

EP.5

Finding a Work Life Balance

How do you find work life balance? In our years of going to offices and meeting hygienists, the majority we meet are working parents.

Fact: 80% of employed mothers with ages 16-17 work full time.

How can you teach children the same work ethic you have?

How can your work ethic help you be a better professional Mom?

How do you get over the guilt?

Only 12-16% of people think a mom should work.

It isn't always easier to set them up to be self sufficient. So, how do we make this a learning experience? They don't do what you tell them to, they do what they see you do.

Examples:

Teach them to make their own lunch or let them help you wash the cars. Sometimes it takes longer and it's messier, but it helps them learn to do it themselves. It will save time in the long run. The experiences will last through the week and help with the guilt.

**On average working moms work 98 hours a week
(At home and at work)**

Cherish the little things and take the extra time when you have it. Investing time in experiences will teach them, they are sponges!

If you are the only person they learn from, they won't learn a wide variety of skills and traits. They can observe other people, experience other things, learn things from other people they wouldn't learn from you alone!

What is your end goal? Craft your vision. Just like when we set goals at work, it will always help you backtrack to know what to do next, and what decisions to make. What is your parenting style? **You can not compare yourself to anyone else.**