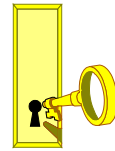


# Home from Work

When you come home from work...



Those first few minutes after you arrive home can determine a great deal of what happens for the rest of the evening. Make coming home a more successful experience...

## **Remember, you've been 'parenting' all day.**

One of a parent's primary responsibilities is to provide for his or her families' needs. Remind yourself throughout the day that you are doing this for the ones you love, the transition home won't be as jarring.

## **Take time to unwind before you get home.**

Try staying a few extra minutes at work, close your eyes, or take a short walk. Draw some refreshment before you get home so you'll be free to interact with your children right away.



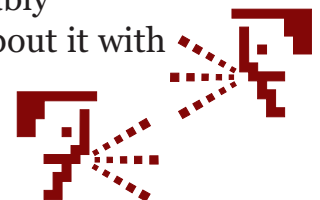
## **Commit your first few minutes to your family.**

You'd like to head straight for the couch--and maybe you need to, but you'll gain that freedom by investing some interactive time and energy with your family up front.

## **Talk to your family about everyone's needs during this time.**

Coming home after a long day at work can be difficult. Eight or more hours can be really draining to your body and mind. But, your kids will probably be ready to romp! Avoid a great deal of misunderstanding by talking about it with your family and working out a compromise.

Communicate!



This reproducible parent tip sheet was created by the Florida Center for Parent Involvement, Louis de la Parte Florida Mental Health Institute, and the University of South Florida and reprinted by the Title I Dissemination Project, 2001. For more information and/or other parent support tip sheets, visit the FCPI Web site at : [www.fmhi.usf.edu/institute/pubs/pdf/cfs/fcpi/parentsupport.htm](http://www.fmhi.usf.edu/institute/pubs/pdf/cfs/fcpi/parentsupport.htm).