

12 Parenting Tips for Full-Time Working Parents

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12 Tips on Balancing Work and Family as Full-Time Working Parents



Parenting is a full-time job regardless of the situation, but it certainly becomes more complex when both parents work outside full-time jobs. Creating the balance of fulfilling your work responsibilities while juggling kids requires careful planning, communication, and a whole lot of patience. However, if you strategize correctly, it is definitely possible to create an environment where both work and family life thrive. Here are some practical, tried-and-true tips to help full-time working parents navigate this journey.

Prioritize Quality Time Over Quantity

When time is limited, it's so important to make the most of the time you do have with your kids. Focus on having quality interactions when you are together, making your time more memorable and meaningful. Engage in activities like reading books together, playing games, taking a walk or bike ride or just simply talking about your day. These are the moments that create lasting bonds with your kids and give them the reassurance that they are loved and important to you.

Establish a Consistent Routine

Lots of children thrive on routine and predictability. Even if it takes a little adjusting and planning, establishing a consistent daily schedule helps many children feel secure and understand what to expect each day. Include specific times for meals, homework, play, and bedtime. Let them know when they'll be able to count on seeing you. A well-structured routine also helps parents manage their time more efficiently, reduce stress and ensure that both work and family needs are met.

Delegate and Share Responsibilities

Parenting should be a shared and equal responsibility! Communicate with your partner about dividing household and parenting tasks so that the time you have with your kids is intentional and other responsibilities are squared away. This might include alternating who cooks dinner, switching off pick-up or drop-off for school or other activities, or taking turns helping with homework. Creating a balanced workload will help you prevent burnout so that your energy goes towards being more involved in your children's lives.

Utilize Technology Wisely

Technology can certainly be a double-edged sword, but when it's used wisely, it can be a great ally for busy parents. Use digital calendars to coordinate everyone's schedules, set reminders for important events, and manage to-do lists so that you feel more on top of things in all aspects of your life.

Create a Support Network

IT TAKES A VILLAGE! Don't be afraid to seek support from your friends or family, or professional sources when needed. Whether it's arranging playdates, relying on grandparents or siblings to take the kids for an evening, getting a babysitter, or knowing you can go to friends for a quick favor or advice, a strong support network is sometimes the missing puzzle piece needed to balance work and parenting duties. Building a community around you can be so critical in receiving the support you need, whether it's emotional or with your parenting duties.

Set Boundaries Between Work and Home Life

It's essential to establish clear boundaries to prevent work from getting in the way of family time. Separating work and family can help kids feel more seen and prioritized at home. So, if you're able, set specific work hours and try to stick to them. If possible, create a dedicated workspace at home to mentally and physically separate your work from your personal life. Communicate your boundaries to your employer and make them aware of your situation. Try to be fully present during family time and avoid work-related distraction for your kids.

Involve Your Children in Household Tasks

Including your children in household tasks and giving them ways to feel more helpful at home can teach them responsibility and potentially reduce your workload. Simple tasks like setting the table, sorting laundry, or picking up the toys can become family activities. Growing up, my mom would call laundry time "laundry party." Once a week, my siblings and I all got a treat and folded our laundry together in the living room. Instead of it feeling like an awful chore, it was a slightly more enjoyable activity with music where we could all spend time together. Something like this not only helps you manage the household chores, but also fosters a sense of teamwork and cooperation within the family.

Practice Self-Care

When you take care of yourself, you're going to be much better at taking care of your family. Ensure you set aside time for self-care activities, such as exercising, reading, or pursuing your own, separate hobby. Prioritizing your well-being helps you stay physically and mentally healthy, enabling you to be a more patient and effective parent.

Communicate Openly with Your Employer

Many employers understand the challenges faced by working parents and might offer flexible work arrangements. Don't be afraid to discuss your needs with your employer. Options such as remote work, flexible hours, or compressed workweeks can provide the flexibility needed to balance work and family life more effectively.

Celebrate Small Wins

Celebrate the small victories in your parenting journey. Whether it's successfully managing a week's schedule, helping your child with a project at school, or simply having an family meal, recognizing these achievements boosts morale and reinforces positive behaviors. It also allows your kids to feel a sense of accomplishment and makes them more likely to behave in a manner that allows for more victories!

Stay Organized

Effective time management is crucial for working parents. Utilize your phone to keep track of appointments, school events, and work deadlines. Make sure to communicate with your spouse so you're both on the same schedule and both up-to-date with your commitments! Staying organized helps you anticipate busy periods and plan accordingly so that nothing falls through the cracks.

Emphasize Positive Reinforcement

Children respond well to positive reinforcement. Encourage and praise your children for their efforts and accomplishments, no matter how small. This helps them feel important and loved and will keep them on a path of success. Positive reinforcement will build their self-esteem and motivate them to continue behaving well, making parenting a more rewarding experience for you.

Balancing full-time work and parenting is no small feat for any parent, but by strategizing more intentionally, it is entirely achievable. Prioritize the quality time that you do get with your kids, establish routines, share responsibilities around the home, and maintain open communication. You'll be able to create a more nurturing environment where children feel loved and secure. And remember, it's not at all about being perfect, but about being present and making the most of the time that you do have together.

Related Resources

[How to Keep Your Marriage Alive After Becoming Parents](#)

[Mastering Parenthood: A Comprehensive Guide for New Parents](#)

[Nurture and Compassion: The Heart of Parenting](#)

[Technoference in Parent-Child Relationships](#)

Understanding and Preventing Parental Burnout

Justin Fague reviewed this article. To reach out, please email healthyrelationships@usu.edu