**Table 2:** Themes, sub-themes and codes of Jordanian worked women's experiences after return from maternity leave.

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| **Themes** | **Sub theme** | **Codes** |
| **A new life loaded with duties and responsibilities** | * The challenges of coping with new responsibilities and roles. * struggle to perform routine self-care and feel exhaustion and tired most of the time * Lack of time for self and other social relationships. * changing in the priorities of caretaking for family members (husband, new baby, other children) | * Many responsibilities * New experience with new mothering role * Difficult adaptation with new role * Multi tasks need more Time * Take care of other children * struggle to perform self care * Focus on new baby and   forget eating and home care   * thinking of child care and make it the first priority when return to home * stopping social relationships and focus on nuclear family * Physical tired and no time for relax * Stopping to go beauty center * struggling with time management * noticed a change in their relationships with their husband, other children, her self |
| **Short maternity leave** | * Need to more maternal leave * Need more vacation * Challenges to balance between work and childcare. * Smallness baby and need to mother care | * 3 months of maternity leave is little * My baby still weak and need to me and continuo to breast feeding * Asked to extend maternal leave * Department needs take priorities and no vacation * Long time hours of work and overload in work environment |
| **The need for a trusted day care** | * feeling miss trust with nursery services (bad hygiene, crowded area, more children and no stuff responsible ) * negative previous experience with other colleges * preference is given to baby setter to help with child care rather than nursery * Need to have transportation ( the new child. * Increased financial requirements | * Negative rumors about nursery * Search for a place for child care. * Financial expenses for child care centers * Nanny tack care of 6-7 children at the same time. * Give regular feeding in the nursery * Child caught illness from nursery |
| **Intervene with work and the need to support** | * Wanting people to help with child care and support in domestic works * the family help and supporting who help with child-care is benefit * the importance of husband support in domestic and childcare * the importance of work support (department , supervisor, colleges) | * Taking help from husband * Taking help from mother * Taking help from mother in law * Taking help from colleges and work place * Support from elderly daughter and sons * Baby setter and servant support * Near the house of her family * Need support from work place * Benefit of Breast feeding hour * flexibility in work system * Negative effect of work circumstances |