

Dear Family-Serving Professional,

We've all seen the conflicting demands of work and family, whether in our own lives or in the families we work with. Long working hours, off-hour and changing shifts, problems with child care and transportation, difficulties keeping in touch with school, and challenges of meeting the neighbors with so few hours at home are among the work/family topics of conversation common at workplace break times around the country. Each family must find its own way, navigating among the challenges of work and home life.

However, research on contemporary families can help us make good choices. The work of several investigators is especially helpful for today's families, including John Gottman's studies on emotional development, Lawrence Steinberg's research on youth and adolescence, and the work of the many researchers who identify successful approaches to child guidance and discipline.

The navigating work and family series was developed to support working families in the decisions they face about family life. The series of 10 handouts can be a useful resource for schools, social service and counseling centers, parent information centers, early childhood centers, and work settings.

The series features

- Research-based concepts and ideas for family life
- Practical suggestions for meeting family needs
- English and Spanish versions
- Reading level appropriate for a broad audience

We invite you to copy the handouts and to distribute them to the parents you work with. The handouts are also available for downloading from the web at <http://info.ag.uidaho.edu/pdf/PNW/PNW0556.pdf>

We hope you find the navigating work and family series to be useful in your work with families.

Sincerely,



Harriet Shaklee
Extension Family Development Specialist
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