



Show Notes

Season 5, Episode 10:
Balancing freelancing and having a family

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What's in this episode?

Hosts Rachel Smith from [Rachel's List](#) and journalist and content creator [Lynne Testoni](#) talk about how they have juggled freelancing with family responsibilities

This week we cover...

- Our experiences as freelancers and parents
- Maternity leave now and 25 years ago, and Govt help now
- How long we both took for maternity leave
- Choosing the type of work you do with a baby
- Types of childcare available now and what works best for us
- What you'll pay a nanny and how to reduce your costs
- Making use of before / after care and vacation care
- And much more!

Links to useful blog posts

- [How do you handle the freelance / family juggle](#)
- [Ask Us Wed: Tips on taking mat leave as a freelancer](#)
- [How will freelancing change after having a baby](#)
- [Ask Us Wed: Advice on freelancing as a new parent](#)
- [Ask Us Wed: How do I combine freelancing with school holidays?](#)

Info on Government assistance for parents

- [Parental Leave Payment](#)
- [Dad and Partner Pay](#)
- [Child Care Subsidy](#)
- [Carer payments / registered nannies](#)

That's it for this episode. Thanks for listening!
Cheers, Rachel and Lynne