Weekly Newsletter

Do our busy lives interfere with our duties as parents or the success we experience in our careers? Being able to balance our careers and our home life can be a challenge and it is something that everyone will face in their life. It can’t be avoided but we must take control and manage it to the best of our abilities. Many people may find it very difficult to manage their work and family life. The needs of their families are important but at the same time, income is important in order to survive. These duties are an important obligation in life but we must take control of it so that we are managing our time in our careers and making sure that our families are satisfied. There are many ways parents can achieve management between their careers and family life.

“The stress of juggling childrearing responsibilities with the demands of work takes a toll on many parents’ personal and professional lives” (Morin, 2014). Sometimes parents feel that they aren’t spending enough time with their family due to long hours spent at work. With being a full time parent as well as working full time, it can cause the parent to feel a sense of guilt because it may seem that the attention between work and time spent at home has to be equally divided (Morin, 2014). Sometimes family events would have to be postponed, even cancelled due to job obligations. We cannot always put our family life on hold and we cannot always be at work 24 hours of the day. Sometimes we may even have to schedule time off or leave work early due to a family emergency or to attend a family event. There may also be times where we may have to leave our families to travel for work. Both are a priority so we just have to take control and find time for both responsibilities.

In many households, the week is just too busy to sit down and have a decent family dinner. I came across a very interesting article and the author states “I have to be honest with my schedule a family dinner is very rare so I make sure I talk to them every chance I do get whether it’s in the morning as they eat their cereal or while we are driving somewhere or even in the family Jacuzzi” (McDonald, 2013). Children may not remember a lot of things but they will remember the time that their parents spend with them. Planning time to spend with the family is one way to manage career and family. Even if vacation time is not an option, there are many other options to spending time with family. It could be a walk to the park or even playing fun games at home. In this lifetime everyone is so busy but every little effort will go a long way. It doesn’t matter if its 30 minutes or 2 hours, each time spent is worthwhile.

Single parent households are becoming more of the norm in today’s society. Being a single parent just means having to do twice as much as the average two-parent household. Having to work long hours on the job to provide for children with one income can become very challenging. As a young child I personally experienced this similar scenario. I grew up without a father and my mom took on the care of raising twins, which were my sister and I. There were some days when I would cry because my mom had to go to work. Due to the fact that I was so young, I didn’t realize how crucial
it was for my mom to work in order to provide for us. As I grew older I understood that my mom wasn’t working because she wanted to be away from her family, but because she had to make ends meet since we didn’t have a father figure and there was only one income in our household. She never went on vacations but she had evenings and weekends off. She made sure whatever spare time she had, she would be spending it with us. In other words, she rarely had any time for herself.

“Walking regularly helps people restore their work life balance, makes them calmer, happier and more positive towards life” (Businessline, 2014). Many parents may be surprised to know that they may gain control of work and family life by a little physical activity. A 30 minute walk to the park or to the nearest grocery store is very simple and rewarding toward health and overall busy life.

Another way for parents to manage their career and family is to remain flexible. “Employees who have children and are confronted with work and family demands may prefer of having a choice of work hours associated with flexible work hour programs and may feel more attached to the organization for offering these policies” (Scandura and Lankau, 1997). This alternative allows parents to go to work and still be able to engage with the family more or even enjoy a family dinner during the week. At times the family will need more attention and other times where the career demands more energy. Being flexible does not mean time has to equally split between the two, more of achieving a flexible balance.

Balance between work and family can also be achieved by creating a daily or weekly planner. The planner would allow parents to use their time wisely and efficiently. I conducted an interview with Patricia Martinez, my manager at work, she discussed that creating a schedule works best for her while trying to maintain a work life balance. She is married and has three young children and she believes spending quality time with her family is important as well as devoting her time and energy into her successful career. “Creating a schedule tends to be a stress free way to deal with work and family life” (Martinez, 2014). She has been more productive at work and has more time with her family. Sometimes her schedule doesn’t always go smoothly due to unexpected events, but she tries her best to work around it. She has been creating weekly schedules since the birth of her first child seven years ago and believes it is the best strategy to be successful in her career and a good wife and mother to her family.

Lastly, career and family life management can be achieved by seeking support from family and friends. Parents don’t always depend on others when it comes to their children, but there may be times where parents may be in traffic and late to pick up their children from school so they can depend on a family or friend in that time of need. In another interview with my high school principal, Albert Wright, he shared his personal views and experience about the subject. He’s not only a principal, but he is married with four children that are below the ages of 10 and is currently pursuing his Doctoral Degree. He explained that he and his wife are very busy and at times they rely on help of his mother, whether it be to pick the kids up from school or taking them to their doctor’s appointment when they both have to work late. “Support from my family is very important to me and it gives me a sense of relief to know that I can count on them when help is needed with the children” (Wright, 2014). This option can be very useful for single parents and in many cases it minimizes stress.

It doesn’t matter how busy we are with our careers or with our families, we just have to take control and manage it efficiently. These strategies will lead into a happier and satisfying time at work as well as life at home with family.

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Work Cited


Discussion with Expert P. Martinez (Personal Communication, October 30, 2014)

Discussion with Expert A. Wright (Personal Communication, November 13, 2014)


Relationships of Gender, Family Responsibility and Flexible Work Hours to Organizational Commitment and Job Satisfaction
Terri A. Scandura and Melenie J. Lankau