



As a former stay-at-home parent looking to re-enter the workforce, how can I speak to my role as a caretaker on my resume and interviews? Will it hurt me to disclose I'm a parent?

Answer:

Sharing parental status and career breaks is ultimately up to you. You are welcome to share any information but should also understand you are not required to do so in an application or interview. Adding a career break or caretaker status on a resume is a personal decision.

It's important to understand that there is no one "right" way to talk about parenthood during a job interview. Some choose to be very open about their parenting status, while others prefer not to mention it due to potential biases against working parents. It's up to you to decide what feels most comfortable for you.

Additional Resources:

- [How to Add a Career Break to Your Resume](#)
- Article: [How to Talk About \(Starting a\) Family When Job Searching](#)