

# Melissa Rycroft and Husband Move to California With Baby Daughter



After much deliberation, Melissa Rycroft and hubby Tye Strickland made the big decision to move to California with their 6-month-old baby Ava, according to [People](#). Rycroft admitted, "Adding a baby to the equation makes my job much harder. It involves travel and it was impossible to travel without her, but at the same time it was impossible to travel with her." Even though the new mother is stressed between working and raising her daughter, she says it's all worth it for that 'one little smile' she gets from Ava after a huge temper tantrum. Luckily, Strickland is a great father, according to Rycroft, and definitely takes his fair share of

the parenting responsibilities.

**How do you balance traveling for your job and your family?**

**Cupid's Pulse:**

It's difficult to balance raising a family and working, especially when you must travel for work. Cupid has some advice on how to 'do it all'.

**1. Only go if necessary:** It's not always required to travel everywhere for your work, so it's up to you to decide if the trip is absolutely necessary, or if it can be cancelled or postponed. Instead of trying to do it all, it's time to prioritize.

**2. Take a break:** Everyone needs a break once in a while, and busy moms who have to travel are no exception. If you feel like you're spending a lot of time traveling, be sure to fit in a week of downtime in between so you don't overdo it. A little break to spend with your family is absolutely necessary.

**3. Bring your family along:** Why not bring your family on a business trip with you? Extend the trip by a few days and have some family fun.

**How do you balance traveling for your job and your family?  
Share your thoughts below!**