



Working Caregivers: You Do It All

We Support All You Do.

Are you caring for children, adults, or both? We see you. We salute you. And we support you.

According to the Caregiver Action Network, 60% of family caregivers are employed, and two-thirds have had to shift their work responsibilities to balance their loved ones' needs.

At **Bright Horizons**[®], we strive to support you across all life stages. Our experts have compiled a list of resources to help you navigate the tricky work-life equation, and succeed both at work and at home.

Caring for Children:

Finding Child Care That Works for Your Family

[How to Find a Safe, Quality Child Care Program](#)

[How to Choose a Preschool](#)

[How to Interview a Nanny or Babysitter](#)

[Surviving Baby's First Days in Child Care As a Parent](#)

Navigating Child Care Challenges

[Returning to Work After Parental Leave](#)

[5 Strategies to Ease Mom Guilt](#)

[Managing Separation Anxiety in Young Children](#)

[How to Introduce a New Babysitter](#)



Caring for an Adult or Elder Loved One

[Finding Adult Care That Works for Your Family](#)

[A Guide to Elder Caregiving](#)

[Keeping Your Loved Ones Engaged and Safe at Home](#)

[Aging in Place: Making a Home Safe for a Senior](#)

[How to Keep Aging Parents Healthy](#)

[8 Ways to Help Seniors Stay Sharp](#)

[8 Stimulating Activities for a Parent With Alzheimer's](#)



Caring for Yourself

[Finding Time to Refresh and Recharge](#)

[Parenting Hacks From an ER Doctor: Triaging Your Life](#)

[7 Simple Ways to Relieve the Mental Load of Parenting](#)

[6 Time-Saving Tips for Caregivers](#)

[6 Tips for Giving Yourself a Break When Caring for an Elder Loved One](#)

Family Webinars

[Sandwiched and Stressed?](#)

If you're caring for elder loved ones and your child, navigating caregiving logistics and responsibilities (plus your own emotions!) can be tough. Tune in for helpful tips.

[Fitting Family Time into Busy Days](#)

Workdays fill up quickly. Learn how to create meaningful and manageable pockets of time with your child amidst the chaos – during your commute, dinner, bath time, and more.