



## Top Tips for Juggling Motherhood and Self- Employment Factsheet

Being a self-employed mum can be very challenging at times, especially due to the conflict your brain has between spending time with your children and working on your business, and the guilt this causes.

Here are top 10 tips for juggling motherhood and self-employment:

- 1. Make lists and prioritise.** One list for both business and mum stuff as to not confuse by using separate ones, and also put everything in a diary or on a calendar so nothing is missed!
- 2. Find amazing childcare.** Whether it be family, friends, or paid childcare, finding a place where your children can go while you work that you trust can ease the burden, and means that you will be focusing on your business when away from your children.
- 3. Prepare bags, clothes, lunches, etc the evening before.** Most mornings are absolutely crazy for mums!
- 4. Schedule in work time when the kids are in bed.** A few hours every evening can clear your work to-do list as well as a full working day will!
- 5. Outsource work and ask for help when needed.** Use a contractor, VA, or ask a friend for help when work gets a bit too much!
- 6. Network with other self-employed mum's who are in the same boat as you.** Women's networking groups, like Her Business Brew are great for connecting and supporting you (*details can be found at [www.herbusinessbrew.co.uk](http://www.herbusinessbrew.co.uk)*).
- 7. Have a box of crafts or games that the kids can do themselves.** This will keep them entertained if you have to make a business call or complete work when they are around! Even short bursts on a tablet, or half an hour in front of CBeebies, isn't going to do any harm either!

**8. Schedule quality time with the family.** Time with your family is very important as your kids grow up so fast. Even a quick trip to the park, or reading them a story makes all the difference!

**9. Don't beat yourself up if everything isn't done.** No woman is superwoman (*even though we like to think we are!*)  
- just move stuff to next weeks to do list!! (*It's not the end of the world!*)

**10. Make time for yourself.** All this juggling can leave you shattered, so make time for yourself, whether it be some shopping, a visit the spa, the occasional afternoon tea, or just a long soak in the bath!