

Time, Health and the Family: What working families want

This report provides a snapshot of family life of working families in the UK. It is based on the results of a survey of over a thousand respondents, all of whom had dependent children and with an even mother/father representation. The report aims to capture how families reconcile paid work with family life and caring responsibilities, and whether they are achieving the kind of balance to which they aspire. The way that work and life are integrated, and the effects this has on family and health are explored. Time, Health and the Family allows some insight into where families are feeling pressure, and also reports the diagnoses and solutions that parents themselves identify to some of these pressures.

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