



Tips for transition back to work

Just as you are figuring out the “mom” role, it’s time to go back to your “paid” job! Transitions are hard in general, and this one can feel like multiple transitions at once. Here are some will help you feel prepared for the transition.

Remember that if everything is a priority, then nothing is a priority.

With love and care, Kelsey and Jane



LIKE A
& *Mother*

Divide tasks and adjust expectations.

Discuss expectations with your partner. This is when mothers feel like the “default” parent, and resentment can build. Clarify responsibilities related to your little one (pick-up/drop-off, packing the diaper bag, etc.) Plan for easy meals during the initial transition. Also establish a plan for working if your child is ill. (Some couples alternate days, while others divide a sick day into a morning/afternoon shift.)

Gradual transitions are ideal.

Ease into work mode by starting mid-week and/or doing a ramp-up schedule that allows for you to work a few days a week, gradually increasing back to a full time schedule. Advocate for yourself. Ease into childcare mode. Whether you hired a nanny, are utilizing a family member, or are enrolled in daycare, the transition to being away from your little one is challenging. Having shorter days away from each other can help decrease the stress for both babies and parents. Gradually implement some time away from your little one, so that you both feel more familiar with the experience.

Prepare for being away from baby.

You’ve spent weeks with your little one, and the adjustment can be difficult. If you are breastfeeding, be sure to meet with a lactation consultant to explore options for pumping/adjusting nursing schedule. Some moms enjoy receiving photos/updates about their little one throughout the day. However, for others, it can be distracting/upsetting. Be honest about what you need. There’s no right/wrong.



Prioritize you

Remember that you have many roles, and it is important to honor all parts of ourselves. It is ok to prioritize the things that enrich your life; time with friends, going to the gym, and self-care activities will allow you to show up as your best self in each role. This is an opportunity to renegotiate work-life-motherhood balance.

Acknowledge that Being a Mom is just one of Your Roles

Societal expectations of working moms are unrealistic. Mothers are expected to raise children like they do not have careers, yet work like they do not have families. We must push back against that narrative, and explore where we have internalized that expectation for ourselves. Women report feeling like they are “failing” as both employees and as moms, and feelings of guilt are common. Consider a mantra or affirmation to help you through the challenges that come with being a working mom. Things like “I give myself compassion” and “taking care of myself is taking care of my family” can help. Remind you that your best is more than good enough!

note

This guide is designed to help women, mothers and families navigate discussions about their needs. It is not intended to be a comprehensive guide or a replacement for therapy. If you are looking for additional information and support, please see our list of upcoming workshops or reach out to us.