

# cewinformationSources

## Balancing Work and Family

*The CEW Library has a variety of resources on the many aspects of combining work and family, from dual career couples to parenting. These range from personal accounts to research studies to "how-to" books. The resources noted as LOAN may be checked out of the CEW library; those marked REFERENCE are for room use only.*

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### Women, Work and Family

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Commission on Leave. **A workable balance: Report to congress on family and medical leave policies.** Washington D.C.: USPGO, 1996.

**A 58 COL 1996 REF** *Published jointly by the Department of Labor and the Commission on Leave, this report examines the impact of the Family and Medical Leave Act of 1993. Findings include low costs for employers, relatively low utilization rates, and equal amount of use by men and women.*

Crittenden, Ann. **The price of motherhood: Why the most important job in the world is still the least valued.** New York, NY: Metropolitan Books, 2001.

**D 60CRIT 2001 LOAN** *Combining research and interviews, Crittenden outlines the economic costs for individuals and the gains for society that results from the unpaid work of mothering.*

Crosby, Faye J. **Juggling: The unexpected advantages of balancing career and home for women and their families.** New York: Free Press, 1991.

**D 60 CROS 1991 LOAN** *Synthesizes the vast research on role conflict and includes data from research with over 50 men and women.*

Epstein, Cynthia Fuchs, et al. **The part-time paradox: Time norms, professional life, family and gender.** New York, NY: Routledge, 1999.

**D 40 EPST 1999 REF** *Draws on interviews of full and part-time attorneys to explore part-time work, as well as the division of labor in the family.*

Families and Work Institute. **Women: the new providers.** Benton Harbor, MI: Whirlpool Foundation, 1995.

**D 60 FWI 1995 REF** *Presents results of a study conducted through interviews of over 1500 women and through focus groups. Women's views of family, work, society and the future are explored.*

Garey, Anita Iltta. **Weaving work and motherhood.** Philadelphia PA: Temple University Press, 1999.

**D 60 GARE 1999 REF** *Looks at non-professional working mothers and how they coordinate work and family responsibilities. Includes part time, night shift and sequencing schedules.*



Hartmann, Heidi, Young-Hee Yoon and Diana Zuckerman. **Part-time opportunities for professionals and managers: Where are they, who uses them and why.** Washington, D.C.: Institute for Women's Policy Research, 2000.

**D 40 HART 2000 REF** *Surveys part-time work of managerial and professional workers, finding that more women than men work part-time and that with the exception of some specific sectors/types of employment, there are few benefits. Includes discussion of retirement issues, policy implications and use of part-time by employees.*

Hochschild, Arlie Russell. **The time bind: When work becomes home and home becomes work.** New York: Henry Holt & Co, 1997.

**D 60 HOCH 1997 LOAN** *The result of three years spent interviewing and shadowing employees of a Fortune 500 company, Hochschild found that for many women and men, work time served as an escape from the demands and time crunch of home and family.*

Lechner, Viola M. **Managing work and family life.** New York, NY: Springer Publishing Co, 1994.

**D 60 LECH 1994 REF** *This book summarizes information on family focused services, policies and benefits that have been adopted by various corporations, unions, public and nonprofit organizations, including flextime, child care services, elder care policies and so on.*

McKenna, Elizabeth P. **When work doesn't work anymore: Women, work, and identity.** New York, NY: Delacorte Press, 1997.

**D 80 MCKE 1997 LOAN** *McKenna interviewed more than 200 women and surveyed others to explore the conflict between work roles and other aspects of life.*

Orenstein, Peggy. **FLUX: Women on sex, work, love, kids, and life in a half-changed world.** New York, NY: Doubleday, 2000.

**A 5 OREN 2000 LOAN** *Based on interviews of women between the ages of 25 and 45, this book looks at women's struggles to maintain balance between expectations and realities, and between demands of work, family, parenthood and independence.*

Tolliver, Cindy and Nancy Chambers. **Going part-time: The insider's guide for professional women who want a career and a life.** New York, NY: Avon Books, 1997.

**D 40 TOLL 1997 LOAN** *Step by step guide to converting your current position to a part-time one, or to searching for work with that expectation.*

Zuckerman, Diana, ed. **On common ground: Prominent women talk about work and family.** Washington, D.C.: Institute for Women's Policy Research, 1999.

**D 60 ZUCK 1999 REF** *Interviews with women who talk about their work, family and balance in their lives.*

## Dual Career Couples

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Byalick, Marcia. **The three career couple: Mastering the fine art of juggling work, home and family.** Princeton, NJ: Peterson's, 1993.

**D 60 BYAL 1993 LOAN** *A "self-help" guide for two-career couples. The authors use individual cases to illustrate the different ways families manage time. Gives creative and practical advice for making the balance between work and family workable.*

Gilbert, Lucia Albino. **Two careers/one family: The promise of gender equality.** Newbury Park, CA: Sage Publications Inc, 1993.

**D 60 GILB 1993 LOAN** *Examines the work/family dilemma faced by younger couples who are entering the workforce and making decisions about marriage and children.*

Landry, Bart. **Black working wives: Pioneers of the American family revolution.** Berkeley, CA: University of California Press, 2000.

**D 60 LAND 2000 REF** *Identifies Black women of the late 19th century and 20th century as the first in dual-career marriages, with concerns and aims similar to those identified after the women's movement in the 70s.*

**Two careers, one marriage: Making it work in the workplace.** New York, NY: Catalyst, 1998.

**D 60 CATA 1998 REF** *Results of a Catalyst study of men and women in nearly 400 corporations who are members of dual-career couples. Pros and cons, demographics, patterns and corporate responses are included.*

Walsh, Elsa. **Divided Lives.** New York, NY: Anchor Books, 1995.

**D 60 WALS 1995 LOAN** *Extensive interviews with three highly successful women. In each case, work/life balance is a strong underlying theme.*

## Parenting/Single Parents

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Anderson, Joan. **The single mother's book: A practical guide to managing your children, career, home, finances, and everything else.** Atlanta, GA: Peachtree Publishers, 1990.

**A 31 ANDE 1990 LOAN** *Provides brief but practical tips on all aspects of managing life as a single mother - from finances to self-esteem. Tends to assume that single mothers are primarily divorced.*

Beal, Anne C., Linda Villarosa and Allison Abner. **The Black parenting book: Caring for our children in the first five years.** New York, NY: Broadway Books, 1999.

**A BEAL 1999 LOAN** *Covers areas related to parenting young children from health to discipline to learning. Also includes specific examples and issues for parents of color.*

Coburn, Karen Levin and Madge Lawrence Treeger. **Letting go: A parents' guide to understanding the college years,** 3rd ed. New York, NY: Harper Perennial, 1997.

**A 30 COBU 1997 LOAN** *Provides information about the developmental stages of college students and what parents can expect from their children. Includes many quotes from students and professionals.*

Deutsch, Francine M. **Halving it all: How equally shared parenting works.**  
London, UK: Cambridge University Press, 1999.

**D 60 DEUT 1999 REF** *Report of a study of American couples and how they share parenting, from absolutely equal division to other constructions. Deutsch describes how equally shared parenting works and its benefits.*

Engber, Andrea and Leah Klungness. **The complete single mother: Reassuring answers to your most challenging concerns**, 2nd ed. Holbrook, MA: Adams Media, 2000.

**A 31 ENGB 2000 LOAN** *Covers issues from deciding whether to give birth without an active partner to dealing with an ex-spouse. Covers basic child development with emphasis on aspects of living in a single parent household. Includes general information on finances, legal issues and custody.*

Foust, Linda. **The single parent's almanac: Real-world answers to your everyday questions.**  
Rocklin, CA: Prima Publishing, 1996.

**A 31 FOUS 1996 LOAN** *The bulk of this book covers specifics of raising children and running a home as a single parent. Also includes discussion of reasons for single parenthood, family and work issues, financial and legal matters, and other relationships.*

Galinsky, Ellen. **Ask the children: What America's children really think about working parents.**  
New York, NY: William Morrow, 1999.

**D 60 GALI 1999 REF** *Children and parents were surveyed for this book. It reveals children's thoughts and concerns about working and non-working parents' availability, assistance, etc. and provides suggestions for parents.*

Hewlett, Sylvia Ann. **When the bough breaks: The cost of neglecting our children.** New York, NY:  
Basic Books, 1991.

**A 30 HEWL 1991 LOAN** *Identifies how America has fallen behind in supporting children through policy and economic efforts.*

Karst, Patrice. **The single mother's survival guide.** Freedom, CA: The Crossing Press, 2000.

**A 31 KARS 2000 LOAN** *Brief tips, strategies, and motivational pieces for single mothers.*

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