

# How Do I Make My Return-to-Work Smoother?

Heading back to work is a huge step! It's okay to feel **excited, anxious, guilty, or overwhelmed**. You're not alone — every experience is different.



# First-Time Parents: Common Challenges



## Everything is New!

Finding **the right childcare** and figuring out schedules for the very first time.



## Separation Feels Hard

Leaving your baby for the first time is tough – and that's completely okay.



## Guilt & Fear

Worrying about missing milestones is **so common**. You are not alone in this.



## New Identity Shift

Balancing work and your **new role as a parent** can feel overwhelming. Concerns about productivity are normal.

# Parents with Multiple Kids: Unique Challenges



## More Logistics to Juggle

Different childcare schedules and multiple drop-offs – so much to coordinate!



## Dividing Attention

Feeling torn between **baby, older children, and work** all at once.



## Emotional Exhaustion

Managing a growing family's needs can be emotionally and physically draining.



## Every Child is Different!

What worked before **may not work again** – and that's okay! Adapt with grace.

# Concerns That ALL Parents Share



## Balancing Work & Home

Finding a rhythm that **feels manageable** for your whole family.



## Trusted Childcare

Finding childcare that you **trust and feel good about** leaving your child with.



## New Routine

Adjusting to a new daily schedule while **also caring for yourself**.

# Ollie's Tips for a Smoother Transition



## Give Yourself Grace

Accept that this will be hard — and be kind to yourself through every step.



## Plan for Pumping

Arrange a private space, set a schedule ahead of time, and pack storage bags & extra shirts.



## Choose the Right Childcare

Visit in advance, share your baby's routine, and try short trial runs before the official start.



## Ease Into the Schedule

Start adjusting **one week before** returning to reduce stress for you and your baby.



## Stay Connected

It's OK to check in! Call for updates from childcare whenever you need reassurance.

# Final Words from Your Ollie Team

This transition is **emotional for EVERY parent**. It's okay to feel torn between work and home.

**You'll find your rhythm** over time — be patient with yourself through this journey!

**Ask for help when needed** — you are NOT alone! Reach out to us so we can tackle this transition together.

**You're doing an incredible job.** Preparing for this transition shows how much you care!

## References

- References: American Psychological Association (APA), American Academy of Pediatrics (AAP), Centers for Disease Control and Prevention (CDC), Zero to Three, HealthySteps.