



Growing a Family AND Your Career

With a Little Help From Technology

Laurie Hofer | PS Global Strategy and Practice Lead, Splunk

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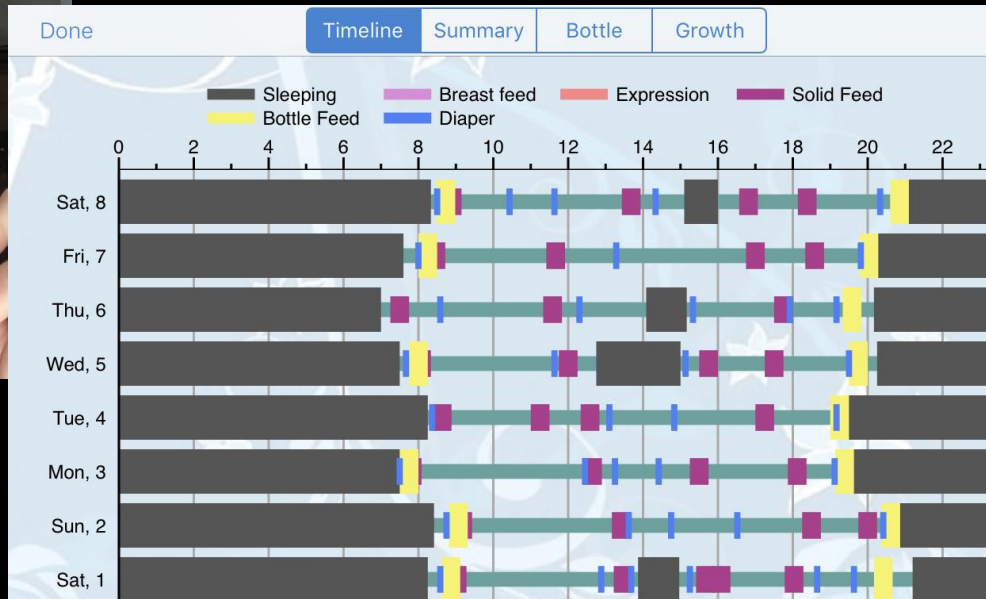
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Growing a Family AND Your Career


With a Little Help From Technology

Do working parents have an advantage over their coworkers by being trained to multitask and be more productive?



The Four Stages

Denial, Acceptance, Panic, Excitement ... oh, there's Panic again

- ▶ The Four Stages of How Am I Going to Rock This?!?
 - Step 1: Work-focused Logistical Freak-out Phase
 - *Immediately fast forward to the month(s) immediately affected by the new addition and begin internally bargaining solutions for success around any obstacles.*
 - Step 2: Home/Life Logistical Freak-out Phase
 - *These two phases usually overlap. Time off plans? Childcare? Parenting skills panic? This phase really has it all.*
 - Step 3: Create Your Action Plan
 - *This phase is the first glimpse into the advanced multi-tasking skills you're already putting into action. Not only are you continuing to do your work but you're planning as needed for what's to come.*
 - Step 4: Execute Action Plan / PIVOT!!
 - *Life has a funny way of throwing your plans out the window.*
- 



- This just gets easier – and you're going to need it.

- This just gets easier – and you're going to need it.

Now Let's Talk About The Benefits – Continued.

▶ Better problem solving

- Necessity is the mother of invention. 5 lb. collapsible transformer strollers weren't invented by non-parents.

Are you a new parent? BUY THIS!

You are only going to get better at thinking on your feet.



▶ You might pay closer attention to people's needs

- Babies aren't great at telling you what they need. But sometimes neither are co-workers and/or employees. Spending 24/7 paying attention to every waking demand of a child, eventually anticipating them even ahead of time, hones this skill for the boardroom as well.

▶ Saying **NO**

You're Doing Your Family A Favor In More Ways Than One

What the research is saying.

CNN Health » Food | Fitness | Wellness | Parenting | Vital Signs Live TV U.S. Edition

CNN PARENTING

Having a working mom has benefits for kids later in life, study says

By **Jacqueline Howard**, CNN
Updated 2:36 PM ET, Wed July 18, 2018

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CAREERS • WORK

Girls With Working Moms Get Better Jobs and Higher Pay, According to Research

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FAMILY

10 Surprising Ways Your Child Is Benefiting from Having a Working Mom

Here's long-term and short-term good news.

By Liza N. Burby January 10, 2017

1,959 views | Jul 29, 2018, 08:54am

Does A Remote Work Arrangement Make You A Better Parent?



Abdullahi Muhammed Contributor ^①

Careers

I cover smart freelancing, the gig economy and remote work.

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Where Technology Comes In

It's not cheating, it's smart.

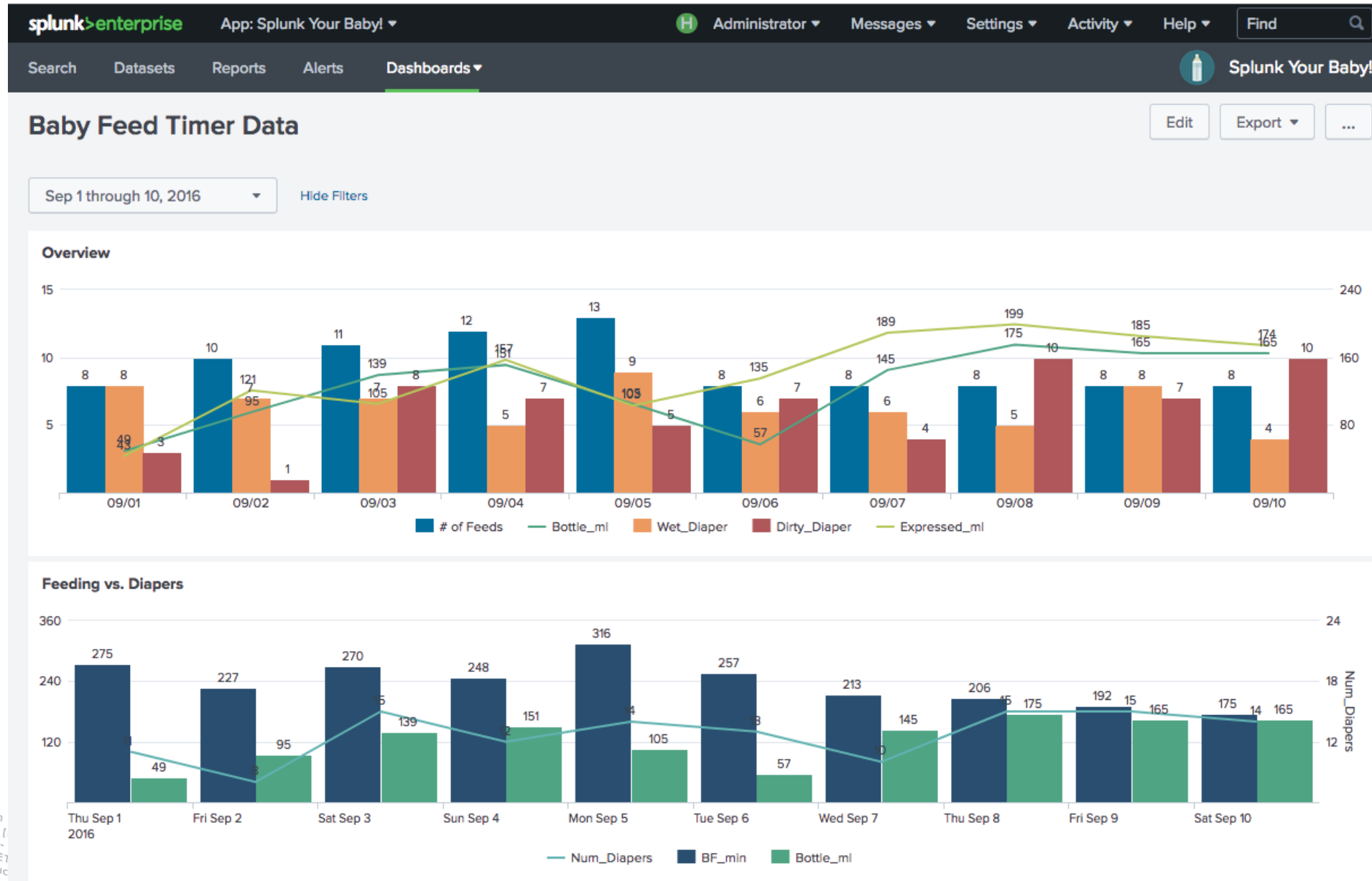
Time Management

- ▶ Divide and Conquer on Steroids
 - You're now going to have multiple people/caretakers in the mix. You're going to need a system.
 - Seamless systems free up time for YOU to get back to focusing on what is important when you decide it's important instead of spinning your wheels.



Apps to the rescue

Wait, Can I Splunk This??



Food Trends

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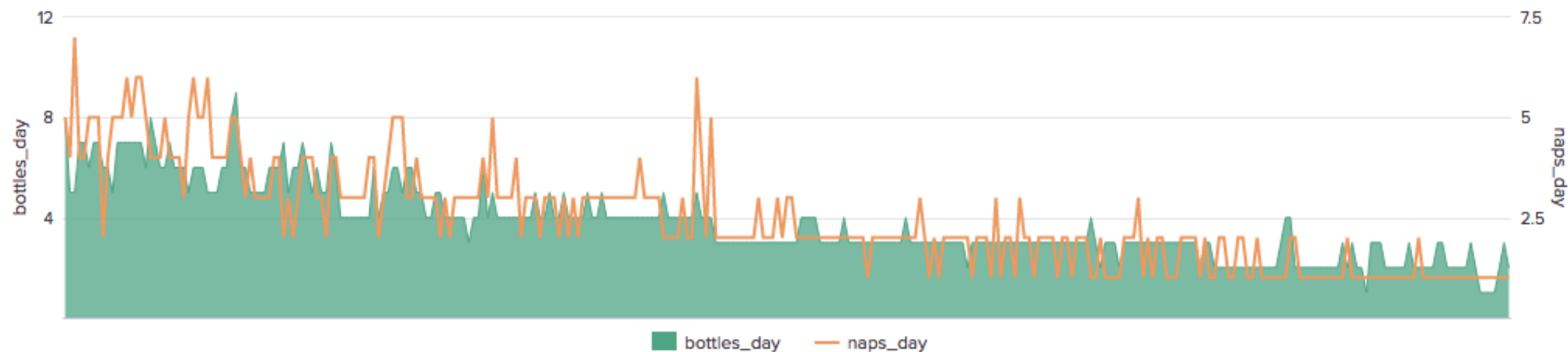
PLUNK INC.

[Between Date-times](#)[Hide Filters](#)

Favorite Foods (Meals) - Top 10 Year to Date



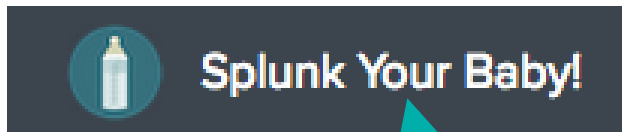
Bottles per Day (w/Naps per Day Overlay)



Wait, Can YOU Splunk This??

► Yes You Can!

- This app is now available on GitHub:
- https://github.com/its-iz/splunk_your_baby



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Technology FTW



amazon echo

Always ready, connected, and fast. Just ask.



FaceTime



Baby Monitor 3G



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