



Carol Smillie's The Working Mum's Handbook

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Carol Smillie, popular TV presenter and working mother, guides mothers through the practical problems and emotional issues they face when returning to work. Her advice will give mothers all the information they need to know on:

Achieving a work-life balance

Maternity leave and pay, parental leave and tax credits

Choosing suitable childcare

Surviving the nine-to-five, or finding a job after a career break

Streamlining household chores, cooking and entertaining

Fully revised and updated to include all the latest information on mothers' rights at work and the benefits they're entitled to.

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