



Going Back to Work After Childbirth



Overview

You've welcomed a baby into your family. You're caring for your baby at home, but soon you'll go back to work. This is a stressful time for parents. Here are some tips to make the transition easier.

Don't feel guilty

First, let go of any guilt you feel. Returning to work doesn't make you a bad parent. Children can thrive at home, and they can thrive in childcare. So focus on what's best for your child to be safe and happy.

Finding childcare

Next, find out about childcare options. Ask friends to recommend local providers. Visit the places you think are best. Ask questions, and check references. And always trust your instincts.

Planning your return

Now let's talk about your workplace. Talk to your employer to plan your return date. Find out what they expect of you. If you plan to pump breastmilk at work, ask your employer where you can do that. Make backup plans for the times when your baby is sick, or when childcare falls through. Reach out to family and friends for support if you can.

On the job

As you return to work, it's normal to feel stressed, tired and anxious. So get organized, tackle the most urgent tasks first, and be realistic about what you can accomplish.

Conclusion

And finally, don't forget to make time for yourself. Don't commit to unnecessary things. Try to get enough sleep. And if you feel overwhelmed, speak up. For more information, talk to your doctor.

