

# In Their Words: Hacks For New Lawyer Parents From Veterans

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Dylan Alper was featured in a *Law360* article discussing the advice he would give to new parents on navigating the challenges that come with being a parent and a lawyer. “The best way to strike a balance, in my opinion, is to recognize your limitations, utilize others in your village, give yourself a break, and ask for help,” said Dylan. “And, contrary to popular belief, it’s not a weakness; it’s a strength.”

To read the full article, [click here](#).

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