

Returning to Work from Parental Leave

You may be feeling nervous about going back to work but take comfort in knowing that many of your colleagues have been there or know someone who has.

It's a great idea to clear your head and prepare yourself. Some of the things you can do, include:

PSYCHOLOGICAL:

BE KIND TO YOURSELF. You were once great at your job, and now you're going to harness skills that you haven't used in quite a while. Everyone will understand that you've forgotten how to use the printer, so relax and cut yourself some slack.

UNDERSTAND THAT YOU AND BABY WILL GET SICK, so drop the guilt and invest your energy in building your immune system instead, with healthy food and exercise. Remember too, if your baby is going through a difficult period or isn't sleeping well, this isn't permanent. As your baby develops so will their routine change.

SET SMALL, ACHIEVABLE GOALS and pat yourself on the back when you achieve them, it will give you the momentum to keep achieving.

KNOW YOUR SITUATION is common and there's lots of people who you can turn to for support, or even just to talk. If returning to work is troubling you, you can also contact Converge on 1300 361 123.

PRACTICAL:

KNOW YOUR RIGHTS, laws are in place to support you so it's good to know what you can ask for to make your transition back to work as smooth as possible. You may find that job-sharing or even parttime is best.

GET IN CONTACT with your colleagues before going back to work, so you're maintaining your industry knowledge. Also, read journals, articles and websites that are relevant.

EMBRACE NEW COLLEAGUES, lots of things will have changed since you left the office. This is normal, take the time to absorb as much of the new culture as possible, you might even meet a new lunch buddy.

For further information:

<https://www.moneysmart.gov.au/life-events-and-you/families/returning-to-work-after-having-a-baby>

<https://www.fairwork.gov.au/how-we-will-help/templates-and-guides/fact-sheets/minimum-workplace-entitlements/parental-leave-and-related-entitlements>

Converge offers 24-hour, 7 day a week counselling support. Contact us via the Converge App, our website or phone - it's easy!



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