

Family-Work Balance

Karen Emmorey

Don't try to do everything



- Accept that imbalance is sometimes unavoidable
- Finding balance is a group effort (communicate!)
- Ask for help
- There is no one-size-fits-all solution



Ruth Bader-Ginsberg

- “This child has two parents. Please alternate calls.”
- Implicit bias for who is most responsible for children.
- Sharing appointments (doctor, dentist, school, etc.)

Family Dinners



- Limit work talk; engage kids in conversation
- My strategy: plan meals for the week and shop once on the weekend.

Family Vacations



Spend extended time together; learn new things together; can relax together; create shared memories; kids won't be kids forever

Take the kid(s) with you



Life Balance

“Women in particular need to keep an eye on their physical and mental health, because if we’re scurrying to and from appointments and errands, we don’t have a lot of time to take care of ourselves. **We need to do a better job of putting ourselves higher on our own ‘to do’ list.**”



Michelle Obama

- Date nights
- Exercise routine
- Spontaneous escapes: when “found time” happens, think about using it for yourself
- Take advantage of the academic life (escape from the conference for a bit; stay an extra day)