

Parenting Tips: How to Juggle a Job and Parenting



By Carly Silva

Parenthood itself can be a full-time job, so balancing it with an actual full-time job may seem impossible. But, juggling parenthood and work is possible; it just requires a lot of preparation and scheduling.

If you're a parent who is struggling to balance parenthood with your work schedule, here are

five parenting tips on how to juggle a job and parenting.

1. Stick to your schedule: When you are balancing a job with parenthood, it's important to stick to your schedule to be sure you have allotted enough time for both. Make a schedule, divide up your time, and stick with it. Don't be afraid to say "no" to weekend plans if you think you need to spend more time with your kids on your off-days from work.

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2. Prioritize what is most important: When you begin juggling family life and your career, you need to first identify what your priorities are. This will help you be able to make decisions more easily if you are ever caught deciding where to spend your time. Also, identifying your priorities can help you remember that having time to spend with your children after work might be more important than having a squeaky clean house or perfectly ironed clothes.

Related Link: [Parenting Advice: Breaking the Negativity Loop](#)

3. Be proactive about childcare: Child care can definitely help ease the stress if you're a working parent. Whether your children aren't in school yet or need care after school hours, it's always helpful to have a babysitter's number on hand. This is helpful in case you get stuck at work or have extenuating circumstances. If childcare isn't in the budget for you, think about family and friends you can count on to help you out, too.

4. Talk to your employer or coworkers: Letting your work community know that you are juggling parenthood may help them respect your boundaries. Let them know that you can't pick up extra hours or stay late for that extra project because you

have kids waiting for you at home. This could at least help those in your workplace understand how important your time is.

5. Don't blame yourself: Many parents feel guilty for being career-oriented while also being a parent. Try to stop yourself from feeling this guilt. Instead, think of yourself as setting an example for your child by pursuing your goals and working hard.

What are some other ways to juggle a job and parenting? Start a conversation in the comments down below!