Raising Kids while Working Full-Time

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Caring for Others, Caring for Yourself











All Those Things

- How do I keep up
- Everybody is counting on me
- I need help but I don't know where to start
- I am exhausted

Expecting the **BEST**

- You don't have to be the **BEST**
- Just do the **BEST** you can
- Sometimes the **BEST** you can do is to just show up
- You are at your **BEST** when you take care of you
- Trust the universe; things always work out for the **BEST**, even when you don't know - what, why, when, where, or how

Parenting

The act, process, or skill of raising a child and managing all the daily care, love, and responsibilities that come with it. It helps a child grow up safe, healthy, and ready for the world.



Key Parts of Parenting

- **Nurturing Care:** Giving food, shelter, safety, and deep emotional love.
- **Teaching and Guiding:** Helping children learn right from wrong, build social skills, and do well in school.
- **Preparing for Life:** Giving children the tools they need to live on their own as capable adults.

Who is a Parent?

- **Biological Parents:** Mothers and fathers who give birth to a child.
- **Blended Family:** A family unit where two adults live together with one or more children from prior relationships, sometimes alongside children they have had together.
- **Additional Caregivers:** Grandparents, aunts, uncles, older siblings, or legal guardians who step in to raise a child.

Preparing for a Family Transition to Parenthood



Things to Consider

- Family Planning/Spacing
- Finances
- Family Leave
- Shared Responsibilities
  - Roles
  - Communication
  - Number of hours worked per week
- Selecting Child Care



New Family

- Managing Expectations
  - Perfection – other's perspectives
  - Household chores
  - Adequate rest
- Child Temperament
- Maternal Moods
- Paternal Moods
- Every milestone is a blessing



Consideration about Returning to Work

- Work hours
- Traveling or Remote
- Location of Child Care
- Nontraditional hours of care
  - Back-up care
  - Sick days
- Breastfeeding





Mindful Moment - Infancy

- Attachment
- Maternal Education
- Language and Literacy
- Importance of Play
  - Natural State of the Young
  - Plan for Ample Play Time
- Screen Time



Mindful Moment - Early Childhood



- Preschool Programs
- School Selections
  - Districts
  - Private schools
- School Readiness
  - Approach to Learning
  - Family Readiness
  - Grades - Parents
- Interactions with Teachers
- Parental Involvement at School
- Social-Emotional Development
  - Self-Fufilling Prophecy
  - Role of Play

Mindful Moment - Middle Childhood

- Socialization
  - Social Media
  - Making Friends
  - Valuing of Peers' Perspectives
- Formation of Self-Identity
  - Smart
  - Athletic
  - Pretty/Handsome
- Extracurricular Activities
- Body Image





Mindful Moment - Adolescence

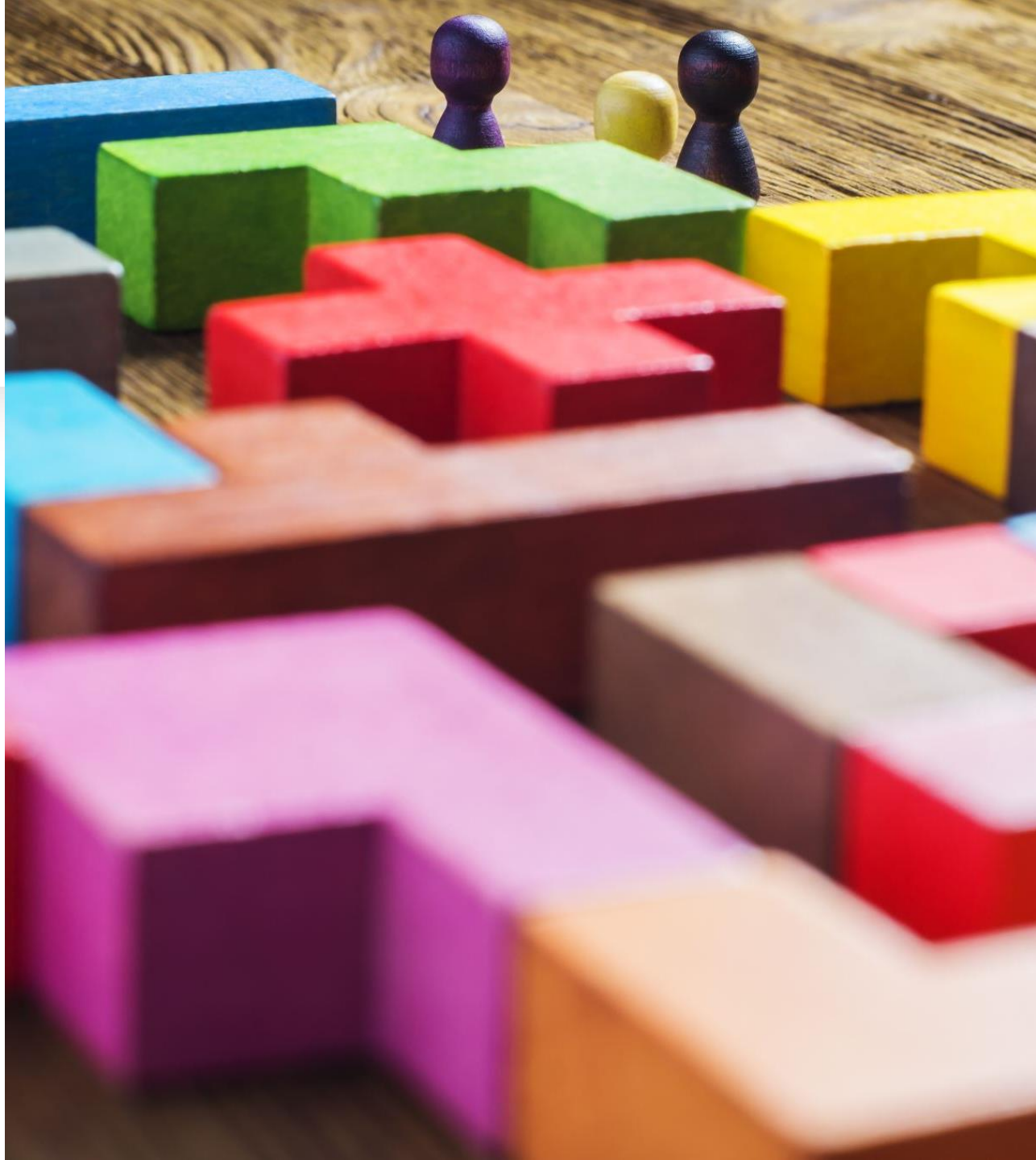
- Behavioral Health
  - Imaginary Audience
  - Main Character Energy
- Independence and Individuality
- Sexual Health
- Post-Secondary Education
  - Job Readiness
  - College Preparation

Discipline and Punishment

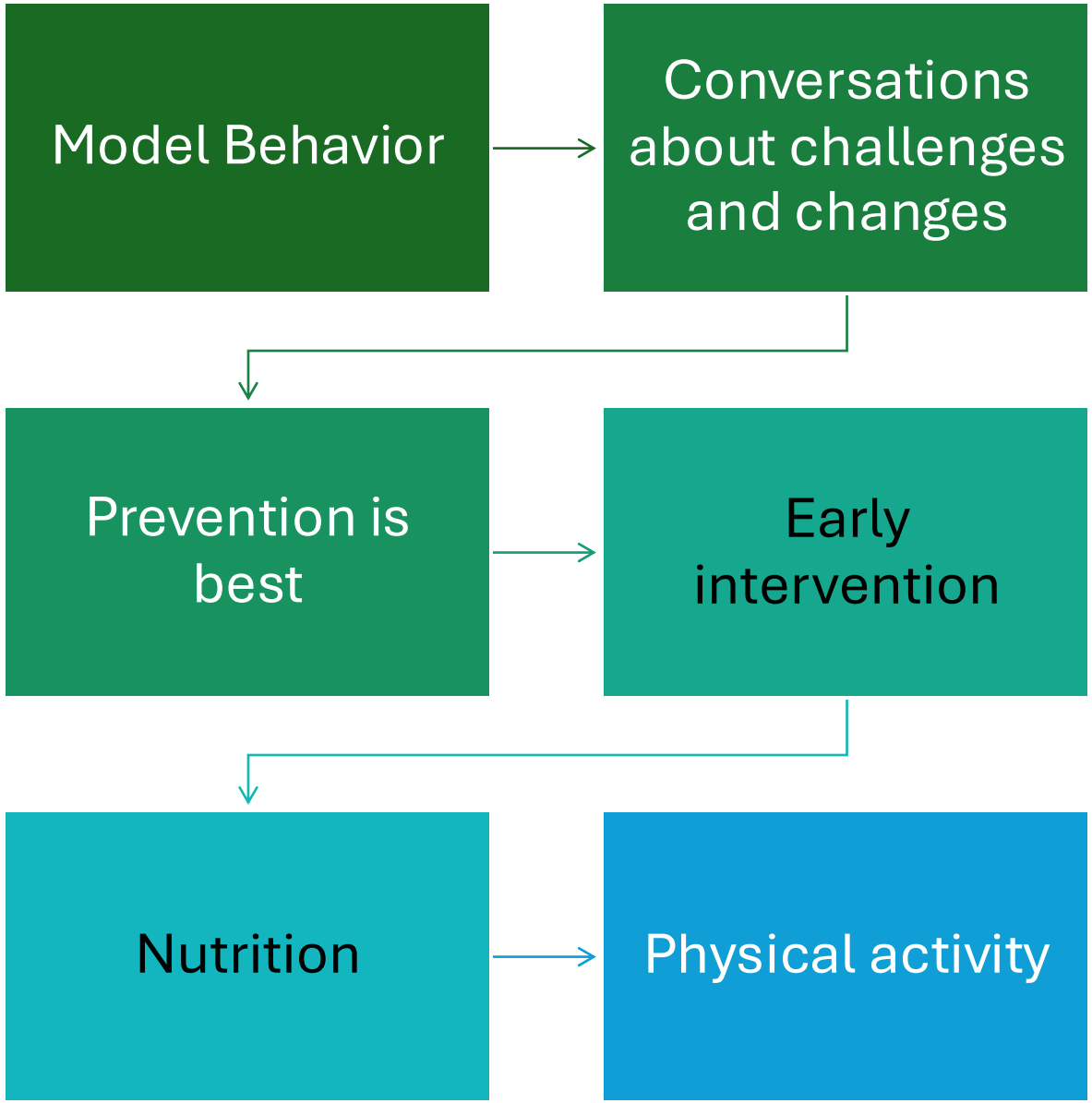


Uniqueness in Children

- The Universe Likes Diversity
- Identify Early
  - Stages of Grief
  - Blame Game
- Intervene Early
  - Treat Anyway
  - Special Education
- Enjoy the Ride



Health


Model Behavior
Conversations about challenges and changes
Prevention is best
Early intervention
Nutrition
Physical activity

Inner and Interpersonal Relationships

Self	Co-Parent	Family and Community Expectations
• Unresolved Challenges • The Way You Were Raised	• Assume the Best • Aligning Expectations • Parenting Styles	• We Have Never Done Anything Like That • You Are Doing Too Much

Wellness

- Self-Care
- Home Environment
  - A house is not a home
  - Protecting family's peace
- Mental Health
  - Priority
  - Reduce Stigma
    - Perceptions and dispositions
    - Prior trauma
    - Prior experiences
  - Confidentiality and Your Story to Tell
  - Use of Medications



You Got This!

- You already have everything that you need
- Eat the Elephant one bite at a time
- Live in the moment
- Don't forget to stop and smell the roses
- All things work for the good



Behavioral Health Resources

- DECAL Mental Health - https://www.decal.ga.gov/Prek/MentalHealthToolkit.aspx
- Self–Care - https://www.nami.org/family-members-and-caregivers/taking-care-of-yourself/
- Self-care - https://health.clevelandclinic.org/box-breathing-benefits
- CDC Mental Health Resources - https://www.cdc.gov/children-mental-health/about/?CDC_AAref_Val=https://www.cdc.gov/childrensmentalhealth/index.html

Child Care and Educational Resources

- Child Care - https://families.decal.ga.gov/Search
- Child Care Assistance - https://www.decal.ga.gov/CAPS/Default.aspx
- GA Futures - https://www.gafutures.org/
- Georgia Promise - https://mygeorgiapromise.org/

Health Resources

- Learn the Signs. Act Early - https://www.cdc.gov/act-early/index.html
- Children with Special Needs - https://dph.georgia.gov/child-health-programs
- CHOA Strong 4 Life - https://www.strong4life.com/en/
- Nemour's Child Health - https://kidshealth.org/

Financial Resources

- Work Source Georgia - https://www.tcsg.edu/worksource/
- Find Help Georgia - https://findhelpga.org/
- Child Care Assistance - https://www.decal.ga.gov/CAPS/Default.aspx
- Georgia Maternal Birth Leave and Paid Paternal Leave - https://doas.ga.gov/human-resources-administration/maternal-birth-leave-and-paid-parental-leave

Questions & Answers

