



# Discovering Work Family Balance

Getting on top of work family balance requires creativity and skill. If you have a family, no doubt you have developed ways to make your life less frazzled. Here of some of the tips that have been posted on our bilingual website, [www.wft-ifb.ca](http://www.wft-ifb.ca)



**My tip is to...**  
get a child to pee in the toilet, put a few drops of blue food-dye in the water so that they can change the colour to green. — *Angie (Calgary, AB)*



**My tip is to...**  
create a special book about my daughter, with her picture, what she likes, ways to communicate with her, health problems and needs. — *Cynthia (Prince Albert, SK)*



**My tip is to...**  
get the kids helping out with house chores. We each make our own “to do” list, which is never too long; it has breaks every 3 jobs and includes a “fun” job. Cleaning the fridge is called “Making Manhattan”, because of how the bottles and containers can be arranged to look like a city. With each job checked off, the kids see their progress and have something to be proud of! — *Janet*



**My tip is to...**  
have red wash cloths around for cuts and scrapes so that the child can’t see the blood when the cut is wiped. Works great! — *Angie (Calgary, AB)*



**My tip is to...**  
let my two year-old play with an old calculator or phone when I have a short task to do in my home office. She feels like she’s working too. — *an at home professional*



**My tip is to...**  
get help with bedtime story reading. Grandma lives in another city but she dictates stories on a tape and then the kids read along with her. They love to hear her voice and she loves to help out. — *Leeane (Peterborough, ON)*



**My tip is to...**  
lend my son something I use a lot, like my baseball cap or my favourite pen, until I get back from a business trip. — *Tyler (Halifax, NS)*



**My tip is to...**  
call my children’s teachers once a month. Getting in the habit of communicating one-on-one with the teacher gives us both the chance to learn what our children are facing in their lives. Some teachers encourage e-mail communication as well, which makes it easier to keep a relationship on busy schedules. — *Janet (Niagara Peninsula, ON)*



**My tip is to...**  
celebrate birthdays by making the birthday boy or girl in charge of the family activities for the whole day. We do this instead of a party and it actually saves us money. — *Boris (Vernon, BC)*



**My tip is to...**  
share cooking with a friend. We both cook a main meal on the weekend and double it. She gives me half of hers and I give her half of mine. When we make loaves/muffins we always double it and give each other half. Sunday’s meal is always doubled for leftovers for the week. This way my meals are pretty well made for the week. — *Rose Grant-Rennie*



**My tip is to...**  
let my 3-year old pick out her clothes for the following day and place them on her chair before she goes to sleep. You’ll be surprised how much time it saves in the morning and it encourages independence. — *Jacquie (Oakville, ON)*

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