

THIS MONTH

February 3 11-12
February 12 1-2
February 20 4-5

Balancing Work & Family

Yurmea Park

Monthly parent meeting shares information, skills, experiences or resources intended to strengthen, improve, or enrich your family experience.

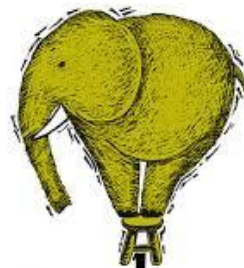


According to Bredehoft and Walcheski (2009), work/family conflict is defined as the mutual incompatibility between work and family roles that originate from:

- a. Time based sources
Time demands of one role that makes it difficult or impossible to participate in another role
- b. Strain-based sources
Psychological strain that is created in one domain that spills over into another domain, making it difficult to fulfill the responsibilities of both roles
- c. Behavior-based sources
Behaviors normally associated with or are appropriate for one domain are inappropriately applied in another domain

Interventions promoting Work/Family Balance

1. Individual-Level Interventions
 - Lifestyle/leisure management
 - Role training and management
 - Perception management
 - Constructive self-talk
 - Transformational coping
 - Selective ignoring
 - Changing personality-based behaviors
 - Relaxation training
 - Communication outlets
 - Individual counseling/therapy
2. Family-Level Interventions
 - Role sensitivity training
 - Role analysis
 - Family group discussions
 - Marriage/parenting/family enrichment
 - W/F life planning
 - Reading and learning
 - W/F demand/control assessment
 - W/F resource management
 - Family counseling/therapy
 - Caregiving system analysis



Balance

Reference:

Bredehoft, D. J. & Walcheski M. J. (2009). *Family life education: Integrating theory and practice* (2nd ed.). Minneapolis MN: National Council on Family Relations

UPCOMING

Steps to Independence

JOIN US ON

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TIP OF THE MONTH

Free smartphone apps to balance your life

Cozy Family Organizer (iOS)
Balanced (iOS)
TaskRabbit (iOS)
Way of Life (iOS)
Timer+ (iOS)
Lift (iOS, Android)
Key Ring (iOS, Android)
Stress Tracker (iOS, Android)
My Life Balance (Android)
Being. Life Simply (Android)

The belief that all genuine education comes about through experience does not mean that all experiences are genuinely or equally educative.

-John Dewey