



## **Important for a successful start-up with child/children**

**Clarify your position on the following points! Be honest with yourself and your family/your support network.**

### **Role as entrepreneur**

What is important for me at work? What is important for me with respect to my family?

What must occur so that, after a year of self-employment, I can say: That was a good decision?

Which skills will help me be self-employed? Which do I need? Which need to be improved? Arrange for further training.

Where do I get support? Which networks are useful to me? Keep time free for this.

### **Preparing**

Ensure that your self-employment is supported by everyone around you.

Make it clear that the people around you will have to take on new responsibilities (examples include in the household, for childcare).

Sort out priorities – also as regards your partner: Whose work has priority? Don't decide just according to income, but also according to your business goals.

Discuss potential consequences, for instance of weak sales and/or losses with those closest to you. Discuss how to deal with the partners' differences in incomes or the case of rising costs due to your self-employment.

### **(Not just) for single parents**

For single parents in particular, it's important to put together a network (family, friends, other fathers and mothers) early on that you can rely on and where you can drop off/leave your child after day care or school or where your child can stay overnight if necessary (for instance evening work appointments).

### **Time management**

Precise time management creates dependable time for upcoming work and the things you would like to do aside from being self-employed.

Schedule dependable times for childcare and fixed drop-off and pick-up times. Sort out that you can use external offerings and are able to attend to out-of-office meetings.

Check whether a change in work rhythm is helpful, for instance if you have more opportunities for childcare in the evenings or at the weekends.

The Project Gründerinnenzentrale is supported by funds from the European Social Fund and the Berlin Senate Directorate for Health, Care and Equality, department Equality and Women.

Recognise your own limits – How resilient am I? Plan fixed times for relaxation and time for regenerating activities (i.e., sports, sauna) and take those times seriously.

## **Working from home**

Living and working under the same roof makes many things easier.

Separate work time and family time. Working from home doesn't mean that you take care of household chores during that time and take care of the kid(s) alone.

Test out working when your child and partner are also home ("Please don't disturb"). Start with "simple" tasks for trying it out.

Set up a work corner/office that is a "no-go area" for your child and partner.

## **Family and childcare**

Inform yourself well in advance about school holidays and closing times.

If your partner is male, a man can also take sick days to care for a child.

Integrate the people around you into childcare. Make binding agreements. Ensure your childcare solutions have several safety nets. Replacement solutions must work without much effort in emergencies!

Budget money for professional services that clear up time for you. Don't compare these costs to your own income, but with the household income. External childcare services or household assistance isn't necessary just because you work, but also because your partner works.

Don't take your children to business appointments.

Speak openly about discord and disputes with your partner and child. Involve them in finding a solution.

## **Be on the right track**

Regularly check (for instance once every quarter in the beginning) whether you've been able to pursue your self-employment as planned and if the arrangements have been working. If you have the feeling that you aren't making the progress you want with your self-employment, then renegotiate.

Sometimes you may have to have some unpleasant conversations with the people around you. Get support for this in consulting, seminars, or coaching.