



# 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...



**R**emember, 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.

**T**ake time to unwind before you get home



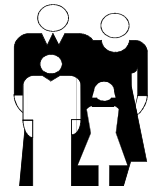
Try staying a few extra minutes at work, close your eyes, take a short walk. Draw some refreshment before you get home so you'll be free to interact with your children right away.

**C**ommit 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.

**T**alk 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.

For Further Information Contact:



**The Center for Parent Involvement** (FCPI) was funded by the U.S. Department of Education; Goals 2000, Educate America Act from 1994-1999. Guided by an advisory board of parents and professionals, the FCPI's goal was to tap the power of parents.

The FCPI gathered information on parent needs, coordinated the information, and created a series of resources organized by theme, including fact sheets for parents and professionals, "Beyond the Basics" resources, and resource identification lists. Many of the resources have been translated into Spanish language versions, and every effort has been made to preserve the meaning and flavor of the original English documents. This series of materials provides a wealth of current information for both parents and providers; the complete set of resources can be obtained in PDF format on the Department of Child and Family Studies Website at [www.fmhi.usf.edu/cfs/dares/fcpi](http://www.fmhi.usf.edu/cfs/dares/fcpi). The staff of the FCPI are hopeful that their work will continue to help children get ready to learn for many years to come.

The series' themes include:

- Family Empowerment
- Parent Involvement
- Parenting Support
- School Readiness
- Violence in the Lives of Children
- Transition to Kindergarten

The Center was one component of a project led by Hillsborough County Center of Excellence in collaboration with the Department of Child & Family Studies at USF's de la Parte Institute and the Florida Children's Forum. Other project partners include HIPPI (Home Instruction Program for Preschool Youngsters), Hillsborough County Head Start and Hillsborough County Even Start. For more information about these projects, call 813.974.4612.

Parent Support Series, Parent Tip Sheets, #16: Home from Work.

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