



It's possible to juggle a career and a family without everything falling to pieces. When you have a new baby, it takes planning, lots of communication and flexibility. There's no perfect plan. Expect the unexpected, keep an open mind and do what you can.

Breast-Feeding

- Nurse your baby before you leave home.
- If possible, go to your baby during lunch hour to nurse, or have your caregiver bring your baby to you.
- Choose a fully automatic, double-pumping breast pump to continue and maintain your milk supply.
- Start using the pump two weeks before you go back to work and freeze the milk.
- Carry plenty of nursing pads with you. Bring disposable wipes and paper towels for easy cleanup.
- Label and date milk containers.
- If you don't have a freezer or refrigerator at work, bring a small cooler with a refreezable ice pack.

Wardrobe

- Comfortable, easy-to-clean clothes work better all around.
- Shirts or blouses that button up

Juggling Work and Family

Practical Tips for Coping

the front make breast-feeding easier.

- Avoid solid colors and whites. They may stay nice at work, but as soon as you pick up the baby, anything could happen.
- Keep a spare blouse at work in case of mishaps between home, child care and work.

Emotions

- Understand that your life may not follow the plans you've set now that you have a new baby.
- Understand that you need time emotionally to make the transition into parenthood. The joy is often accompanied by exhaustion, anger and even depression.
- Nurture your relationship. Use baby-sitters to treat yourselves to dates regularly. Keep the dialogue going: Talk to each other about how you feel.

Finances

- Avoid lifestyle choices that lock you into a certain job. The more leeway you have financially, the more you can work the kinds of hours you want and have the kind of job you want.
- Create a long-term financial plan. Make decisions now about your purchases, big and small.