

Highlights

- Leader Series: Jacqueline (“Jacque”) Hinman – Chairman and CEO of CH2M. Watch her talk [here](#).



- Are you new to DISH or just want to learn more about the Women's Network? Come join us on Thursday, June 15th from 12:00-1:00pm in Training Room 3 for a brief Information Session/Meet and Greet!
- 1,000+ members! Thank you to our members for helping us reach a huge milestone! Read more [here](#).

Pro Tip

- “I think every working mom probably feels the same thing. You go through big chunks of time where you're just thinking, “This is impossible—oh, this is impossible.” And then you just keep going and keep going, and you sort of do the impossible.” – Tina Fey

Just So You Know

- Did you know you can view our past events and newsletters on our website? Check out our past events [here](#) and the previous newsletters [here](#).
- Click the icons below to follow us on Instagram, Pinterest, and LinkedIn



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Dish Women's Network

The Precarious Balance

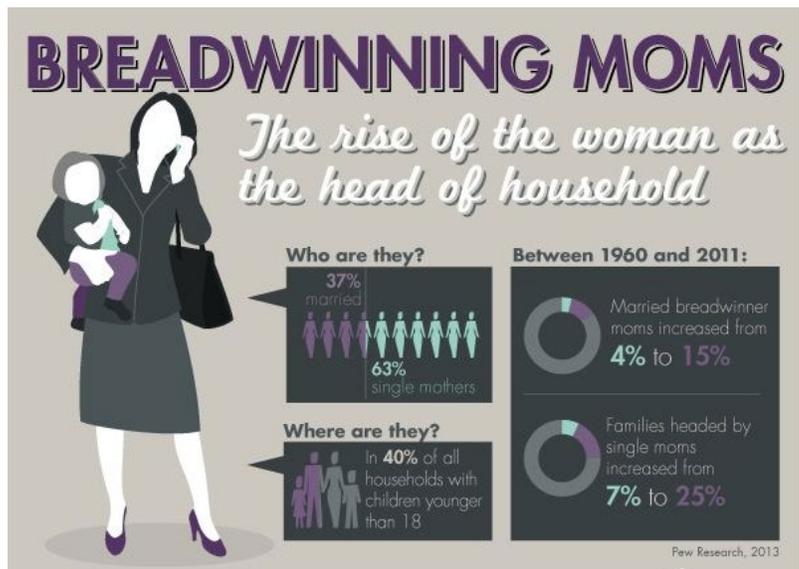
Many of us celebrated Mother's Day, in one form or another in May. If we aren't mothers ourselves, we may have celebrated our own mothers, step-mothers, grandmothers and other significant mothering figures in our lives. These women have shaped us and the choices we make every day.

For many of us, being working mothers is a challenge we will encounter at some point in our careers. Nearly three-quarters of American mothers with children at home are employed. Despite those numbers, 41% of adults say that the increase in working mothers is bad for society. Only 22% say the change is good (Miller, 2015). Statistics like that can make it hard for us to stay the course.

While many working mothers experience guilt, the evidence shows that working moms are doing a great job raising their kids. New studies show that daughters of working mothers completed more years of education, were more likely to be employed and in supervisory roles and they earned higher incomes. Sons of working mothers spent more time on child care and homework. A 2010 meta-analysis, of over 50 years of data, showed that children of working mothers had no significant learning, social or behavioral problems, tended to be high achievers at school and they experienced fewer symptoms of depression and anxiety. These results held particularly true for children from lower-income or single-parent homes (Miller, 2015). Our kids believe we're doing a great job, as well. "In the 2010s, 70% of 12th graders believed working mothers could develop equally warm relationships with their children, compared with 53% in the 1970s (Ashford, 2015)."

So, what are some things you can do to manage the work life balance?

1. Get a good planner. This can be an app, a digital notepad, a paper calendar or a stack of sticky notes. Find the system that works for you. There are plenty ideas out there of how to get started.
2. Making batches of meals 2-3 times each week and then eating leftovers throughout the week can cut down on your kitchen time, both cooking and cleaning. While you're in there, pack some healthy lunches and cut up some fresh produce for snacking. If you want a fresh meal when you walk in the door, try out that crockpot that has been hiding in the back of your pantry.
3. Get a sitter for your kids that you trust. Having the right person to help is invaluable. On top of that, make sure you have 2-3 backup sitters that you can call, if your sitter is sick or there is an emergency.
4. Pick and choose which activities are a priority for you. That could be cooking, cleaning, volunteering at your kids' school, being at their sporting events and so on. For the activities that are not in your top two or three priorities, find a way to outsource that work or activity. Don't like cooking or planning meals? Sign up for a meal delivery service. Hate the weekly trip to the grocery store? Sign up for grocery delivery, like Walmart or Amazon Fresh. Can't make it back in time to drive your kids to their afterschool sports? Hire a sitter who will take the kids to their activities. There's no medal for doing it all. Get some help, so you can be at your best where you're needed most.
5. Talk with other working mothers. Find a community of moms to share your mothering stories with and share your ideas for making it all work.



see the rest of the graphic [here](#).

References

Ashford, Kate (2015). How the Children of Working Moms Feel About Them Now. Forbes, 6/30/2015.
Miller, Clair Cain (2015). Mounting Evidence of Advantages for Children of Working Mothers. NY Times, 5/17/2015.

