



family capers



Is there really such a thing as a  Super Parent?



Is there really such a thing as a ‘Super Parent’? You know, the parent who has it all—a fabulous career, loads of money, incredible partner, clever children, a fantastically clean house, wonderful parents and parents-in-law who help with the kids, but never interfere, time to go to the gym, ...stop, stop, stop!

Has any one ever met this person? No! Because in reality we are all only human and there are only 24 hours in the day; things get out of control, people get stressed, personalities clash, we all get tired. Unfortunately, it is these times, just when you pop into the shops looking and feeling your worst, hoping that no-one will see you, you bump into an old friend from school who is now very successful and looks fabulous—everything you don’t feel like at that given moment.



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Life can be very hectic, even before you add in work, study or family pressures.

We all just do our best and try to do what is best for our own situation and family. Sometimes it all works fabulously and sometimes it all falls in a dreadful heap!

Never think you are alone! We have all faced the same problems and have had those days when just getting to the end of the day seems like climbing a huge mountain, one which we can't imagine ever getting to the top of. Other days it seems like we have everything in place and everything works like clockwork, making us feel like Super Mum or Super Parent, (perhaps for only a few minutes—but it's still a great feeling anyway).

Be honest with yourself and true to your own feelings. It is easy enough for parents to get the deep-seated guilty feeling about working at the best of times, but unthinking family members and friends can sometimes contribute with thoughtless comments or actions. Don't let anyone else make you feel guilty about your return to work just because it was not done in their generation, or in another culture, or just because they don't believe in your choice. It is not their decision. Be true to yourself and consider your own family and your personal situation. There is no right or wrong with the question of whether to work or not—only what is right for you and your family.

There is no doubt that your life will be busier when you start working. You will have some time to adjust to this as you commence studying, job searching and preparing for your return. As you become busier, it is really important to keep your own health and fitness in check. Do not let yourself become washed out, exhausted and caught in a downward spiral. Place yourself in an upward spiral by making your health and fitness a priority. Little things done each day can assist.



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My Health and Fitness Checklist:

- **Drink plenty of water each day;**
- **Eat plenty of fruit;**
- **Eat a wide variety of healthy foods and avoid pre-packaged, fatty and deep fried foods;**
- **Everything in moderation;**
- **Put as much physical movement into your day as possible;**
- **Take the exercise option whenever you can (take the stairs instead of the lift or walk instead of drive);**
- **Schedule regular sport or physical activity into your week;**
- **Take time out to regenerate and refresh (go for a walk, read a book or have a bath);**
- **Love your family and enjoy your time with them;**
- **Do things that make you feel positive and happy;**
- **Reward yourself for achievements;**
- **Give positive feedback to those around you.**

About the Author

Kathryn MacMillan spent eighteen years in a career and business she loved. However, after contracting Auto Immune Disease Systemic Lupus Erythematosus (SLE), she had to leave her work, take a long break and start again.

Many barriers to entering the workforce faced her—an illness, family responsibilities and limited formal work skills. But Kathryn successfully kick started her career again, firstly as an employee and later as founder of the successful recruitment business, Nine2Three Employment Solutions.

Kathryn now assists businesses to locate flexible, part-time and permanent staff throughout Sydney, as well as helping many people return to the workforce. Kathryn lives in Sydney with her husband and son.

<http://www.familycapers.com.au/Family-Parenting/is-there-really-such-a-thing-as-a-super-parent.html>



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This is an excerpt from **Kick Start Your Career ... Again!**
The ultimate resource for parents looking to return to the
workforce. Available from www.nine2three.com.au

