

# Ways to balance your FIFO / DIDO Life

FIFO life can offer opportunities for career growth, higher wages, adventure and variety, but time away from loved ones and the constant shifting between work and personal life can present unique challenges.



**Perfect parents don't exist.** Let go of the idea of perfection—parenting is a journey, not a destination. Parents grow and develop just like their children do, and that's part of the process.

**Every family is unique.** What works for one family may not work for another. Focus on what helps your family stay connected and thrive, whether that's more quality time together, clearer routines, or additional support.

**Create work/family boundaries.** Separating work and family life is essential for reducing stress and conflict. Establish clear boundaries between on-shift and off-shift responsibilities to help everyone adjust.

**Stick to routines.** Routines create stability and security for children. Knowing what to expect helps kids feel safe, and it gives parents a sense of control in busy or uncertain times.

**Be consistent.** Children need consistency to thrive. Sudden, unexplained changes in rules or routines can lead to confusion and challenging behaviours.

**Support transitions.** Transitions—like saying goodbye before a shift or returning home—can be hard for kids. Help them navigate these moments by maintaining predictability and preparing them for changes with gentle warnings.

**Acknowledge feelings.** It can be tempting to “fix” difficult emotions, but validation is more powerful. When family members struggle with the FIFO/DIDO lifestyle, show empathy and acknowledge their experiences.

**Know when to outsource.** Running a household can be challenging, especially during solo parenting weeks. Consider outsourcing tasks like cleaning or meal prep to reduce stress and free up time for your family.

**Foster connection over distance.** Technology makes it easier to stay in touch, but don't overlook meaningful gestures. A lunchbox note or handwritten card can strengthen bonds, even from afar.

## References:

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