

June 2010

June Wellness Tip

Working Parents

In most cases, today's American lifestyle has created the need for both parents to work. We work more to afford better clothes, housing, lifestyle and future for our children. For many working parents, however, the guilt and anxiety of being a "good" mother or father while maintaining a career, often flows over into other areas of our lives. Is enough time spent with our children? Are children suffering because most parents must work? And even, do our children know that their parents love them, even when they're away? While not everyone has these concerns, these worries can be very real to some.

Current research tells us, happily, that children have positive role models when both parents work. A child who is part of a household where parents are awake at 6 AM, stumbling around getting themselves ready as well as their children, has to have respect for the parent's commitment to their work as well as their family. The temptation to crawl right back into a nice, warm bed is difficult to resist! Teaching a child that hard work pays off often helps create a strong work ethic and a good example of motivation and commitment.

While children usually do not suffer long-lasting effects when both parents work, studies show it depends more on how parents spend their time when they are not at work. A study in The New York Times, recently, showed that contrary to popular belief, working parents are actually spending more time with their kids. After looking at a dozen surveys from 1965 though 2007 on how Americans say they use their time, the study concluded "that the amount of child care time spent by parents at all income levels...has risen 'dramatically' since the mid-1990s."

The study showed that the amount of time Moms spend attending to their children has increased greatly. Previously estimated at 12 hours per week, these hours now average over 21 hours a week, depending to some degree on the level of education of the mother. In 2007, Dads were spending more than twice the time they used to spend with their kids - between 9.6 hours for college educated men and 6.3 hours for men without college.

So how are we finding this extra time with busier-than-ever schedules and more parents working while raising their kids? A 2007 report in The Quarterly Journal of Economics stated "Women, in particular, are spending less time cooking and cleaning their homes, while men are putting in fewer hours in at the office." Furthermore, many parents, "multi-task" by including their children in their own leisure and free-time activities so that the family can spend quality time together. A surprising bit of research shows that even with larger workloads, mothers' time at work has not correlated to a decrease in sleep or leisure time. Even more remarkable, married and single parents today are spending more time playing with, and caring for their children than parents did 40 years ago.

No one can deny that working parents are busy, but it seems families are accommodating to our changing culture and bringing up children with values that highlight the importance of work and family.

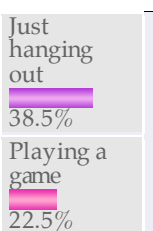
Our EAP counselors can talk with you anytime about balancing work and family. And for more written information on parenting and work life balance, please visit our website at <http://www.kgreer.com> and click on "Parenting" in the tool bar.

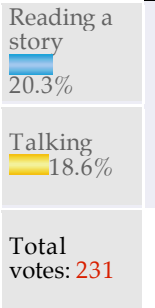
KGA News

On Thursday June 3, 2010, one of our counselors, who also happens to be 9 months pregnant, was working from her home office. She answered an incoming EAP employee phone call, completed a consultation, hung up the phone, and notified KGA to hold further calls. Her water had broken during the call! She proceeded immediately to the hospital and delivered a healthy baby boy several hours later. Now that's an example of both dedication, and, a commitment to maintaining consistency when working virtually! Congratulations Kristin!

Research Shows...

What is your favorite parent-child activity?





Webinar Alert

Working Parents

Most working parents have grown accustomed to managing multiple roles as work and home lives overlap. This session will help parents learn to identify and set realistic boundaries between the two to help insure success in both.

Tues, June 15th – 12pm, 2pm, 4pm EST

How to Register

You can register via the KGA EAP/Work-Life website using these instructions, or your organization may have direct access through your intranet.

1. Go to www.kgreer.com and select Member Login
2. Click on EAP Login
3. Login using your company's three (or four) letter username and password (9557)
4. Scroll to the bottom right-hand portion of the screen and click on the first link in the events section. Or, click "View All Seminars" to register for upcoming events or to view archived webinars.

A Call to Action

Our call to action this month is a suggestion that you consider enjoying a day out by taking part in one of the charity walks during the spring and summer this year. Discover a cause you are passionate about and sign up. And you don't have to limit your participation to only walking. Contact the charity of your choice and find out other ways you can use your skills to help out with the event. Areas such as planning, promotion, setup and entertainment are often in need of volunteers as well. KGA plans to participate in the NStar Walk for Children's Hospital (two KGA client companies) in Boston on Sunday June 13th. Check out the Charity Walks Blog at www.charitywalksblog.com for a thorough listing of annual charity walks. You will also find a guide to developing your own walk for charity!

Contact us

There are always counselors standing by to assist you 24/7 at 800-648-9557. Chat with a counselor from 8:30am to 5pm eastern, Monday – Friday.

E-mail us at info@kgreer.com. Connect with a live counselor online by selecting the Live Chat button on our website www.kgreer.com.