



**access**  
WELLBEING SERVICES

# EMPLOYEE SERIES

## Tips for Parents Who Work FIFO/DIDO



**Perfect parents don't exist.** So get rid of this thought. Parenting is a developmental process. Parents grow and develop just like their children do.



**Every family is unique.** What one family needs to help their family function better or be more connected will be different for each family.



**Create work/family separation.** Managing the distinct difference between on-shift and off-shift responsibilities and activities is important to reduce work/family conflict.



**Implement routines.** Routines help both parents and children by providing structure. It is through routines that children learn what to expect in their lives and this helps them feel more secure.



**Be consistent.** Children (and adults) need consistency. Children become very confused and, therefore, unmanageable when their lives keep changing without any understanding for how, why or when these changes happen.



**Manage transitions.** Generally all children will struggle with transitions at times. It is normal for a child to struggle with arriving or leaving daycare/the park/a friend's house. This also applies to a parent/care giver leaving and returning to the home. You can support them with this by having consistency and predictability around these events and giving them warning when there are changes to routine.



**Validate and reflect feelings.** Resist the temptation to "fix" or "look on the bright side" when family members are feeling the weight of the FIFO/DIDO lifestyle, acknowledge their feelings and show that you hear and see their experience.



**Know when to outsource.** If there are tasks in the household that are more trouble/time than they are worth or not achievable when there is only one parent at home consider outsourcing them. Examples of this are a family with a new baby may get a laundry service, meal or cleaning services for solo parenting weeks etc.



**Connection over distance.** We now have access to many different ways to keep in touch over distance thanks to technology. Utilise these to maintain contact with kids but also be mindful about the time and place it occurs and when both parties are present. It can also be nice to be old fashioned to with things like notes to put in kids lunch boxes or cards for special days or occasions.

### References:

<https://www.uq.edu.au/news/article/2016/06/partner-perils-associated-fifo-life>

<https://www.mindstatepsychology.com.au/blog/the-impact-of-fifo-lifestyle-on-mental-health>

<https://www.maggiedent.com/blog/tips-for-fly-in-fly-out-parenting/>

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

