

## Announcements

- 2<sup>nd</sup> midterm next Tues.
  - Study guide today
- Speaker panel today 1145
- Extra credit:
  - Week 7: EC3, EC4, EC5 on web
  - Demonstration 10.2 (p. 333) up to 5 points
  - [www.dona.org](http://www.dona.org) - doulas
  - [www.adoptioninstitute.org](http://www.adoptioninstitute.org)

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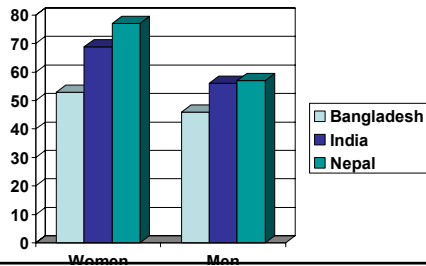
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## Balancing Work and Family

- Women do more work in the home even when working outside the home
- Tends to be true around the world



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## Brockwood et al. (2002): Balancing work and family

- Sample: 309 dual earner couples taking care of kids and parents
- Gender differences in making accommodations at work (e.g., work at home, take time off) or home (e.g., limit social life, limit personal time, miss kids' activities)
- Wives made more accommodations at work AND home than did husbands
- Husbands made more home than work accommodations
- Making accommodations at home associated with lower satisfaction with family life for both men and women
- One spouse making more accommodations at home associated with lower satisfaction with family life for other spouse

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## Benefits of More Involved Fathering

- For fathers: Higher self-esteem, satisfaction with parenthood, confidence in parenting abilities
- For kids: Better cognitive and emotional development
- For mothers: Less stress, greater marital satisfaction

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## Erel et al. (2000): Meta-analysis comparing maternal and nonmaternal care

- Meta-analysis of 59 studies assessing several outcomes
- All effect sizes between  $-.08$  and  $.06$  (smaller than "small"). E.g.,
  - Mother/child rel'ship  $d = -.01$
  - Child well-being  $d = .04$
  - Social interaction w/ peers  $d = -.04$
  - Cognitive development  $d = .06$
- Positive  $d$  = nonmaternal care is better; negative  $d$  = nonmaternal care worse

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## NICHD Study of Early Child Care (SECC)

- Followed more than 1000 kids from birth to 6<sup>th</sup> grade at 10 different sites across the country.
- Purpose: To assess both the positive and negative effects on kids of different kinds of child care and quality of maternal care.
- Selected findings:
  - Effects of day care are much smaller than effects of families.
  - Families that use full time childcare have as much influence on their kids as families that use no outside child care.

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### Huston & Aronson (2005): Recent study using NICHD data

- Purpose: Study relation between maternal employment and time with kids & kids' adjustment
- Sample: 363 stay-home Moms, 520 employed Moms
- Two daily time diaries when infant was 7 months old
  - Work and nonwork days for working moms

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### Huston & Aronson (2005): Results

- Over 2 days, working Moms spent only 1.5 hours less with infant
  - Higher proportion of time with infant was in social interaction vs. instrumental care
  - Also spent less time on housework, leisure, social activities, etc.
- No evidence that time at work interfered with quality of relationship with infant, home environment, or child development
  - In fact, moms who spent more time at work provided higher quality home environments

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### Silverstein (1991): Transforming the Debate About Child Care and Maternal Employment

- She points out that 20 years (now 30) of research has failed to find negative effects of child care on kids.
- So why are we still researching such effects?
- We need to shift the focus of our research
  - away from the harm of maternal employment
  - to the harm of not providing access to high-quality, affordable child care

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## 1993 U.S. Federal Family and Medical Leave Act

- Job guaranteed
- Still get health insurance
- Minimum of 12 weeks
- Not required to be paid leave
- Provides leave for fathers and mothers
- Small businesses (under 50 employees) excluded

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## Policies in Other Countries

- Serbia: 100% pay for 1 year
- Italy: 2 months of paid leave before birth and 3 months after birth - 80% pay. Fathers have some paid leave.
- China: 15 days before birth and 3 months after at full pay.
- Algeria: 14 weeks, 100% pay
- U.S. similar to Swaziland and Lesotho
- <http://unstats.un.org/unsd/demographic/products/indwm/ww2005/tab5c.htm>

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## Summary

- What is pregnancy like?
  - More uplifts than hassles
- How can the childbirth experience be improved?
  - Use a doula!
- What are the experiences of adoptive families?
  - Good!
- Are women uniquely qualified to parent?
  - Nope!
- What about dads?
  - Less involved in child care than mothers but more involved fathering is associated with many benefits?
- What does research say about effects of day care?
  - Little difference between maternal and nonmaternal care
- How does family leave in the US compare to that in other countries?
  - Not very well!

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## Key Terms

- Placenta
- Cesarean section
- Prepared childbirth
- Postpartum/maternity blues
- Postpartum/postnatal depression
- Compulsory motherhood
- Infertility

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