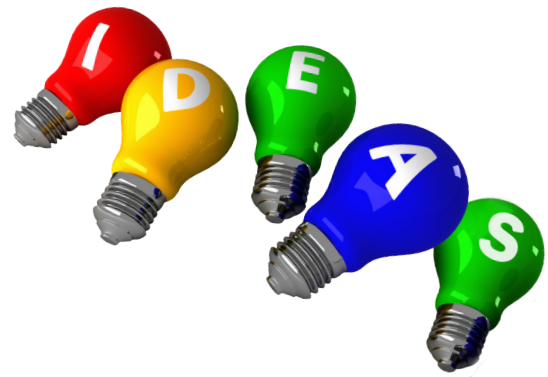


10 TIPS FOR Mothers Returning to the Work Force



- 1. Warn family members.** Changes are coming; you'll need to help your family understand how responsibilities and routines may shift. Reassure them of what will stay the same in the process.
- 2. Abandon "mom guilt."** Many mothers struggle with worry and guilt about the decision to work outside the home. Stop worrying what might happen or what others may think, consider your own priorities and make the best decision for your family.
- 3. Find good childcare.** If you have small kids, leaving them with someone you don't know can be one of the scariest things. Take time to find someone you trust and that your children will feel comfortable with. The cost of good childcare may be intimidating and may also impact your salary requirements, but the peace of mind is worth it.
- 4. Visit a Career Development Practitioner (CDP).** If you're starting a new career, some guidance can be reassuring – find a [professional](#) who can assist you. A CDP can guide you in identifying your work values, interests, personal style, and skills; deciding on a desirable job or career path; and developing a suitable plan to achieve it.
- 5. Ease your way in.** If you're wondering how you'll possibly find the time to work in your already full day, consider making a gradual transition back to full-time work - start with volunteering, working part-time, job sharing, or consulting work from home.
- 6. Brush up on your skills and knowledge.** If you're returning to the same field from which you left, identify what has changed and work to make sure your qualifications are up to date. If you're looking for new work, consider taking courses or learning new skills and knowledge independently.
- 7. Consider volunteering.** A great way to meet new people, learn new skills, and orient yourself to the industry you're interested in working in is by volunteering.
- 8. Conduct informational interviews.** Find companies you would like to work for and ask for an [informational interview](#) with a supervisor or employee to help you decide on a suitable career path and type of work environment.
- 9. Take time to find balance.** Balancing work and a family can feel like an insurmountable task but be sure to take care of yourself (e.g., eating right, exercising, and getting enough sleep). Take time to relax and enjoy your family and friends.
- 10. Remember, every job is temporary.** Choose the best option that will work for you and your family now and in the future. If things don't work out as planned, be flexible and make a new plan.



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