



Claire's **BEST Parenting Tips**

TOP TIPS to keep working parents connected

Being busy can lead to:

- Lack of sleep – leading to greater incidences of family meltdowns
- A changing or cutting of routine – which is the foundation of family success



- 1. Routine** – regardless of time, commitments and pressures – routine really matters for the developing brain. Have an established 'getting going' routine and 'getting to sleep' routine to calm and soothe your child. It's vital to attachment and family success.
- 2. Be there** - When you're there, be there. That means all of you – your mind and your body. Leave work and work issues at the door and step into your home space as Mum or Dad. Emotionally absent doesn't work.
- 3. Share** - Know what's happening with your child and your support tribe. Find out what your child has done and seen so you can share that with them. Use technology to connect during the day – you can watch them eat, sleep and play – and they can say 'hi' too. This is the golden age for keeping connected using technology. Even when you're away you can still be there and be part of their day.

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Practical Tips For Working Parents

Amy Beacom, Sue Campbell



Practical Tips For Working Parents:

Top Tips for Talented Working Parents Jo Lyon, Harriet Beveridge, 2011-07-28 Most working parents are constantly looking for simple ways to make their lives easier more manageable and to reduce the inevitable friction between work and family responsibilities Top Tips for Talented Working Parents aims to enhance the lives of working parents through sharing best practice ideas gained from coaching company Talking Talent s niche coaching work with working parents Top Tips for Talented Working Parents is written by authors who are both executive coaches and working parents who have found that it often only takes small actions or adjustments to make a significant difference This handy pocket sized book contains lots of practical ideas and thought provoking questions for working parents to help their work life balance It will appeal to those who are soon to become working parents who may want to plan for what life will be like once they have had their baby as well of those who are in the thick of the balancing act of working parenthood The books informal style makes it easy to read and quick to reference The different sections are written to resonate with working parents and the challenges they face covering 6 key areas of professional and personal challenge including 1 Clarity around roles 2 What you want out of your working life 3 Getting support 4 Logistics 5 Well being 6 Recognising and overcoming the challenges **Advice for Working Dads (HBR Working Parents Series)** Harvard Business Review, Daisy Dowling, Bruce Feiler, Stewart D. Friedman, Scott Behson, 2021-06-08 You can have a successful career and be the dad you want to be Finally we ve moved past the days when providing for your family meant taking a backseat role in your children s lives Still many of us aren t finding the support and flexibility we need and the time management challenge of performing at work while being a present dad at home can feel impossible Advice for Working Dads will help you balance and integrate your career and fatherhood navigate always on work cultures and find success and fulfillment in one of the toughest and most important jobs you ll ever take on You ll learn to Set reasonable expectations and limits Carve out quality time for family even when you re at your busiest Stay true to yourself your friends and your personal interests Communicate better with your spouse or partner about careers parenting and chores Model your work and life values for your children The HBR Working Parents Series with Daisy Dowling Series Editor supports readers as you anticipate challenges learn how to advocate for yourself more effectively juggle your impossible schedule and find fulfillment at home and at work Whether you re up with a newborn or planning the future with your teen you ll find the practical tips strategies and research you need to make working parenthood work for you *Working Parents-to-be* Catherine Oliver, 2024-06-03 Business Book Awards 2025 Finalist This is the book I really needed when I first became a working parent Kathryn Bishop CBE Welcome to the world of working parenthood Wondering how you ll still do your job as well as being a parent Want to have a conversation about changing your working pattern but not sure how to approach it Don t really know where to start with creating a return to work plan This how to guide is designed to help you every step of the way on your journey to becoming a working parent from before you head off on parental leave to while you

re away and on your return Catherine Oliver has not only been there and done that but has supported many thousands who have chosen to take on the dual roles of parent and employee It will also be invaluable if your partner is taking a longer period of parental leave or if you re a manager worried about doing or saying the wrong thing In the past this support has only been available to employees of big corporates now you re holding it in your hands Catherine Oliver is a Diversity and Inclusion Advisor who specializes in helping organizations from start ups to the largest listed companies support working parents and their managers She became a parent herself during her 20 year corporate career and founded Sky s parenting network An excellent practical guide to working through the many challenges of becoming a working parent Colin Jones ex COO Sky As a first time expectant parent this book was a game changer Emma McKinley Mum to be Finance Director Haleon PLC

Advice for Working Moms (HBR Working Parents Series) Harvard Business Review, Daisy Dowling, Sheryl G. Ziegler, Francesca Gino, Amy Jen Su, 2021-05-04 Manage the competing demands of working motherhood As a working mother you often draw the short straw You carry most of the burden of caregiving and household chores and your career suffers because of it Bosses and coworkers assume that since you re focused on your family you don t prioritize work But choosing your job over your kids extracurricular and school commitments means letting down the people you love most Advice for Working Moms can help you alleviate this tension Drawing on the wisdom of experts and parents alike it will help you strike the right balance between family and work so that you can prioritize what matters most to you and feel fulfilled in all areas of your life You ll learn to Let go of working mom guilt and that constant overwhelmed feeling Discuss family commitments with an unsupportive boss Create a parenting posse for caregiving support Negotiate a more equal division of labor at home Say no to office housework and other invisible tasks at work The HBR Working Parents Series with Daisy Dowling Series Editor supports readers as you anticipate challenges learn how to advocate for yourself more effectively juggle your impossible schedule and find fulfillment at home and at work Whether you re up with a newborn or planning the future with your teen you ll find the practical tips strategies and research you need to make working parenthood work for you

Working Parents, Thriving Families David J Palmiter, 2011-03-16 A straightforward lighthearted and research based parenting book for working parents who want to do the best they can for their children in the time they have together Board certified child psychologist David J Palmiter PhD distills the broad and complex endeavor of parenting into 10 effective strategies for promoting happy and well adjusted children in busy households

Practical Tips for Parenting Inez V. Harrison, 2014-02-06 Home is the place where love begins where we find agreement and purpose and where we build character Our children learn about their world through watching and imitating us What we give them passes from generation to generation By the time you finish this book you will have keys to establish and practice positive experiences within your home keys for the ever increasing flow of love in your home keys for enhancing good self esteem in your children keys for expressing feelings responsibly keys for fostering conversation with your family keys for listening well keys for smoothing out

the bumps in family life and keys for family cooperation responsibility respect rules and family meetings *Top Tips for Managers of New Parents* Jo Lyon, Chris Parke, 2012-10-01 Managing a complex transition such as maternity paternity or adoption can be a daunting task for managers At times it may seem full of potential pitfalls but taking the time and effort to manage the transition well can make all the difference in the engagement and effectiveness of the individual and the broader team This book is designed to help you explore best practice and think about how to make this transition a smooth one This book shares best practice ideas gained from coaching company Talking Talent s niche work with working parents and their managers Talking Talent have been employed by some of the world s leading organisations to coach well over 4 000 working parents through maternity and paternity and advising on best practices for line managers of this population The authors are executive coaches and working parents who have found through their work that it often takes small actions or adjustments to make a significant difference This short A5 book contains lots of hints and tips to help individuals manage this transition with insights from specialist coaches senior professionals and experienced managers The book encapsulates all of the key topics we ve helped thousands of individuals and their managers to address in the last seven years **The Working Parent's**

Guide to Positive Discipline Pasquale De Marco, The Working Parent s Guide to Positive Discipline is an indispensable guidebook for working parents seeking to navigate the complexities of modern parenting while maintaining a fulfilling career This comprehensive resource delves into the principles of positive discipline providing practical strategies for fostering cooperation good character and positive life skills in children With a focus on effective communication The Working Parent s Guide to Positive Discipline emphasizes the significance of active listening expressing love and appreciation and setting clear expectations Through these techniques working parents can build strong family relationships rooted in trust respect and open communication Recognizing the challenges of time management The Working Parent s Guide to Positive Discipline offers practical advice for optimizing schedules delegating tasks and achieving a harmonious balance between work family and personal life It also explores discipline strategies that encourage positive behavior underscoring the importance of consistency fairness and positive reinforcement Addressing common parenting challenges such as sibling rivalry school problems and the complexities of adolescence The Working Parent s Guide to Positive Discipline equips working parents with the skills and resources to navigate these challenges effectively It provides guidance on creating a nurturing environment that fosters growth and resilience in children even amidst the demands of a busy lifestyle The Working Parent s Guide to Positive Discipline acknowledges the importance of self care for working parents providing strategies for managing stress practicing mindfulness engaging in physical activity and maintaining a healthy lifestyle By prioritizing self care working parents can create a sustainable foundation for their families and better manage the demands of their dual roles With empathy and understanding The Working Parent s Guide to Positive Discipline celebrates the joys and challenges of the parenting journey recognizing the unique strengths and contributions of working parents It is a supportive and encouraging

guide offering working parents the tools and strategies to navigate the complexities of modern parenting and create fulfilling and harmonious family lives If you like this book write a review

Parents in the Workplace: Strategies for Balancing Career Goals with Responsive Parenting Silas Mary,2025-01-30 Balancing a successful career and a fulfilling family life can be one of the biggest challenges parents face Parents in the Workplace provides practical strategies to help you achieve this delicate balance ensuring that you can excel in your career without sacrificing time with your children This book offers tips on how to manage your professional responsibilities while also being present and engaged at home Learn how to prioritize your time set boundaries and navigate workplace expectations while maintaining a strong connection with your family Parents in the Workplace also explores the importance of self care and maintaining personal well being With actionable advice on managing stress communicating effectively with your partner and leveraging workplace flexibility this book helps parents thrive both at home and at work Whether you re managing a demanding career or just starting out Parents in the Workplace shows you how to create harmony between your professional and personal life ensuring success and fulfillment on both fronts

Feeding Problems in Children Angela Southall,Clarissa Martin,2011 Explores severe feeding problems in children Essential for GPs and paediatric psychiatrists therapists paediatric nurses health visitors and allied health professionals

All About Dyslexia: A Practical Guide for Primary Teachers Louise Selby,2024-12-24 All About Dyslexia is an accessible and informative guide for primary school teachers designed to increase their understanding of dyslexia and enhance their toolkit with practical adaptable strategies to support learners with dyslexia and specific learning difficulties in their setting The book debunks myths and misconceptions and clearly defines dyslexia shining a light on a different way of thinking and learning It then looks at metacognition and dyslexia across the curriculum with a focus on grounding literacy skills and supporting the foundations of reading Drawing on the experience of the learners themselves the book equips teachers with strategies for high quality teaching that will benefit all learners not just those with dyslexia All About Dyslexia includes Chapters that are easy to dip in and out of with top tips and signposting to further resources and research A wealth of up to date evidence based practical strategies for everyday practice at the coalface including quick wins which provide easy prep free ideas for planning that can be implemented straight away The voices of learners with dyslexia parents and practitioners woven throughout offering an important insight into how I do things differently An overview of different interventions assistive technology and dyslexia friendly environments with printable resources for use in the classroom Ways to collaborate effectively with parents and carers to best support dyslexic learners progress This easy to read book focuses on difference rather than deficit and is a valuable resource to empower primary educators demystifying dyslexia and providing the strategies needed to feel confident meeting learners needs It will be essential reading for all primary school educators SENCOs and parents who are supporting children with specific learning difficulties This title has been printed on dyslexia friendly paper

HBR Working Moms Collection (6 Books) Harvard Business Review,Daisy

Dowling,2022-11-22 Manage the competing demands of working motherhood As a working mother you often draw the short straw You carry most of the burden of caregiving and household chores and your career can suffer because of it Bosses and coworkers assume that since you re focused on your family you don t prioritize work But when you choose your job over quality time with your kids it feels like you re letting down the people you love most The HBR Working Moms Collection can help you alleviate this tension Drawing on the wisdom of world class experts and parents alike it will help you strike the right balance between family and work so you can prioritize what matters most and feel fulfilled in all areas of your life The six books in this set Advice for Working Moms Getting It All Done Managing Your Career Taking Care of Yourself Communicate Better with Everyone and Two Career Families will teach you how to transition back to work effectively eliminate working mom guilt balance being a caregiver with being an employee prioritize time to address your personal needs communicate successfully with your employer and with your family and navigate being part of a two career family There s no one simple answer or foolproof tip to make working motherhood easy but the strategies in this collection can help set you on a path toward finding success both in your career and as a mom The HBR Working Parents Series with Daisy Dowling Series Editor supports readers as you anticipate challenges learn how to advocate for yourself more effectively juggle your impossible schedule and find fulfillment at home and at work Whether you re up with a newborn or planning the future with your teen you ll find the practical tips strategies and research you need to make working parenthood work for you [The Revised EYFS in practice](#) Ann Langston,Jonathan Doherty,2013-05-23 With the new EYFS in its infancy this practical professional development title will take practitioners through the new policies and provide vital information and practical advice on how to implement it effectively With their wealth of experience in the Early Years Ann Langston and Dr Jonathan Doherty have all the expertise to make this an authoritative book that will be useful to anyone involved in Early Years education

Workparent Daisy Dowling,2021-05-25 An all in one resource for every working mother and father Sure there are plenty of parenting books out there But as working moms and dads we ve never had a trusted go to guide all our own one that coaches us on how to do well at work be the loving and engaged parents we want to be and remain true to ourselves in the process Enter Workparent Whether you re planning a family pushing for promotion during your kids teenage years or at any phase in between Workparent provides all the advice and assurance you ll need to combine children and career in your own authentic way Whatever your field or family structure you ll learn how to Find a childcare arrangement you fully trust Build a strong support team at home and on the job Advocate for advancement and flexibility Step up at work while keeping your family healthy and whole Tame guilt self doubt worry and other difficult emotions Navigate big transitions the return from leave a promotion or job change or the arrival of a second child Manage day to day pressures like scheduling mealtimes homework and more Find and really use time off Feel more capable calm and in control Written by Daisy Dowling a top executive coach talent expert and working mom Workparent answers all of your questions and feels like a good talk with your

favorite mentor Finally the handbook you need to thrive as a working parent

Finding Harmony: Balancing Work and Family Giuseppe Hatfield, With insight from experts in the fields of work life balance and family dynamics this book offers a comprehensive guide to help working parents thrive in both their professional and personal lives From time management tips to setting boundaries with work and creating a supportive network of caregivers this book provides a roadmap for achieving harmony in all areas of life Readers will learn how to prioritize what truly matters delegate tasks effectively and overcome common challenges faced by working parents Through real life stories and relatable anecdotes Finding Harmony illustrates the common struggles and triumphs that come with juggling a career and family Whether you re a new parent returning to work or a seasoned professional seeking to fine tune your work life balance this book offers valuable insights and strategies to help you navigate the complexities of modern day parenting With a focus on self care and well being Finding Harmony emphasizes the importance of maintaining a healthy mindset and nurturing relationships in order to thrive both at work and at home By implementing the practical advice and suggestions found within these pages readers can cultivate a more harmonious and fulfilling life that honors both their professional ambitions and their family commitments

The Parents' Guide to Specific Learning Difficulties Veronica Bidwell, 2016-05-19 From dyslexia to ADHD from poor working memory to slow visual processing Specific Learning Difficulties SpLDs represent real differences in the way children learn This book sets out to demystify SpLDs and provide practical strategies to support and motivate children throughout their education

The First Year Teacher's Survival Guidebook: Practical Tips and Strategies for a Successful Teaching Year Pasquale De Marco, 2025-07-26 The First Year Teacher s Survival Guidebook Practical Tips and Strategies for a Successful Teaching Year The first year of teaching can be a daunting experience filled with both excitement and uncertainty New teachers are faced with the challenge of managing a classroom engaging students and delivering effective instruction all while navigating the complex world of school politics and bureaucracy This comprehensive guide provides a wealth of practical tips and strategies to help first year teachers survive and thrive in their new roles Drawing on years of experience in the classroom Pasquale De Marco offers insights into everything from lesson planning and classroom management to assessment and parent communication Divided into three sections this book covers the essential skills that all new teachers need to know explores the more nuanced aspects of teaching and addresses the challenges that all teachers face Whether you are a new teacher just starting out or a veteran educator looking for fresh ideas this book is packed with valuable information and advice that will help you become a more effective and successful teacher What You ll Learn How to plan and deliver effective lessons How to manage a classroom and create a positive learning environment How to assess student learning and provide meaningful feedback How to communicate effectively with parents and guardians How to deal with difficult students and challenging behaviors How to manage stress and maintain a healthy work life balance Why This Book Is Different Written by a veteran teacher with years of experience in the classroom Offers practical tips and strategies that can

be implemented immediately Covers a wide range of topics from lesson planning to classroom management to parent communication Includes real life examples and case studies Don t start your teaching career without this essential guide If you like this book write a review [HBR Working Dads Collection \(6 Books\)](#) Harvard Business Review,Daisy Dowling,2022-11-22 Everything you need to have a successful career and be the dad you want to be Finally we ve moved past the days when providing for your family meant taking a backseat role in your children s lives Still many working dads aren t finding the support and flexibility they need and the time management challenge of performing at work while being a present dad at home can feel impossible The HBR Working Dads Collection can help you manage this tension Drawing on the wisdom of world class experts and parents alike it provides practical advice on the topics most important to those who want to be great fathers and have impactful careers The six books in this set Advice for Working Dads Getting It All Done Managing Your Career Taking Care of Yourself Communicate Better with Everyone and Two Career Families will teach you how to transition into your new role as a working father communicate effectively with your employer and your family prioritize time to address your personal needs and navigate being part of a two career family There s no one simple answer or foolproof tip to make working fatherhood easy but the strategies in this collection can help set you on a path toward finding success both in your career and as a dad The HBR Working Parents Series with Daisy Dowling Series Editor supports readers as you anticipate challenges learn how to advocate for yourself more effectively juggle your impossible schedule and find fulfillment at home and at work Whether you re up with a newborn or planning the future with your teen you ll find the practical tips strategies and research you need to make working parenthood work for you **Nurturing Wisdom: The Art of Being a Mom Practical Parenting Advice with Inspirational Anecdotes** Wilton Huffman, Nurturing Wisdom The Art of Being a Mom is a heartfelt guide for mothers seeking a balance between practical parenting advice and uplifting inspiration This book is more than just a manual on childcare it is a collection of stories quotes and insights that celebrate the beauty and challenges of motherhood Drawing from a wealth of experience the author shares valuable tips on raising children while weaving in poignant anecdotes that will resonate with every mother The pages of this book are filled with timeless wisdom and encouragement providing mothers with the support they need to navigate the ups and downs of parenthood Whether dealing with sleepless nights sibling rivalry or the complexities of raising a teenager Nurturing Wisdom offers solutions and solace to mothers of all stages The practical parenting advice is delivered in a warm and relatable manner making it easy for readers to implement in their own lives In addition to the practical tips this book is infused with inspirational quotes from famous mothers authors and thinkers These quotes serve as reminders that motherhood is a journey filled with love growth and resilience Each quote is carefully selected to uplift and motivate mothers reminding them of the immense power they hold in shaping their children s lives Through the pages of Nurturing Wisdom readers will find themselves nodding in agreement shedding a tear and laughing out loud as they recognize their own experiences reflected in the stories shared This

book is a celebration of the art of being a mom acknowledging the sacrifices and joys that come with the role It is a reminder that amidst the chaos of daily life there is beauty and grace in the journey of motherhood From the early days of diaper changes to the bittersweet moments of letting go Nurturing Wisdom The Art of Being a Mom is a companion for every mother seeking guidance and inspiration along the way Let this book be your source of comfort encouragement and strength as you navigate the beautiful chaos of raising children The Parental Leave Playbook Amy Beacom, Sue Campbell, 2021-09-09

Support your growing family without losing professional ground a proven approach The Parental Leave Playbook helps parents take control of their leave and make the most of what s considered a career timeout but is actually a vital time in for your life If you re an expecting or new parent concerned about how your leave and return plans will affect your visibility candidacy for promotion work relationships and performance not to mention your identity and home life this book will guide you into the smoothest transition possible Most importantly this book will help you as you grow and strengthen yourself and your family while remaining a professional In The Parental Leave Playbook you ll learn Dr Amy Beacom s innovative R E T A I N framework and the three phase ten touchpoint model to coach yourself through the leave process Beacom identifies the critical points before during and after leave where parents and managers must work together and explains how parents can facilitate success by finessing the way they approach their manager and colleagues These models are supported by case studies from the author s work in the field with leading organizations like Microsoft and supplemented by resources such as the evidence based Parental Leave Transition Assessment PLTA sample report leave action plan templates reflection prompts and development exercises to enhance self awareness and skills You ll learn how to Communicate your parental leave plans effectively and at the right time Set expectations with managers and colleagues to ensure a smooth transition Learn how to maintain visibility avoid being replaced and continue your upward career trajectory during your parental leave and beyond Grow and strengthen your family without sacrificing your professional gains All working parents to be can benefit from the ideas and proven tools in this direct and practical book

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