

## Strategies for Stay-at-home Parents



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Meadowbrook Press,U.S. Paperback. Book Condition: new. BRAND NEW, Strategies for Stay-at-home Parents, Kristine Berggren, You are both working. You have a new baby. One parent will have to stay at home. Which one? How do you adjust your finances from two incomes to one? How do you put your career on hold? This book focuses on practical issues and emphasises each family's unique values and provides helpful tips for creating a lifestyle for both parents and children. The author has interviewed dozens of stay-at-home parents who shed light on a variety of topics which the reader may not have considered weighing the rewards and challenges; choosing who stays at home; financial planning; caring for your kids; nurturing yourself; managing your time and space; family dynamics; returning to work. An invaluable book for first time parents and newlyweds, containing many ideas and topics not to be found in other parenting books.



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