

How to Harness Your Parent Skills in the Workplace

A guide to help you change the narrative around working parenting.



Here at Vivvi, we want to change the workplace conversation by acknowledging the professional strengths and abilities that parents gain as caregivers. This worksheet will help you identify your own skills earned by parenting, and show how you can put them to work as assets in your workplace.

★ Part 1: Quiz ★

How much do you fit into one morning of parenting?

Check the box for each family care-related task you completed today, then add up your points and find out what kind of a parenting pro you are!

- | | | |
|--|--|--|
| <input type="checkbox"/> Hugged your child | <input type="checkbox"/> Got your child dressed again | <input type="checkbox"/> Had a logistics conversation with your partner (10 seconds counts!) |
| <input type="checkbox"/> Kissed your child | <input type="checkbox"/> Put clothes in a hamper | <input type="checkbox"/> Cleaned spit-up/milk/food off couch |
| <input type="checkbox"/> Made eye contact with your child on their level | <input type="checkbox"/> Left clothes on the floor & didn't care | <input type="checkbox"/> Coordinated child care |
| <input type="checkbox"/> Told your child you love them | <input type="checkbox"/> Combed or styled your child's hair | <input type="checkbox"/> Planned for afterschool or daycare |
| <input type="checkbox"/> Fixed a boo boo | <input type="checkbox"/> Found a missing toy | <input type="checkbox"/> Commuted with a child |
| <input type="checkbox"/> Changed a diaper | <input type="checkbox"/> Prepared a snack or lunch | <input type="checkbox"/> Broke up a sibling argument |
| <input type="checkbox"/> Cleaned up an accident | <input type="checkbox"/> Soothed a meltdown | <input type="checkbox"/> Negotiated with your child to eat |
| <input type="checkbox"/> Get your child dressed again (spills!) | <input type="checkbox"/> Cooked breakfast | |
| <input type="checkbox"/> Made your child's bed | <input type="checkbox"/> Washed dishes | |

★ Results ★

5-13: Great job!

It takes a ton of work to be a parent, and you're doing amazing. You accomplish more in the first hours of the day than most people do all week! Give yourself a pat on the back.

14-20: You deserve a raise!

Parents are so efficient, and you've clearly got your game on lock. Well done meeting the needs of everyone in your household before most people even wake up. Bravo!

21-28: You're such a boss!

You did all that? Wow! Someone give this parent a round of applause! Even if you did nothing else for the remainder of the day, you'd still be the champion of productivity.

★ Part 2: Executive Skills ★

Wondering what you actually gain from parenting?

We asked psychiatrist and mental health expert **Dr. Christin Drake** to help us identify the executive skills you develop while doing the everyday tasks involved in caregiving.

1. ADAPTABLE THINKING

What it is: Adaptive thinking is the ability to quickly navigate a changing environment. That means recognizing that what was working yesterday might not work today, and being able to get things back on track and moving forward.

Parenting Skills: At every developmental stage, parents are letting go of old routines and learning new ones. The previously independent kid suddenly wants help with their hair and outfits in the morning, or a favorite shirt might be stuck in the wash.

Professional Skills: Just when you finish a project, a colleague changes their mind...again.

2. STRATEGIC THINKING

What it is: The ability to see around corners to make sure all is done and everyone has what they need to do it. This requires planning, time management and organization.

Parenting Skills: Parents are seeing to the what, when, and how of childrens' education, activities, health, and safety in often extremely resource-scarce situations. Your child wants to become a piano pro, so you find a teacher, schedule the lesson, source the piano and music books and make sure everyone is where they need to be when they need to be there.

Professional Skills: You are able to project-manage like a pro by identifying the long-term strategy needed to achieve your ultimate goal, and the small but critical steps needed to get there.

3. SELF-MONITORING

What it is: The ability to know what you need, get it, and show up at the top of your game.

Parenting Skills: When your to-do list is so intense that it requires that every moment is productive, parenting teaches us to get what we need in the time that we have. We might sleep in, shorten our morning workout, and tap out of the lunchbox Olympics.

Professional Skills: There is nobody more efficient at the office than a working parent who has to make daycare pickup. You know just what you need to accomplish and how to get it done in just the right amount of time.

4. NEGOTIATION

What it is: The process you go through with others who may have differing opinions to get your own desired outcome.

Parenting Skills: Children are the ultimate test of your will. If you can get your toddler to eat some fruit with their bacon AND brush their teeth AND wear socks (not matching socks, but still socks!), you've won the battle.

Professional Skills: The workplace is filled with small and large negotiations, from your job interview to buy-in on an important project, to asking for a raise.

5. COMPROMISE

What it is: Understanding how your actions affect others, and how someone will feel about your decisions.

Parenting Skills: Emotions can run high when you're a parent, but you're able to empathize and adjust. If you have to work late all week, you'll spend Saturday doing something special for your family.

Professional Skills: Your ability to empathize with others in the workplace is what makes you a caring colleague. It's also how you gain loyalty from your team, which ultimately makes you more effective in the workplace.

★ Part 3: Working Parents Mad Libs ★

Now you try it! Share how your own parent skills translate into workplace skills.
(Fill in the blanks below!)



This morning I _____ for my family. It made me feel
(task you accomplished at home)

_____. The executive skill it helped me gain is _____ because
(your emotion after accomplishing this task) (executive skill)

I was able to successfully _____. I can use this skill in my workplace to
(problem you were able to solve)

_____. I will practice this skill with _____
(something you will use this skill to accomplish professionally) (person in your workplace)

on _____ day. I am _____.
(when you'll use it) (highest praise you can think of)



“
If we add value rather than devalue the work we do as parents, it will help us keep sight of the incredible skills and abilities we bring to our professional lives. It's a counter narrative to our parenting being a liability.
”
— DR. CHRISTIN DRAKE

★ About Vivvi ★

Vivvi provides child care and early learning for today's families.

Our NYC campuses align the exceptional quality families deserve with the flexibility they need, and our In-Home program brings experienced caregivers into the comfort of your home in select cities across the U.S. We also partner with employers of all sizes to make exceptional full-time, part-time and backup care more accessible and affordable for working parents.