



THE STAY-AT-HOME PARENT RESUME

Reclaim Your Career with Confidence

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Let's Start Here

Strategies for a Standout Resume

1. TRANSLATE YOUR EXPERIENCE FOR RECRUITERS

Highlight transferable skills gained during your time at home, such as time management, budgeting, conflict resolution, and multitasking. Focus on results-oriented achievements.

2. CHOOSE THE RIGHT FORMAT

- **Reverse Chronological:** Ideal for short employment gaps or significant prior work experience.
- **Functional/Skills-Based:** Focuses on skills developed during parenting, suitable for longer gaps.
- **Hybrid Format:** Balances skills and traditional experience, great for showing achievements alongside gaps.

3. LEVERAGE A STRONG SUMMARY

Start with a compelling resume summary to grab recruiters' attention.

Example:

"Experienced project manager with 10+ years of expertise in process optimization and team leadership. During a career sabbatical, developed advanced budgeting and multitasking skills managing a household. Now seeking to apply my strategic planning and organizational expertise to a leadership role in operations."

Highlighting Your Experience

Turn that stay-at-home parenting gig into a dazzling "Household Manager" title! Flaunt those super skills in budgeting, time wrangling, and teamwork like a pro. Mix in some freelance magic or volunteer stardom, and don't forget to brag about your 30% savings boost! Create sections for your volunteer escapades, certifications, or side projects to show you're always leveling up and cleverly filling those employment gaps. Shine on, you multitasking superstar!

TRANSFERABLE SKILLS

- Budgeting
- Problem-solving
- Time management
- Collaboration
- Conflict resolution
- Self-motivation
- Attention to detail

PRESENT YOUR SKILLS

- Use the skills section to list proficiencies such as software tools, organization, and communication.
- Incorporate your skills into the accomplishments section to demonstrate their application.



The skills you gain as a stay-at-home parent—such as multitasking, time management, and problem-solving—are highly transferable and valuable in the workplace.

THANK YOU!

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