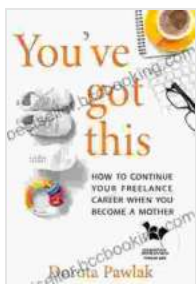


# How to Continue Your Freelance Career When You Become a Mother

For many women, becoming a mother is a life-changing experience that can also have a significant impact on their careers. If you're a freelance writer, artist, or other creative professional, you may be wondering how you'll be able to continue your work while also caring for your new baby.



## You've got this: How to continue your freelance career when you become a mother by Dorota Pawlak

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1634 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 206 pages
Lending	: Enabled



The good news is that it is possible to have a successful freelance career and be a mother. With a little planning and preparation, you can find a way to balance your work and family life in a way that works for you.

## Tips for Continuing Your Freelance Career as a Mother

1. **Be realistic about your time.** Once you have a baby, you'll need to be realistic about how much time you can actually devote to work. Don't try to do too much too soon. Start by setting small goals for

yourself and gradually increase your workload as you get more comfortable with your new routine.

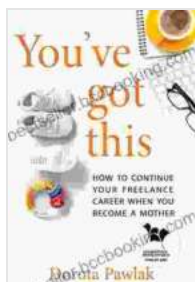
2. **Create a dedicated workspace.** Having a dedicated workspace will help you to stay focused and productive. If possible, find a space that is quiet and free from distractions. This will help you to get your work done quickly and efficiently.
3. **Take breaks.** It's important to take breaks throughout the day, especially if you're feeling overwhelmed. Get up and move around, or spend some time playing with your baby. Taking breaks will help you to stay refreshed and focused.
4. **Ask for help.** Don't be afraid to ask for help from your partner, family, or friends. They can help you with childcare, errands, or other tasks that need to be done. Having a support system will make it much easier to manage your work and family life.
5. **Be flexible.** Things don't always go according to plan when you're a working mother. Be prepared to be flexible with your work schedule and deadlines. If you need to take a break to care for your baby, don't be afraid to do so.
6. **Don't give up.** There will be times when it's tough to balance your work and family life. But don't give up on your dreams. With a little planning and effort, you can have a successful freelance career and be a great mother.

## Resources for Freelance Mothers

- **The FreelanceMoms website** offers a wealth of resources for freelance mothers, including articles, advice, and support.

- **The Work at Home Moms website** provides information and resources for stay-at-home mothers who want to work from home.
- **The National Association of Women Business Owners (NAWBO)** offers support and resources for women entrepreneurs, including mothers.
- **The Small Business Administration (SBA)** provides loans and other resources to small businesses, including those owned by women.

Becoming a mother is a wonderful experience, but it can also be a challenge for freelance professionals. With a little planning and preparation, however, you can continue your freelance career and be a great mother. Don't be afraid to ask for help, and don't give up on your dreams.



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