

# January Jones Said Returning to 'Mad Men' Post-Baby Was Tough



January Jones, made famous by her role as Betty Draper (now Betty Francis) on AMC's hit show *Mad Men*, described her feelings of coming back to work seven weeks after giving birth to her son, Xander, as first day of school nerves. According to [People](#), the long days on the set were tough for her, especially with her son being so little, but work did everything possible to make it comfortable for her. "The first episode I'm always finding my way back into my character's shoes. But, then after a few days, I'm able to fall pretty easily back into her, and find her voice and her body language and everything that I do for her," said Jones.

**What are some ways to balance your career and your family?**

## **Cupid's Advice:**

Finding work and family balance is never easy, but it's not impossible. As long as you're getting equal support from your family and work, finding a work/life balance is completely possible. Here's how:

**1. Be honest and open a work:** Let your boss and co-workers know that though your life at home may have changed, your dedication and performance at work will not. Make arrangements in advance as to what to do if you have to leave work at a moment's notice for your family.

**2. Be supportive:** Support your partner and co-workers with their careers and growing families, and they will in exchange do the same for you.

**3. Be thankful:** Take a moment every day to be thankful for everyone in your life and the support system they have formed.

**What are some ways you can support a co-worker dealing with the stress of their job and a growing family? Share your thoughts below.**