

Navigating Life as the At-Home Parent (FIFO)

When one parent works away, the at-home parent takes on a unique set of challenges. Balancing household responsibilities, parenting, and self-care can feel overwhelming, but small adjustments can make a big difference.



Prioritise Self-Care: Looking after yourself isn't selfish—it's essential. Self-care helps you manage daily life with energy and resilience. It's not just something to turn to in tough times; it should be a regular habit. Your ability to support your family depends on your well-being, so make time for yourself, even in small ways.

Find Your Community: Connecting with others in similar situations can reduce isolation and improve mental well-being. FIFO family networks, like thefifofamilyproject.com.au, provide a sense of belonging and support, similar to how new parents benefit from group connections.

Know When to Outsource: Not everything needs to be done alone. If certain household tasks feel overwhelming, consider outsourcing where possible—whether it's laundry, meal services, childcare, or cleaning. Freeing up time can allow you to focus on family and self-care.

Ask for Help When Needed: Solo parenting for long stretches can be exhausting. If you're feeling overwhelmed, talking to a counsellor—whether in person, by phone, or via video—can be incredibly beneficial. Seeking support isn't a sign of weakness; it's a smart way to care for yourself.

Check In Regularly: After each work rotation, take time to reflect with your partner. What's working? What's not? Addressing concerns early prevents resentment and helps you both adjust and problem-solve together.

Maintain Social Connections: How do you balance socialising when parenting solo? Do you put it on hold until your partner returns, or do you make time for it while they're away? There's no right answer, but be mindful of what works best for your well-being and family dynamics.

Set Healthy Boundaries: Good boundaries are key to self-care. Be mindful of how much you're taking on, and don't be afraid to say no. Protect your time, reduce mental overload, and avoid the urge to do everything yourself.

Be Kind to Yourself: Managing everything alone is a lot. You may feel more stressed, less patient, or lower on energy—and that's okay. Give yourself grace, do what you can, and remember: you're doing your best, and that's enough.

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



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