

# Shift work and the holiday season

At CIPHER, we understand that the holidays are experienced very differently in and by first responder and other public safety personnel families. Shift work can mean absences on key celebration days, and call-ins can be unpredictable, making holiday planning a logistical challenge.

PSPNET Families has resources tailored to public safety personnel families.

Please visit the PSPNET Families Wellbeing Hub to learn about these topics and more.

**Work-  
family  
conflicts**

**Irregular  
Work**

**Flexible  
Planning**

**Talking  
with  
children**



**PSPNET  
FAMILIES**