



Working caregivers: we see you, and we support you

Are you caring for children? Adults, too? You're not alone. 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. **Bright Horizons**[®] is here to support you across all life stages, and we've compiled a list of our expert resources to help you navigate the caregiving journey and succeed both at work and at home.



Caring for children:

Finding child care that works for your family

[How to find a quality child care program](#)

[How to choose a preschool](#)

[How to interview a nanny or babysitter](#)

[8 reasons to have an afterschool nanny](#)

Navigating child care challenges

[Returning to work after parental leave](#)

[Your guide to baby's first day in child care](#)

[Managing separation anxiety in young children](#)

[Parenting hacks from Dr Darria](#)

Caring for an elder loved one:

[A guide to elder caregiving](#)

[6 time-saving tips for caregivers](#)

[Sandwiched and stressed](#)

Bright Horizons podcasts

[The Work-life Equation](#) – *Real Stories. Real Talk. Real Life.*

[Teach. Play. Love.](#) – *Expert parenting advice for the early years*

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