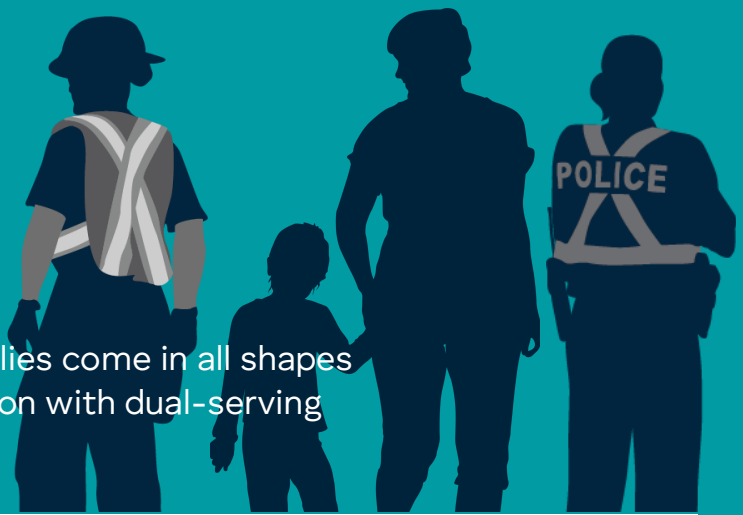


What about my family? Where do we fit?

First responder, public safety, and military families come in all shapes and sizes. Here's what we learned in conversation with dual-serving and lone-parent families.



Balancing operational and family needs

Like first responder, public safety, and military families, lone-parent and dual-serving families face challenges of juggling the ever-changing logistics and managing the worries about the job. But the unique demands of solo caregiving or two conflicting shift schedules require additional adaptability, creativity, and organizational supports.

What's needed



- More flexibility for shift start and finish times
- Flexibility as the standard, not the exception
- Flexible career development options
- 24/7 daycare as standard
- Further research and lived expertise on military/PSP family needs, throughout the life course



Watch the
discussion

What helps



Empathetic leadership – leaders who anticipate the realities and complex needs of families

Community – extended family, peer supporters, friends, and colleagues who 'get it' and are able to help

Family resilience – the cohesion that comes from ongoing teamwork, creative problem-solving and 'being in it together'

Highlighting positives – non-standard work schedules offer their own advantages for parenting and family activities, such as daytime availability and flexibility.

REFERENCES

Garnet Families (2025, April 9) Garnet Families Interactive Series: What about my family? Where do we fit? Available at: <https://youtu.be/Nje4ltf5iuE>

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