



Growing up FIFO: What we learnt from you

Thank you to all the families who participated in this study. Our research is not possible without people finding time in their busy lives to speak with us and share their experiences.



What we did

We spoke with 15 children of current FIFO workers to understand their perspectives on the benefits and challenges of FIFO work, coping strategies, family impacts and ideas for support. In this document, we provide a summary of what we found.

What we found

Benefits



- Young people identified more quality time with the FIFO parent when they were home and greater financial security for their family as the main benefits of FIFO work.

Impact of FIFO on parents



- Young people reported that the parent at home often seemed more stressed during FIFO swings, while FIFO parents were sometimes tired when they returned home after long shifts.

Challenges for young people



- Young people described the disappointment of the FIFO parent missing important occasions like birthdays, sporting matches and Christmas.
- Young people sometimes needed to take on more responsibility at home during swings, like caring for younger siblings, which caused stress.
- Young people reported that the FIFO parent's absence made communication more difficult and sometimes disrupted their usual routines, including attending extracurricular activities.

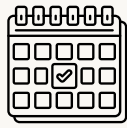
Coping strategies



- Regular communication was an important coping strategy. It helped young people feel connected to the FIFO parent and maintain family routines.
- Friends, neighbours, and extended family provided both practical support, such as lifts to school, and emotional support, such as listening and sharing experiences.

What can help?

Young people shared two main ideas for ways that FIFO families could be supported



Family-friendly rosters

Wider use of balanced (e.g. same amount time home as away), predictable rosters.



Information for young people

Interactive, age-appropriate information to help children understand FIFO work and cope with challenges.



What's Next?

We are currently co-designing a **free online support resource for families**. The resource aims to help families build the skills, knowledge and confidence they need to thrive in FIFO working arrangements. The resources will be available in December 2026.



How can you contact us?

If you or your parents have any questions or feedback or would like a full copy of our publication, please contact Dr Vincent Mancini at:
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