



My Journey Back to Work

Credits

Series 01 Episode 03

Part Three: A Parallel Universe

Originally published: Thursday, May 28th 2026 at 08:30am BST

CREDITS:

www.freesound.org is an incredible resource and the majority of SFX and Music tracks can be found there or are the producer's own.

Specific links for this episode can be found below.

A special shout out to [seth_makes_sounds](#) whose wide variety of music perfectly captured the different atmospheres across the series. More of their work can also be found on www.freesound.org

COVER ARTWORK IMAGE	
Main series image	https://unsplash.com/photos/woman-looking-at-map-while-standing-on-road-KeiUIl9Lzo4
MUSIC	
Intro music	https://freesound.org/people/Seth_Makes_Sounds/sounds/725420/
Newborn/nursery music	https://freesound.org/people/ZHR%C3%98/sounds/676722/
New parenthood music	https://freesound.org/people/Seth_Makes_Sounds/sounds/679738/
distance from previous life - music	https://freesound.org/people/Seth_Makes_Sounds/sounds/691837/
Echoes music	https://freesound.org/people/Seth_Makes_Sounds/sounds/722428/
how do we get this going? music	https://freesound.org/people/Seth_Makes_Sounds/sounds/661782/



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CREDITS cont.

Work reenters the scene - going back? music	https://freesound.org/people/CollectionOfMemories/sounds/652391/
breakfast scene	https://freesound.org/people/Drakensson/sounds/529601/
Outro music	https://freesound.org/people/Seth_Makes_Sounds/sounds/696111/
SFX	
parallel universe - restaurant	https://freesound.org/people/callyrobyn/sounds/512366/
plates/crockery	https://freesound.org/people/Agonda/sounds/210589/
playground outdoor ambience	https://freesound.org/people/kyles/sounds/454104/
swings	https://freesound.org/people/kyles/sounds/451811/
packet rustle	https://freesound.org/people/SpliceSound/sounds/188203/
child "cah, cheese"	https://freesound.org/people/FunWithSound/sounds/416682/
ringtone 1	https://freesound.org/people/kyles/sounds/450042/



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CREDITS SFX cont.

ringtone 2	https://freesound.org/people/fennelliott/sounds/379416/
phone ring vibrate	https://freesound.org/people/metaxis/sounds/708213/
child eating	https://freesound.org/people/diniunicorn/sounds/330300/?attribution=javascript%3Avoid%280%29%3B

WHAT NEXT?

Add your story at www.myjourneybacktowork.com

Share with parents you know who might appreciate finding out more about the project.

Thank you!