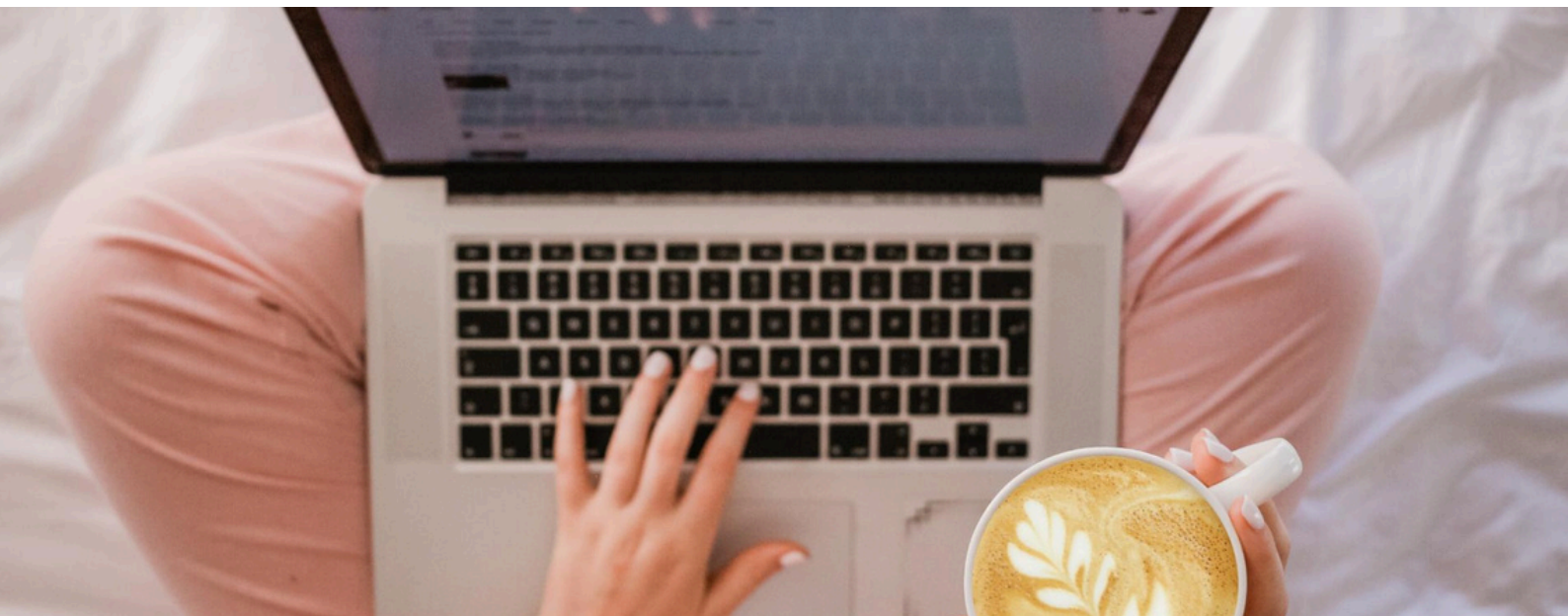


Something to get you started..



Welcome to the working parents
resource list!

Whether you are just dipping your toe into the idea or you are already working as a parent these resources are consistently useful for my clients whatever their particular circumstance and I'm very happy to recommend them.

If you have any recommendations for the list please feel free to share at lucy@lucyharveycoaching.com

Resources, books, podcasts, groups & more...

Facebook Groups

Work From Home Hub - A Hub for all things work from home.

Including job listings and community

Flexible Working People - Jobs & Advice

Marketing, PR, Comms Part time / Job sharers network UK -
Jobs, Support & Netowrking for part time marketers

Agencies, Advice & Legal Guidance

Pregnant Then Screwed -Legal advice, information on rights
and information for working parents

Working Families - The UK's national charity for working
parents and carers they have a hotline too Monday to Friday
- 11am-2pm (except bank holidays) 0300 012 0312

Mother Pukka & Flex Appeal - Parental Advice & Info and
flexible working campaign

Ten to Two - Recruitment agency for part time, flexible and
hybrid roles

Childcare

Childcare.co.uk - Website to find or advertise for childcare

Koru Kids - Part time & Full time nannies



Resources, books, podcasts, groups & more...

Books

Matrescence - On the metamorphosis of pregnancy, childbirth & motherhood Lucy Jones

The Power of Now - Eckhart Tolle

Untamed - Glennon Doyle

Mum What's Wrong With You - 101 Things Only Mothers of Teenage Girls Know - Lorraine Candy

The Perfect Interview - Max Eggert

Podcasts

The Motherkind Podcast

Squiggly Careers Podcast

Apps

Insight Timer - Meditation, Breathwork & Presence Exercises
(most are free)

