



July feature – Work and Parenting

If you're a working mom or dad, chances are most days are a juggling act—dealing with childcare, kids' busy schedules as well as your own, job pressures, and trying to do your best at work and at home.

We're offering special support this month to working parents. See the [Work and Parenting](#) feature (**live July 1 to 31 on the platform's homepage in "Featured Articles"**), where you'll find helpful information for parents of infants and teens and all ages in between. Also, check out our new **Working Parents Toolkit** for tips on planning your parental leave, handling sibling rivalry, managing stress as a family, and more. Or, access other helpful resources on the platform, such as:

- [Co-Parenting After Divorce](#), an articles series
- [Ten Tips for Optimizing Your Day](#)
- [Ten Tips for Fitting Work and Life Together](#)
- [Time Management Tips for Working Parents](#)

Remember, you can contact **inConfidence** to speak with a consultant any time you could use support as a working parent.

Online: www.myinconfidence.ca

Username: NLMA Password: inconfidence

Call inConfidence toll-free, 24/7: 1-877-418-2181

TTY: 1-877-371-9978

Note that this month's feature will be live on the homepage from July 1 to 31, 2018.

Search the platform any time for helpful resources related to this topic.

Download the "LifeWorks" app!



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