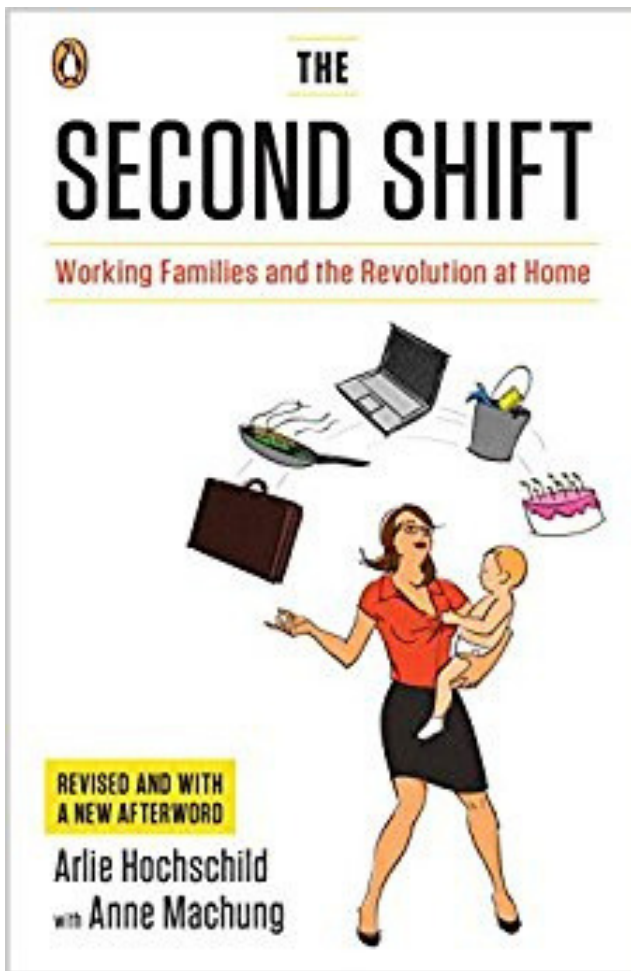


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SECOND SHIFT MOMS

A woman with brown hair pulled back, wearing a black blazer over a striped top and a black skirt, is walking. She is carrying a baby in a white shirt, a large red tote bag, and a green shopping bag. She has a weary expression, resting her head against the baby. The background is a bright, out-of-focus indoor setting with a window and a small table with a glass.

**UNDERSTANDING THE PRESSURES AND
STRESS WOMEN FACE TRYING TO JUGGLE
FULL-TIME CAREERS AND MOTHERHOOD**



WHAT IS THE "SECOND SHIFT?"

In Arlie Hochschild's book, *The Second Shift*, she coined the term "second shift" which "refers to the second part of a working mother's day in which she comes home from a job outside of the home to her job in the home. This second shift includes housekeeping duties (preparing dinner, cleaning, doing laundry) and other responsibilities involved in taking care of the family" (Buss, 2007).

PARENTING DUTIES CONTINUE TO BE UNEQUAL BETWEEN MEN AND WOMEN



As far back as history goes, women have been conditioned to embrace their womanhood by taking care of the home and their children, fulfilling traditional gender roles. It was expected that every woman should assume her role as a homemaker. Back then, men were the ones who went to work, while women stayed home and tended to domestic duties. Fortunately, times have changed since then, well sort of. Although a significant number of mothers have entered the workforce and have taken on full-time jobs, they start another full-time job when they get off of work. This includes taking the kids to soccer practice, preparing dinner, doing laundry, getting the kids to bed, etc. What's problematic is women are still carrying a heavier load than men in juggling their careers and family.

LET'S STATE SOME FACTS

"92% of working moms say they are overwhelmed with workplace, home and parenting responsibilities."
-Forbes (2011)

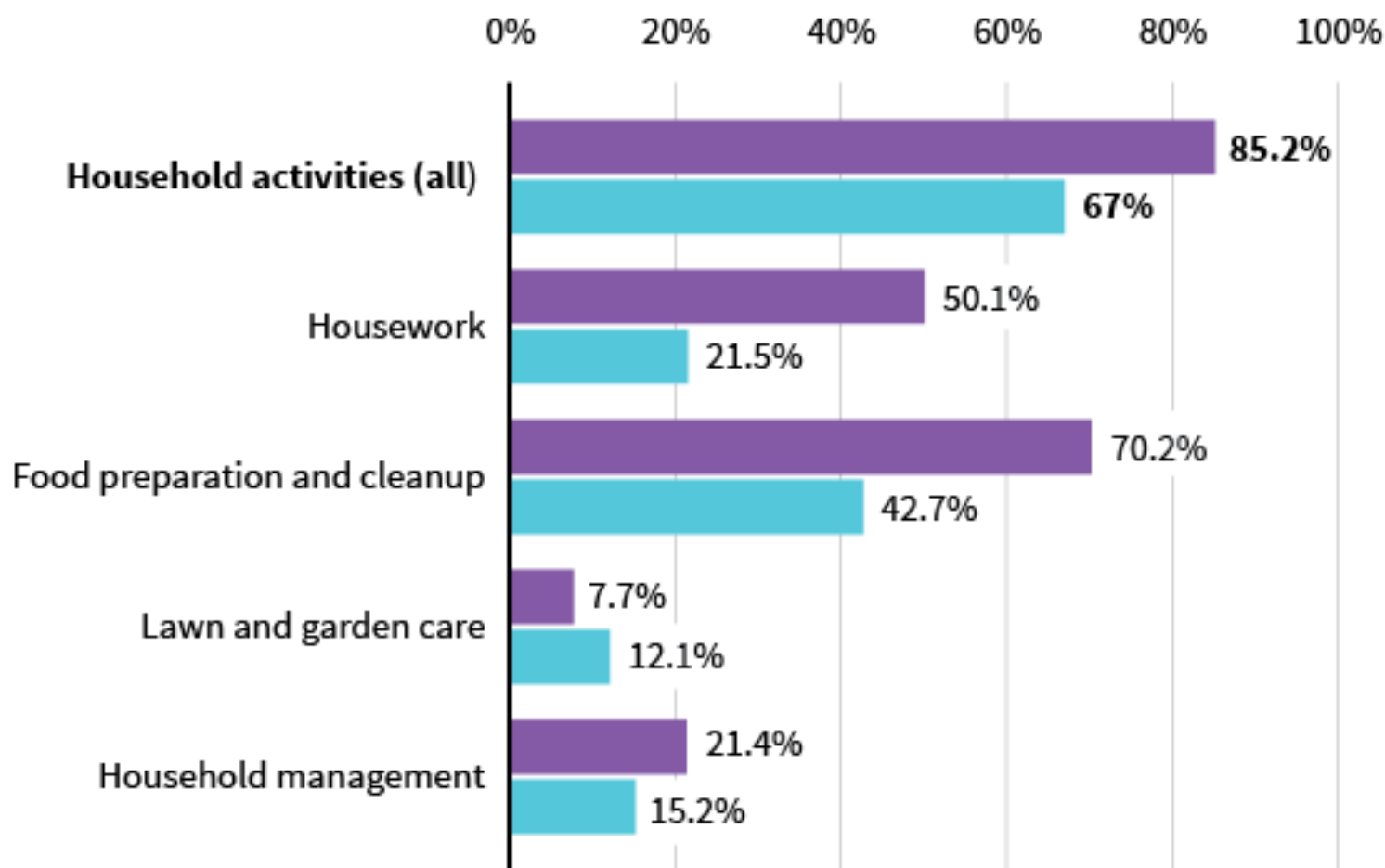
Working women spend an average of 24.5 hours each week on housework and childcare, whereas men spend an average of 16.6 hours each week.
-Fetterolf, 2014

58% of Millennial mothers said juggling work while being a mom made it harder to get ahead in their careers, while only 19% of fathers felt the same (Pew Research Center).
-Parker, 2015

"In America, fathers, on average, have about three hours more leisure time per week than mothers" (Pew Research Center).
-Wang, 2013

Women Are (Still) More Likely To Do Housework Than Men And Spend More Time On Household Activities

Percent of [women](#) and [men](#) engaging in each activity, 2015 annual averages per day



Average hours per day engaged in household activities, 2015





**WHAT A
SECOND SHIFT
DAY LOOKS
LIKE FOR
MOTHERS**





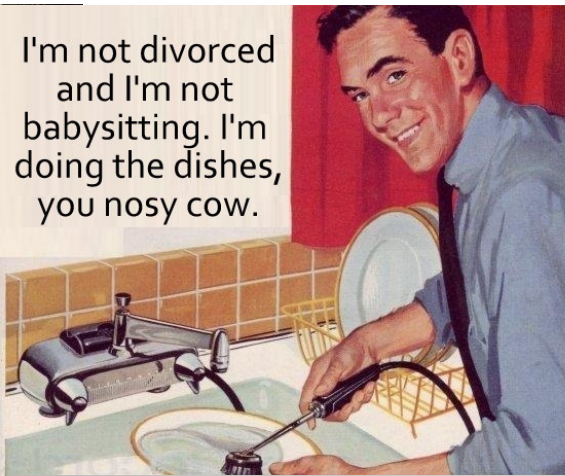
WHY IS THIS PROBLEMATIC?

Even though working mothers work just as long as their male counterparts, they are paid less for the same hours. Even in cases where women hold powerful positions in their careers and make more money than their spouse/partner, there is still a disparity in domestic labor; women are still expected to fulfill a majority of the domestic duties. Due to the unrealistic expectations placed on women, trying to balance full-time work and motherhood, this leads to stress and exhaustion, which can take a toll mentally, emotionally, and physically. This stress also affects a woman's ability to advance in her career because she is struggling to prioritize her career and family at the same time. The reason this is problematic is because the expectation that women are supposed to do everything involving the children and house reinforces traditional gender roles. This also perpetuates an on-going cycle of patriarchy and gender inequality. Although Arlie Hochschild's book was written in 1989, not much has progressed since then. If anything, the topic of the "second shift" seems more prevalent today, due to the increasing number of full-time working mothers.

EQUAL PARENTING

THE DOMESTIC LOAD SHOULD BE SPLIT 50-50

It's all about balance. If one night the mother decides to prepare dinner, then the father should wash the dishes and put the kids to bed; alternate the roles each day to help alleviate a heavy load.



Being a mom isn't
an easy job,
but it's
definitely the
best job
anyone
could ever
ask for



FINAL THOUGHTS:

I'm not saying that when a mother gets home from work she should neglect her children's needs. What I am saying is that parenting should be an equal balancing act between mothers and fathers, especially when both are working full-time outside of the home. Fathers should be held to the same standards as mothers, in regards to parenting and taking care of the home. The moment we stop viewing fathers as "babysitting" their own children or "helping out" around their own house, we may start to see a positive change in gender roles.

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