



INTRODUCTION



Mother's day is Sunday, May 8th, and this issue of Oregon Parenting Together is devoted to ways that a mom's life impacts her family

life. These articles will provide resources to support all mothers' well-being at work, at play, and at home!

This series of newsletters is inspired and created just for parents. If you have suggestions, comments or ideas for future newsletters please share on our Facebook (Oregon Parenting Education Collaborative) or Twitter page (@OPECParentingEd).

MOMS AT WORK

Whether you are returning to work after maternity leave, working from home, or have been working for years while being a parent, it can be a big struggle to find the right balance between your work life and home life. Busy days at work can drain mothers of their energy. Often what is going on at work can spill over into your home. Studies have shown that when an employee has a bad day at work, the quality of the interactions with their children goes down on those days. Similarly, recognition for a job well done can lead to warm mother-child interactions. In addition to work spilling over into the home, moms might also be struggling with some guilt for leaving their children in the care of someone else. Many mothers have a hard time finding ways to be both good employees and moms. **But what moms need to know, is they are not alone** and that these struggles are common to all working mothers. The box on the right has some tips to help you be the best mom and employee you can be!



Work & Life Balance Tips

- Set clear boundaries both at work and at home.
- Don't be afraid to ask for help from your partner or coworkers.
- Try not to over commit yourself. While you are a super woman, you can't do everything!
- Plan for the unexpected. Give yourself extra time in the morning to get your kids ready, so if something happens you won't be running late for work.



Find us on Facebook (Oregon Parenting Education Collaborative) & Twitter (@OPECParentingEd)!



MOMS AT PLAY

Playtime for moms is just as important as playtime for children. Studies show that moms who have good supports from friends and family are in better health, have less stress, feel like they are good parents, and have better relationships with their children. This means it is important that moms continue to build and grow their friendships outside of their household. To be the best mom you can be, you should relax and have fun with your friends. So moms, go out and have a play date of your own!



MOMS AT HOME

Your home should be a haven from all the outside struggles you face. However home life can be stressful if all the household responsibilities

HOME
Sweet
HOME

fall on you. Studies show that when mothers feel burdened by household and parenting duties, their family interactions are less functional. To make sure your interactions with your children and partner are caring and supportive, share the workload. There are many chores your children can do to help you. Setting the table, picking up toys, folding towels, wiping the counter, are some examples of easy tasks your children can do to help around the house! When everyone pitches in, the work doesn't seem as bad! Also, when the kids are off to bed, try to spend time doing something you enjoy. That "me" time can help you unwind and keep that time at home sweet!

Find your local parenting resources at:
<http://orparenting.org/>



OREGON
PARENTING
EDUCATION
COLLABORATIVE

THE COLLINS FOUNDATION
THE FORD FAMILY FOUNDATION
MEYER MEMORIAL TRUST
THE OREGON COMMUNITY FOUNDATION
OREGON STATE UNIVERSITY

FUN WITH YOUR KIDS!

Make a Hand Print Bouquet!

Trace your child(ren)'s hands on different colors of construction paper. Cut out the hands and tape them to popsicle sticks. Then place them in a vase or a pot and you've got a one of a kind bouquet!



REFERENCES

- Alstveit, Marit, Elisabeth Severinsson, and Bjørg Karlsen. "Readjusting One's Life in the Tension Inherent in Work and Motherhood." *Journal of Advanced Nursing* 67 (10) (2011): 2151-2160.
- Gassman-Pines, Anna. "Associations of Low-Income Working Mothers' Daily Interactions With Supervisors and Mother-Child Interactions." *Journal of Marriage and Family* 73 (1) (2011): 67-76.
- Hancock, Kirsten, Nadia Cunningham, David Lawrence, David Zarb, and Stephen Zubrick. "Playgroup Participation and Social Support Outcomes for Mothers of Young Children: A Longitudinal Cohort Study." *PLOS ONE* 10 (7) (2015): e0133007

Oregon State
UNIVERSITY

Hallie E. Ford Center
College of Public Health
and Human Sciences