



**access**  
WELLBEING SERVICES

# EMPLOYEE SERIES

## Tips For FIFO Kids



**Every family is unique.** What one family needs to help their family function better or be more connected will be different for each family. There are no hard and fast rules about how your family should deal with FIFO lifestyle.



**What helps you?** What makes you feel good or more connected to your away parent/caregiver? Make note of these and tell your parent/caregiver what makes you feel happy, special and more connected to them.



**Put up a calendar or a diary.** Even though most of us use our phone for things like this, using a physical calendar for them to refer to can help to see when your parent/caregiver is home next and you can count down the days if it helps.



**What are ways you like to spend home time.** When your away parent/caregiver is home do you like to do everything as a family or do you have anything that you want to do with them one on one.



**Are there special events or occasions?** If you have a special event or date that you want your FIFO parent/caregiver at try to think of them in advance and let them know what they mean to you and hopefully the grown ups can make it happen but as they say “if you don’t ask you don’t get”. There’s no guarantee that they won’t miss some things, but your parent/caregiver won’t know if you don’t tell them.



**Be open to compromise.** Try negotiating when you and your parents don’t agree with your requests. This may mean you offer to compromise on certain issues, events or occasions.



**Be open to families like yours.** There are a lot of FIFO families these days which mean a lot of kids in the same situation as you. Some families will get a FIFO Families membership to meet other families like theirs.



**Firsts and lasts.** It is normal to find it difficult at first when your FIFO parent/caregiver leaves for work or returns to the home. Think about what makes you feel better at this time but also communicate this your parents/caregivers. Is there anything you like to do when you FIFO parent/caregiver is arriving or leaving?



**Need some more help?** If you are really feeling worried and unsettled, then it could be worth speaking to a school or independent counsellor.

### References:

<https://www.ngala.com.au/article/parents-who-work-away/>  
<https://stayathomemum.com.au/my-kids/tips-fifo-kids/>

If you would like to book a counselling session, please call 1300 66 77 00 (Australia) or 0800 327 669 (N.Z.) or fill out our online by scanning or clicking on the QR Code

