



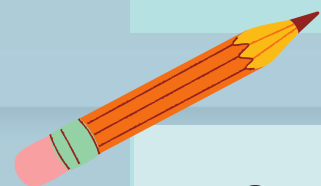
# The New School Year!



It's that time of year when our children go back to school and the juggling act of being a working parent can be at its most challenging.



Here are some useful tips that can hopefully make the transition a little easier:



- Get organised with a weekly schedule/calendar and involve your children in this so they know what to expect in the week ahead.
- Consider contacting the Public Service Friendly Society [www.psfs.ie](http://www.psfs.ie) if you are experiencing financial difficulties associated with school costs.



- Re-assess your child's independence to see if their responsibilities can be increased from the previous school year e.g. can they walk/cycle to school independently, pack their schoolbag, make their own packed lunch etc.
- If you can, carry out a 'dry run' of the morning/drop off/collection/evening routine. A run through like this can reveal potential snags and it gives you the chance to iron out any issues ahead of time.

- Explore different leave types that are available to you as a working parent e.g. Shorter Working Year, Work Share, Parental Leave, Force Majeure and Parents Leave etc.
- Let your line manager know if you need flexibility with school drop offs and collections.
- See if you can share the load of school drop offs/collections with other parents.



- Where possible, develop back up plans for unforeseen circumstances that may crop up e.g. your child is sick or you get delayed in traffic etc. Where you have limited support, please speak with your line manager or child's school about your individual situation.
- Don't put pressure on yourself to commit to lots of extra-curricular activities outside of school/work hours. Down time is important too!
- Create a space to chat with your children and listen to their feedback on how the transition back to school is going for them.

For further support reach out to the CSEAS or take a look at our [parenting page on the CSEAS website](#).

On-duty EAO available at 0818 008120  
Monday - Thursday: 9am - 5.15pm, Friday: 9am - 5pm  
Appointments are available evening  
and weekends if required

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