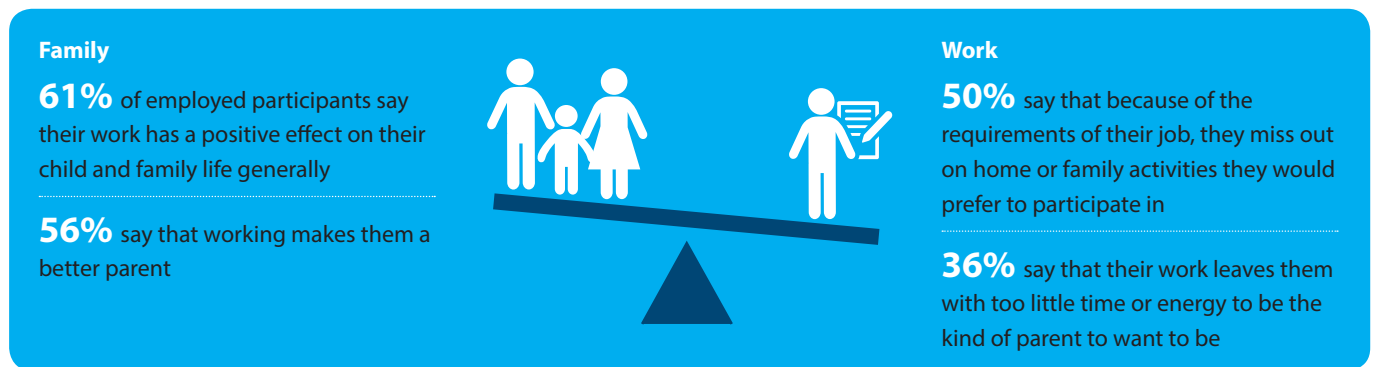




## Work-life balance

Many working participants say they have some difficulty balancing work and family life. Over half feel their work is a positive influence on their child, family and parenting skills. But half also say they miss out on family time because of work commitments.



Generally, working dads who have a poor work-life balance, long or inflexible work schedules report less involvement with their child than they would like and less confidence as a parent.

## Participants who do not work

Participants give a number of reasons for not being in paid work with almost half being either a stay at home parent and/or having been unable to find suitable work, while one in five is prevented through illness or disability. Nearly half the stay at home participants say they would prefer to work at least part time.

### 4% of participants are not in paid employment

2% are unemployed and actively seeking work

2% are not in the labour force

### The most commonly reported reasons for not being in paid work are

stay-at-home parent (25%)

unable to find suitable work (26%)

have an illness or disability (20%)

### Among stay-at-home parents

39% would like a part-time job,

27% would like to work from home and

10% would like a full-time job

### Of parents not working because of an illness or disability

32% would like to find part-time work



*Growing Up in New Zealand* is New Zealand's contemporary longitudinal study of child development, tracking the development of nearly 7000 children born in 2009 and 2010 in the context of their diverse families and environments from before their birth until they are young adults.

A key strength of the study is that the diversity of the child cohort reflects the ethnic and socioeconomic diversity of today's primary school age children. The study has collected detailed

multidisciplinary information about children's early development on multiple occasions throughout their preschool years and will continue to do so every 2-3 years until they are adults.

*Growing Up in New Zealand* is University of Auckland-led research funded by the Crown. The Crown funding of the core study and data collection is managed by the Social Policy and Evaluation Research Unit (Superu).

For further information visit [www.growingup.co.nz](http://www.growingup.co.nz)