consistent time and day of week for your self-care activities. Advocate for yourself with household, family, friends, and work supervisor(s). Your supervisors hold the key to flexibility and usually respond favorably to being included in your planning.

