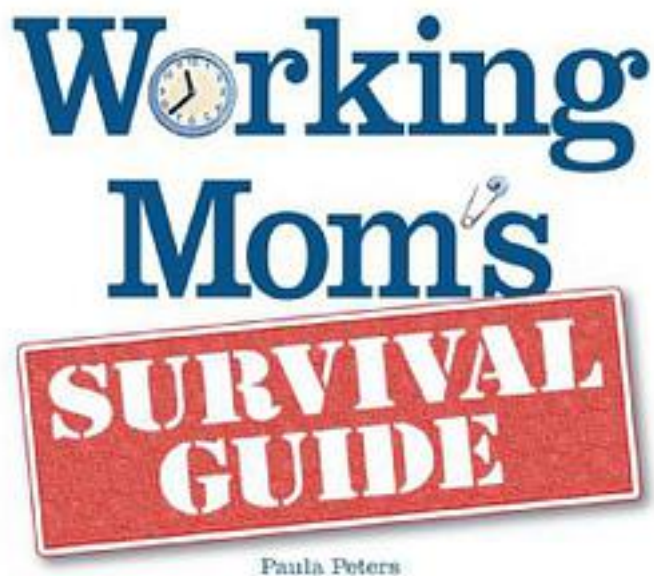


# Working Mom's Survival Guide



PLAN YOUR LEAVE AND RETURN • UNDERSTAND MATERNITY  
LEAVE AND FMLA • NEGOTIATE A NEW WORK SCHEDULE • FIND  
THE BEST CHILD CARE • DEAL WITH POSTPARTUM DEPRESSION  
• CREATE YOUR OWN CAREER PLAN • RETURN TO WORK (AND  
FIND CLOTHES THAT FIT) • TAKE TIME FOR YOUR RELATIONSHIP  
• MANAGE BREASTFEEDING AND WORK • SAY GOODBYE TO GUILT  
• HANDLE HOUSEHOLD CHORES • PLAN MEALS • DEAL WITH DUAL  
WORK SCHEDULES • MANAGE SICK TIME AND DOCTOR APPOINT-  
MENTS • CARE FOR YOURSELF • ENJOY YOUR WORK AND BABY!

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出版者:

出版时间:2009-5

装帧:

isbn:9781605500058

More women than ever before are going back to work soon after having a baby and no matter what their job, making the transition from home to work can be really challenging. Whether dealing with day-to-day dilemmas like spitup on their power suits or big-picture problems like the cost of child care, new mums need relief! Written in a friendly and encouraging tone, "Working Mom's Survival Guide" is all a stressed-out mother needs to organise her life so everyone's happy - including herself! From prebaby planning to after-baby adjustments, this book covers it all, including: job changes; child care; caring for yourself; considering a new job; choosing to quit; and, dealing with unexpected or special challenges. With the "Working Mom's Survival Guide" by their side, new mothers can have their careers - and be great moms, too!

作者介绍:

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