The effects of fly-in fly-out (FIFO) workforce practices on families in Australia

A limited but growing amount of Australian research into fly-in fly-out (FIFO) work practices tentatively suggests that a FIFO lifestyle can have positive, negative or few effects on children and on family relationships - depending on the circumstances.

### Key messages

#### FIFO Families
Most FIFO families are healthy functioning families when the right conditions are in place, such as a balanced work/family roster.

#### Parenting
Parenting can be challenging, especially for partners at home.

#### Potential impacts on children
- **Negative**
  - Increased behaviour problems
  - Bullying at school
  - Pressure to succeed academically
- **Positive**
  - More time with parent when they are home

#### Communication
FIFO families need to be able to communicate:
- Regularly
- Privately
- Effectively
- Spontaneously

#### Further research is needed that is:
- Longitudinal
- Collects data pre-entry to FIFO
- Engages with all types of FIFO workers and their families

### FIFO lifestyle

#### Benefits
- High Income
- Independence
- Quality, extended time at home
- Getting things done during leave
- Meeting new people
- Travelling to new locations
- Clear separation between work and personal life
- Regular exercise on the job
- Healthy food on site

#### Challenges
- Emotional and functional adjustment to leaving and returning cycle
- Loneliness and isolation
- Hopelessness
- On site physical exertion and fatigue
- Reduced communication
- Absence at family events
- Difficult for at-home parent to undertake work or study
- Reduced social opportunities
- Restricted opportunity to get home in a family emergency

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