



# Working Mom's Survival Guide

*Paula Peters*

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## **Working Mom's Survival Guide** Paula Peters

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 moms need relief! Written in a friendly and encouraging tone, this guide is all a stressed-out mother needs to organize her life so everyone's happy--including herself! From prebaby planning to after-baby adjustments, this book covers it all, including:

- FMLA and maternity leave
- Temporary schedules and career planning
- Job changes
- Child care
- Responsibilities at home
- Caring for yourself
- Considering a new job
- Choosing to quit
- Dealing with unexpected or special challenges

With this book by their side, new mothers can have their careers--and be great moms, too!

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