Making a Move: from Babyâ€™s Cradle Towards the Board Room

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Tips on managing a newly born efficiently with a hi flying job.

The thought of getting back to work post maternity leave is heart breaking for most of the women. The guilt of leaving the baby at home is so overwhelming for some of us that it hampers the professional life severely. But this phase is inevitable. It comes in the life of every working woman. So why not prepare ourselves in advance and face every thing delightedly.

Let us explore different options

Talk to your boss: Since the baby would still be on breast feeding, ask your boss if your working hours could be made a little flexible. Try working from home for a couple of days in a week.

Divide and care: Ask your spouse to lend his hand in basic chores such as preparing your childâ€™s crÃ¨che bag, helping you in packing lunch, taking care of laundry etc. These small tasks take up a hell lot of time if managed single handedly.

Seek a trustworthy caretaker: Try arranging for a nanny from a registered agency. Otherwise, get your baby enrolled in a crÃ¨che. Ensure that they maintain highest levels of hygiene. If possible provide your own baby food and milk. During your breaks at work, communicate with the caretakers regularly. Establish a healthy equation and make them understand that how important their care and support is, for the wellbeing of your baby and your mental peace.

Have a back up plan: There might be days when your baby doesnâ€™t feel well or his nanny dint turn up or the crÃ¨che is closed. You have to be ready to face such situations without panicking. Have contact details of all the baby sitters around your area. You or your partner might have to take an off, or you might have to call a friend or a relative to babysit for that day.

Prioritize: If you do not have a support system, then make sure what is more important to you in life. Travel less; do not take a promotion when you know you are not prepared for it. Try getting transferred near your home and donâ€™t carry your work to home and family. During first two years, a baby needs all your attention and time. Donâ€™t divide it with your professional commitments. You have all your life to scale great heights in your career. Spare some time now.

Donâ€™t bother: Yes, itâ€™s easier said than done but free your heart and mind from all the guilt pangs. You are providing your child with the best resources and utmost care. It couldnâ€™t have been better. So rest assured. You too need to unwind and look after your own well being.

Lastly, remind yourself time and again that this is just a passing phase and once the child grows and goes to a school, everything will fall in place. Savor each and every moment of your childâ€™s growing up years.

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