

# The mother of all jobs

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### 1 .Detailed Summary

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How to have children and a career and stay sane(ish)

##### Chapter 1 – My story

- The book covers babies through to toddlers and teens.
- The book can be read cover to cover, or mums can just read the chapter that's most relevant or interesting to them.
- There's a summary at the end of each chapter which is super helpful

##### Chapter 2 – I love my job but is it time I settled down and thought about kids

- Don't be dozy or overly hysterical about fertility
- If you don't yet have a partner, remember that who you choose will impact on your ability to be successful at work. 'People with extremely conscientious spouses are 50 percent more likely to get promoted than those with extremely unconscientious spouses
- If you do have a partner, talk about what you want and if you want kids. If you do want kids, talk about how you will parent
- Relish being the centre of your won world
- Adjust mentally to growing up and being an adult
- Choose your employer carefully
- Get real about money
- Don't tie yourself in knots about the secrecy that is spun around getting pregnant
- Don't launch a new business at this time
- Plan housing. You need space, nursery and potentially a school
- Bed into where you live
- Don't buy beige, glass or have a spiral staircase
- Ask advice from friends and relatives who kids
- Spend time with people with children
- Smile at children you meet
- Spend hours reviewing everyone else's bad parenting and deciding how much better you are going to do it. But be realistic, you'll prob end up doing the same thing

##### Chapter 3 – wow, I feel like I've totally lost control and don't know who I am anymore

- Getting pregnant, staying pregnant, birth, baby – all of these represent times when you are not in control
- In baby world, no one cares what you do for a living. All they care about is your baby.
- Find someone else at a similar stage of pregnancy
- Don't make things too hard for yourself. Baby food from a packet works just as well as organic home blended
- Be nice to yourself. Post natal depression is a real risk
- Have role models
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##### Chapter 4 – right, I need to get back to work

- You won't know how you feel about maternity leave until you're in it
- You could go back after a week. But may not have a great connection with your child / children
- Gradual changes might be better

- Regularly revisiting your choice is important. You can change your mind
- Bridge the disconnect between non-parents and parents.

Chapter 5 – I've always been able to cope with everything, so why do my kids make me so crazy?

- Give in to life with small children being demented, exhausting, boring and filthy.
- Forgive yourself, being a mum is much harder than work.
- Don't compare yourself to unfair examples, you're on your own journey
- Accept that you don't get any praise or recognition for being a mum
- Learn stuff, read parenting books, do a course.
- Sort out household jobs. Divvy them up and outsource if you can
- Exercise
- Don't ignore sex. It's important for your relationship

Chapter 6 – How come I feel lonely even though I'm surrounded by people all the time

- You could feel lonely as you've been neglecting your work colleagues and friends.
- Make friends with super local friends and do catch ups that can involve the family
- Sometimes you need to vent to someone who isn't your partner
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Chapter 7 - help, I think I've done a crap job of raising my child

- People won't tell you if your child is a little shite. You'll need to listen carefully
- Watch yourself if you're constantly making excuses for your child
- Work with your partner if there's a problem
- Get advice from nursery, school, friends, family and professionals
- Aim for consistent care
- Have faith that you can tackle it
- If you're worried your child may have a special need, talk to teachers and careers about it

Chapter 8 – alpha / beta, the pros and cons of dads as lead parents

- Support dad if he's decided to be a stay at home dad
- Don't idealise work or staying at home, they can both be bad
- Try not to walk in at the end of the day and say 'this house is a mess'
- Father needs to want to be at home for it to work
- Mother needs to want to be working for it to work
- Value and boost each other
- Make time to connect
- Your partner will do things their way and not your way and that's fine
- Men don't gossip in the same way women do
- Have a financial plan

Chapter 9 – the alpha / alpha couples

- Work out what matters to you at home.
- Be clear with yourself and your children what your values are
- Take control of your work schedule
- Have holidays properly
- Be clear about what you want from work
- Draw a pie chart of like and allocate work, partner, home life, kids, hobbies, exercise, friends and make sure it's aligned to what you're doing
- Learn from others
- Read
- Support your partner

Chapter 10 – Solo

- Try everything before splitting up

- Your partner is always more important than your children
- If you're a single parent, aim to keep your job. If you don't, put a plan in place
- Give yourself time to be alone
- Get therapy if needed

#### Chapter 11 – why does dealing with school turn me into a child?

- Education is a marathon not a sprint
- Don't fall out with the school receptionist
- Don't ask the school why they phoned the mother and not the father
- Don't admit to having ignored a phone call from the school office
- Don't check your email or Facebook or WhatsApp while your kid is telling you how they got a dog
- Don't volunteer to lead the school parent group
- Don't admit you sent your kid in with a fever and stuffed full of Calpol
- Don't admit to anyone you forgot about the class mascot that was sent home for Christmas and stuffed into the cupboard and made-up shit it did in the holidays for the fucking book you have to write in
- Don't ask the teacher / other parents why the class mascot has to exist when it just creates work for parents who are already busy
- Don't compare reading / maths levels when kids come over
- If you go private, ensure you can pay the fees plus the uniforms, lunches, trip
- Don't tangle your views on school with your kids
- Don't compare yourselves to the stay-at-home mums
- Don't be too invisible
- When you need to sort things, be an adult
- Don't do so much for the school that you resent it
- Keep focused on what works for you as a family
- Practise having good conversations about school

#### Chapter 12 – help, my teenager is causing problems

- Stay involved with teenagers and help them make informed choices
- Gender fluidity is more of a thing than it was
- Be firm with rules such as no sleepovers midweek and none with someone I don't know
- Compare with other parents
- Don't inflict your teenagers on your mates
- Enjoy it

#### Chapter 13 – what do the dads think

#### Chapter 14 – the questions people ask me

#### Chapter 15 - conclusion