



Resources to Support your Family in Returning to Work

Return to Work Resources

[Returning to Work After Baby Booklet](#) from Best Start offers helpful tips and information to help make the transition back to working outside the home as smooth as possible.

[How to Return to Work After Taking Parental Leave](#) is an article from the Harvard Business Review to share some pointers for how to navigate those first few weeks back at work.

The Government of Ontario shares tips with [How to Prepare your Child for Child Care](#) [Carizonforthecommunity.ca](#) offers a three part video series of Returning to Work during the conditions of a pandemic. The first video shares the [Effects of the Pandemic](#), the second, potential challenges in [Transitioning Back to Work After Covid-19](#) and the third video presents [10 Tips for Creating Balance after Covid-19](#) and creating the work-life balance we all want.

The Government of Canada offers resources and tips to set up your workspace and maintain wellness while working from home during [Coronavirus disease \(COVID-19\): Working Remotely](#).

The Canadian Psychological Association has created a fact sheet to help people understand the basics of working from home, as well as some ideas for managing home environments, especially ones with children called [“Psychology Works” Fact Sheet: Working from Home During COVID, With and Without Children](#).

For mothers returning to work, the Region of Waterloo offers information regarding [Breastfeeding Friendly Workspaces](#).

[Breastfeeding Buddies](#) are here to help support in the transition back to work and help support breastfeeding goals. They will match and connect the parent with a Buddy who has successfully made the transition back to work while maintaining their breastfeeding relationship. They also host a regularly scheduled [Return to Work while Breastfeeding](#) workshop.