

# “Building your village” as a working parent

Each “C” represents a category, or potential source, of support. Carefully think through each C, listing any potential helpers and resources. Think broad – cast your net wide. It “takes a Village to raise a child” and your goal is to maximize that Village. This tool helps you do so in a thorough, creative way.

## My ‘8C’ list

### Career

Manager(s), mentors, sponsors – current and past:

### Colleagues

Co-workers who have “been there” as working parents themselves:

### Corporate / Organisational

Programs and policies I can make use of (backup care, EAP, etc):

### Care

Paid or unpaid/volunteer help – caregivers, family members, friends

### Computer/IT

Apps, systems etc that can help “operationalise” my workparent life further

### Clinical

Help and advice from a healthcare provider (paediatrician, nurse, or any other practitioner)

### Couple/ Co-parent

My spouse/partner

### Community

Neighbours, fellow members of outside organisations, professional network, extended family, friends

*By kind permission of Daisy Dowling, Founder and CEO of Workparent*