



workfamilytips

Families helping families

How do you get your kids out the door in the morning? How do you arrange your life so the household chores get done? Do you wonder how other parents keep in touch with their child or their child's caregiver while they are at work? With support from The J.W. McConnell Family Foundation, the Canadian Child Care Federation has developed a bilingual website for families to share knowledge and expertise with other families – www.wft-ifb.ca.

Today's families know that time is chronically in short supply. Working parents know first-hand about stress and fatigue – and the cost of trying to meet the demands of both work and family takes its toll. Struggles from home tend to spill over into work, just as work demands spread into the home. In 1999, stress and family issues resulted in twice as many unscheduled absences from work as absences from illness.

Employers are slowly adapting to help alleviate these stresses through such initiatives as flexible hours and benefits, on-site child care services and telecommuting. But statistics and everyday experience show that much more support is still needed in the workplace.

Parents and families need to be flexible, continually finding their own ways to cope with the challenges they face. Through trial and error, you've likely developed strategies that help you deal with issues such as lack of time, blended families, working at home or supporting aging parents.



Families are the experts and work family tips is a website devoted to that expertise – families helping families. Visit and explore the site. Popular topics so far include child care, parenting and family activities.

[find a tip](#) — see how others balance their lives. You are probably doing better than you think!

[leave a tip](#) — share with others what works for you. You really are an expert.

[related resources](#) — discover other websites to help you. Perhaps you've got a list of your own.

Log onto www.wft-ifb.ca
Bookmark it today!