



**access**  
WELLBEING SERVICES

# EMPLOYEE SERIES

## Tips on when you are the at home parent



**Take care of yourself.** Self-care refers to our ability to function effectively in the world while meeting challenges of daily life with a sense of energy, vitality and confidence. Self-care is not an “emergency response plan”. Self-care is not selfish. Self-care is initiated and maintained by us and requires active engagement.

Your capacity to be there for others/your family is as important as your capacity to be there for yourself.



**Find your community.** Reach out to other FIFO families, some FIFO families will join a network or local community like [thefifofamilyproject.com.au/](http://thefifofamilyproject.com.au/). Similar to how new parents are put into a group with peers who also have a newborn in the same area, studies show that debriefing with others experiencing similar circumstances can be very beneficial to people’s mental health and to reduce isolation in this stage of their lives.



**Know when to outsource.** If some household tasks 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 arranging laundry, meal, childcare and/or cleaning services for solo parenting weeks, to allow you to spend time with family and on self-care.



**Reaching out for help.** Having to function as a solo parent for long periods without help can be exhausting and sometimes getting some help in the form of accessing a counsellor be it in person, by telephone or video can be very beneficial.



**Check in regularly.** At the end of each away swing, take the time to talk with your partner about what is working and what is not working so that you can resolve any issues early to ensure they don’t build over time and to allow you to problem solve together for the future.



**Socialising.** What does this look like when you are a solo parent? Do you still keep up with friends and family or so you try and save it all for when your partner is back? Of course, there is no one size fits all answer to this but be mindful of the balance of this. Consider how much time you want at home or having family time vs out at social or extended family activities?



**Boundaries.** Good boundaries are essential to self-care in your personal and working life. Think about how much you are taking on and what your tasks lists and mental load looks like. Take time out for yourself, be clear about your wants and needs, resist the temptation to be a “yes person/people please”.



**Be kind to yourself.** Keep in mind that you are under a lot more stress than normal when one parent is working away. You may not have the same level of resilience, patience and mental fortitude that you normally would have, and that’s ok. Give yourself a break and manage as best you can. That’s all anyone can do.

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

