

Membership Meeting Minutes
Date: October 20, 2004
Location: Cozymel's in Dublin
Table Topic: Dual Career Family Issues
Speaker: Rebecca Blust

Kristina Kennedy, President, started the membership meeting at Cozymel's, 7 p.m., 10-20-04. We passed around nametags and had brief introductions.

11 attendees included: Patricia Fought, Lynne Waldron, Kristina Kennedy, Lee Ann Schwope, Gina Cooper, Sara Shunkwiler, Inaas Darrat, Amy Liddy, Rebecca Blust, Elizabeth Widman

Here is Rebecca's summary of the discussion we had:

Dual Career Families

It is important to consider the impact of work on marital satisfaction and childbearing.

(+) The positive side of Dual Careers

- Working women/mothers serve as a role model for children.
- Financial Security
- Increased Self Worth
- There is less pressure on a spouse/husband to stay in a dissatisfying job/career
- Intellectual Parity with Spouses and Others
- Improved Social/Intellectual Interactions
- *Women with increased incomes and higher education describe reduced marital conflict.*
- *When women work more hours, the husband tends to be more involved in childcare responsibilities which is a plus for children and dads!*

(-) The negative side of Dual Careers

- Child Care - Who is going to drop everything and stay home if needed?
- Whose career/job do you follow?
- Maternal Guilt
- Communication
- *Working hard often results in less companionship, less husband/wife contact.*
- *Less sexual satisfaction*
- *Increased stress*

** Italicized items are from Statistical/Research Data*

Suggestions to combat the negative side and strengthen your relationship

- Improve Communications
 - Debriefing sessions – Conversations with your spouse about work after work is very important. (Quality is important.....not quantity)
 - Talk about problems/stressors.
 - Tell your partner how important they are to you! Take advantage of any moment to do just that!
 - Scheduling – Review schedules (children, spouses and yours) with your spouse each week.

- Plan Time Together
 - Date night – Try and get away with your spouse at least 2X's /month.
 - Family night – Movie or Game night (Time to laugh, play and talk)
 - Alone Time – Take time for yourself and your spouse to be alone – It helps fight resentment;

 - Know when to say “No” – Don’t over commit
 - Create a network of support
 - Keep a good circle of “girl friends”
 - Relatives
 - Coworkers
 - Neighbors
 - Plan – Have a contingency plan for when things go wrong.....remember Murphy’s Law.....
 - Know who you work for – Working for someone who understand and respects family time is a plus.
 - Invest in Good Quality Daycare
- Do your homework in advance (6 months – 1 year) before you need it.

Respectfully submitted,
Lynne Strouse Waldron
SWE Section G001 Secretary