

# RIGHTS, POLICIES, AND WORKPLACE SUPPORT



## KNOWING YOUR RIGHTS AT WORK: WHY IT MATTERS

Workplace Rights



Supportive Workplace



Confident Employees

## TRY THIS TODAY

Adjust work hours  
during peak school  
or care demands



Use carer's leave  
for urgent family  
medical needs

# CÚRAM

## DID YOU KNOW?

Strong parental and carers' rights help employees balance work and care, but only when workplaces actively support their use.



## QUICK TIPS

- Learn about parental leave, carers' leave, and flexible working rights
- Review workplace policies for fairness and inclusivity
- Encourage open conversations about caregiving needs
- Adjust hours during peak school or care demands
- Use carers' leave for urgent family or medical needs
- Support colleagues who access their entitlements
- Promote shared responsibility across teams



**EMPOWERING EMPLOYEES TO  
UNDERSTAND AND USE THEIR  
WORKPLACE RIGHTS.**



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