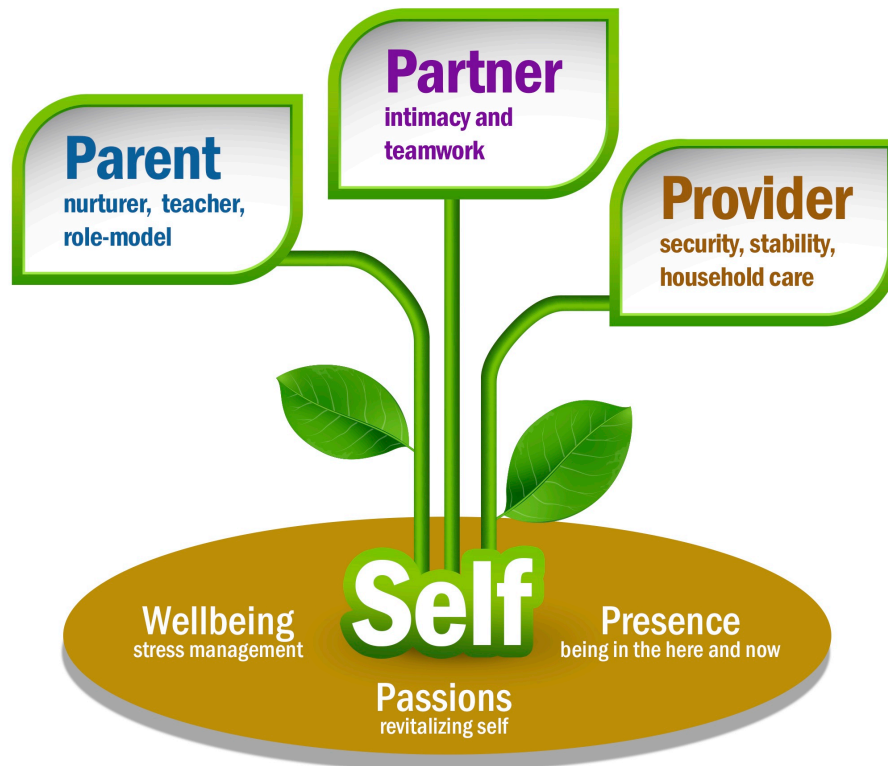


# The Work-Life Tree

*balancing your roles*



PARENTS HAVE FOUR PRIORITIES:

1. PARENT
2. PARTNER
3. PROVIDER
4. SELF

*Neglecting any one of these roles, can create stress and strain, for parents.*

Making these four roles a priority for both parents opens up a conversation around how to hold true to these priorities.

The important thing is have flexibility and understanding so that each person has a fair go at having their needs met – this builds a sense of teamwork and trust in each other.