



10 Things To *Remember* When *Returning To Work After A Baby*

1

It's ok to feel *sad* about leaving your baby and *happy* to be back at work. Two things can be true.

2

Adapting takes time - be *patient* with yourself.

3

Outsourcing is **strategic** *not* selfish. Get help wherever you can: dinner, chores, groceries, meal planning, etc.

4

You can be clear about your boundaries at work *and* be excited to take on important roles, projects, etc.

5

Self-care is necessary in preventing burnout.

6

IYKYK... or not. Be sure to ask HR what *benefits* are available for new parents.

7

Breastfeeding? Plan ahead and practice pumping for a *smoother* transition.

8

Find your *work* and *home villages* - the non-judgy, in-your-corner, good listener types. Even one or two trusted people can make all the difference in the world.

9

Ease into the work week, if possible, and plan to start back on a Wednesday or Thursday.

10

"You're doing the best you can, with what you have, in this moment. And that is enough."

