

Navigating FIFO Life as a Family - Tips for Kids

Every family is unique, and there's no one-size-fits-all approach to managing a FIFO (Fly-In Fly-Out) lifestyle. The key is finding what helps you feel connected, supported, and prepared for the transitions that come with FIFO life.



Stay Connected in a Way That Works for You: Think about what helps you feel happy, special, and connected to your away parent or caregiver. It could be a regular phone call, a video chat before bed, or sending voice messages throughout the day. Let your parent/caregiver know what matters to you so they can stay involved, even from a distance.

Use a Visual Countdown: Even though most of us rely on phones for scheduling, having a physical calendar or countdown chart can make a big difference. Seeing the days until your parent/caregiver returns can help create a sense of anticipation and stability.

Make the Most of Home Time: When your parent/caregiver is home, think about how you want to spend that time. Do you enjoy family activities, or do you want one-on-one time with them? Communicating your preferences helps make home time more meaningful.

Plan for Special Events: If there's a special occasion you'd love your FIFO parent/caregiver to be there for, let them know in advance. While work commitments may not always allow for flexibility, discussing these moments early gives your family the best chance to plan ahead.

Be Open to Compromise: Sometimes, things won't go exactly as planned. If your parent/caregiver can't make it to an event, try to find a compromise, such as celebrating early or doing something special together when they return.

Connect with Other FIFO Families: There are many other kids and families experiencing FIFO life. Getting to know others in the same situation can help you feel less alone and give you a support network that understands what you're going through. Some families join FIFO support groups or memberships to meet others in similar situations.

Managing Goodbyes and Reunions: The first few days after your parent or caregiver leaves—or when they come home—can feel challenging. Think about what helps you during these transitions, whether it's a special goodbye ritual, a fun activity to look forward to, or some quiet time to adjust. Share these thoughts with your parents or caregivers so they can support you in the best way possible.

Seek Support When You Need It: If you're feeling unsettled or worried, talking to someone can help. A school counsellor, independent support worker, or even a trusted adult can provide guidance and reassurance. You're never alone in this journey.

For more information and resources, check out:

[Ngala – Parents Who Work Away](#)

[Stay at Home Mum – Tips for FIFO Kids](#)

To book an appointment with one of our counsellors, call or scan the QR Code



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