

“Millennials’ Guide for Working Parents” is here to save your sanity and help you achieve the best of both worlds

Being a parent and having the career of your dreams

MILLENNIALS' GUIDE FOR WORKING PARENTS

Balancing work, parenting, life,
and everything in between



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New York, New York City, Sep 29, 2021 ([Issuewire.com](https://www.issuewire.com)) - Becoming a parent is overwhelming on its own, but when you add in a career, it can be even more challenging to figure out without burning out – especially now! The refreshingly raw honesty of this guide will help Millennial working parents feel supported and understood. There’s no question that being a parent and trying to juggle work is tough to navigate; *Millennials’ Guide for Working Parents* can help parents make this journey manageable and even enjoyable.

All working parents seek to balance working and parenting. To many, it may seem out of reach or as if we are failing at times either in our role as a parent or in our work. How can we truly have balance and the best of both worlds? The authors provide a refreshing perspective on the ever-elusive “work-life balance” by encouraging us to reframe our definition of balance, stop comparing yourself to others, and start understanding that your balance can really be whatever works for you. *Millennials’ Guide for Working Parents* also provides empowering and practical suggestions for how to manage parental leave, how to set boundaries at work so you can parent at home, how to work from home with kids of all ages, how to deal with guilt, and having a social life as a grownup.

Millennials’ Guide for Working Parents is written in an easy reference format by three Millennial working parents: Megan Gillespie, CEO of Boss Ladies and Babies; Mikki Flaherty, owner of Piper’s Designs and Embroidery; and Whitnee Hawthorne, VP at a multi-billion dollar company who have experienced all the joys and challenges of juggling work and parenting. *Millennials’ Guide for Working Parents* equips Millennials -- and others! -- with the tools to support their career and parenting goals.

Millennials’ Guide for Working Parents, published by Winding Pathway Books, is released September 28, 2021, and is available in print and ebook on Amazon.com and IngramSpark. [Check here to read more](#)

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