

WORK/LIFE BALANCE

Guide to Resources available for loan

March 2008

Affluenza: when too much is not enough
by Clive Hamilton. Crows Nest, NSW: Allen & Unwin, 2005. 303.4/HAM

Affluenza tracks how much Australians overwork, the growing mountains of stuff we throw out, the drugs we take to 'self-medicate' and the real meaning of 'choice'. Fortunately, there is a cure. More and more Australians are deciding to ignore the advertisers, reduce their consumer spending and recapture their time for the things that matter.

Balancing work and family: report on the inquiry into balancing work and family by House of Representatives, Standing Committee on Family and Human Services. Canberra: Commonwealth of Australia, 2006. 331.25/BAL

If women will hold most of Australia's human capital in the next 20 years, then Australia needs to carefully consider how women will participate in the workforce and how they will manage their work and family responsibilities.

Decent working time: new trends, new issues edited by C. Messenger et al. Geneva: ILO, 2006. 331.25/DEC

"... as operating hours rapidly expand towards a 24-hour and 7-day economy, the book considers how this has resulted in a growing diversification, decentralization and individualization of working hours, as well as an increasing tension between business requirements and workers' needs." - back cover.

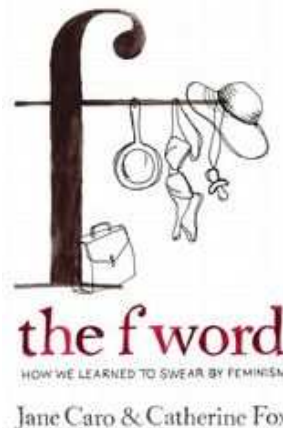
Dirt cheap: life at the wrong end of the job market by Elisabeth Wynhausen. Sydney: Macmillan, 2005. 331.2/WYN

The author goes undercover to work as a factory hand, checkout chick, kitchen hand and cleaner and attempts to live on her meagre earnings.

The end of equality: work, babies and women's choices in 21st century Australia
by Anne Summers. Sydney: Random House, 2003. 305.4/SUM

Explores the diverse realities of Australian women's lives today, showing how their economic, political and social well-being has been steadily and systematically undermined over the past 10 years. "Women in this country are still battling for recognition and equal pay and promotion in the workplace; for the right to return to work after they have children; and to not suffer discrimination when they are pregnant." - back cover

The F word: how we learned to swear by feminism by Jane Caro and Catherine Fox. Sydney: UNSW Press, 2008.



This book is about work/life balance and the conflicting messages women receive about how they are supposed to live. ON ORDER. Due for publication in June 2008.

The feminine mistake: are we giving up too much? by Leslie Bennetts. New York: Voice/Hyperion, 2007.

"Women are constantly being told that it's simply too difficult to balance work and family, so if they don't really "have to" work, it's better for their families if they stay home. Not only is this untrue, Leslie Bennetts says, but the arguments in favour of stay-at-home motherhood fail to consider the surprising benefits of work and the unexpected toll of giving it up." - Book Jacket. ON ORDER

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Fifty families: what unreasonable hours do to Australians, their families and their communities by Barbra Pocock. Melbourne, Vic. : ACTU, 2001. 331. 257/FIF

Details the impact on family stability and quality of life, caused by the pressures of increasing paid and unpaid overtime.

Flexible work options: achieving work-life balance kit [Electronic resource] by the Victorian Department of Education.

The kit includes Flexible work guidelines; Flexible work managers' guide; Flexible work staff guide; Telecommuting guidelines. Accessible at : www.eduweb.vic.gov.au/hrweb/divequity/balance.htm

Fragmented futures: new challenges in working life by Ian Watson. Annandale, NSW: Federation Press, 2003. 331/FRA

This book "examines how working life has become more 'fragmented' as a result of significant social and economic change in Australia in the last quarter of the twentieth century. It asks how we should address such fragmentation in pursuit of a society in which prosperity is shared, diversity, choice and opportunity are increased, and exclusion and inequality are minimised... Trends and issues covered include: longer and more working hours; wage trends and growing inequality; the work/life balance." – back cover

How Australians use their time, 2006 [Electronic resource] by the Australian Bureau of Statistics. Publication number 4153.0.

Released 21 February 2008. Available at: <http://www.abs.gov.au/ausstats/abs@.nsf/cat/4153.0>. We're spending less time playing, sleeping, eating or drinking, but working longer, according to the latest Australian Bureau of Statistics survey on how Australians use their time.

Improved support for parents with newborn children: public inquiry [Internet site] by the Productivity Commission.

The Australian Government has announced that the Commission will undertake an inquiry into paid maternity, paternity and parental leave. Visit www.pc.gov.au/inquiry/parentalsupport to access: Information about the inquiry; Terms of reference; Key inquiry dates; Contact details; How to make a submission.

It's about time: women, men, work and family by Sarah Squire and Jo Tilly. Sydney: HREOC, 2007. 331.25/ITS

This paper is about one of the biggest challenges facing Australia in the 21st century: balancing paid work and family responsibilities. It's about how we live today, and how we want to live tomorrow. It's about giving men and women the choices they need to balance their competing responsibilities.

The labour market ate my babies: work, children and a sustainable future by Barbara Pocock. Annandale, NSW: Federation Press, 2006. 331.12/POC

"...young Australians from all over the country, city and the bush, rich and poor, talk about the good and bad of parental work – the trade off between money and time, consumer riches versus time for each other." – back cover

Oh no, we forgot to have children! How declining birth rates are reshaping our society by Deidre Macken. Crows Nest: Allen & Unwin, 2005. 304.632/MAC

An exploration of 21st century fertility issues in Australia.

Raising children: emerging needs, modern risks, and social responses edited by Jill Duerr Berrick and Neil Gilbert. New York: Oxford University Press, 2008.

"As parents struggle to balance professional and personal demands...they need help from policy-makers who can address today's childrearing challenges." -- Book Jacket. Chapters include: Motherhood, work and family policy; Families and schools raising children: the inequitable effects of family background on schooling outcomes. ON ORDER.

Reconciling work and family responsibilities: practical ideas from global experience by Catherine Hein. Geneva: ILO, 2005. 306.36/HEI

Provides useful ideas for action by governments, employers and workers' organizations, as well as concerned civil society organizations, to help workers to better reconcile work and family responsibilities.

Striking the balance: women, men work and family: discussion paper 2005 by the Sex Discrimination Unit, Human Rights and Equal Opportunity Commission. Sydney: Sex Discrimination Unit, HREOC, 2005. 331.25/STR

"This paper aims to stimulate and contribute to public debate on current practices and attitudes among Australian men and women and on the policies that help shape those practices and attitudes. An examination of caring and domestic arrangements in the home will assist better understanding of the gender relations which structure the paid work and family debate. In doing so, it will attempt to draw links between the 'public' realm of the paid workforce and the 'private' realm of the household." – page 7

The time of their lives: the eight hour day and working life edited by Julie Kimber and Peter Love. Albert Park, Vic.: Australian Society for the Study of Labour History - Melbourne, 2007. 331.8/TIM

Includes information on : Labour history; working life; 19th century; 20th century; politics of work; eight hour day; working hours; trade unions; work/life balance.

Unfinished work: building equality and democracy in an era of working families edited by Jody Heymann and Christopher Beem. New York: New Press, Distributed by W. W. Norton & Co., 2005. 306.3/UNF

This book provides invaluable insights into the lack of an effective national response to the challenges faced by working families today and offers solutions from leading thinkers in labor, business, public policy, sociology, economics, history, ethics, family studies, social work and political science.

The war over work: the future of work and family by Don Edgar. Carlton, Vic.: Melbourne University Press, 2005. 331.256/EDG

"Many workers are caught in a spiral of longer hours, growing job insecurity, work stress and family conflict. Many want to spend more time with their family but fear being labelled uncommitted...The *War Over Work* provides a blueprint for how we can win the war to get a life that works". – back cover .

The way we work [DVD]. Sydney: ABC, 2007.

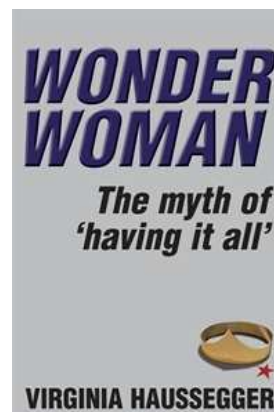
An episode of *Difference of opinion*, broadcast 5 March 2007. Panel, including Barbara Pocock, discuss aspects of employment in Australia, work/life balance and the place of women. ON ORDER.

What, no baby? : why women are losing their freedom to mother, and how they can get it back by Leslie Cannold. Fremantle, W.A. : Curtin University Books/Fremantle Arts Centre Press, 2005. 306.887/CAN

"...takes us on a journey into the lives of contemporary women who plan to have it all - marriage, motherhood and work - yet have been derailed by reluctant men, insatiably demanding jobs and ever-climbing expectations of what it takes to be a "good" mother." – foreword.

Women, men, work and family in Europe edited by Rosemary Crompton, Susan Lewis and Clare Lyonette. Basingstoke [England]: Palgrave Macmillan, 2007.

Chapters include: The unravelling of the 'male breadwinner' model; Social policy in Europe: its impact on families and work; Gender, social class and work-life balance in the new economy. ON ORDER.



Wonder woman: the myth of 'having it all' by Virginia Haussegger. Crows Nest, N.S.W. : Allen & Unwin, 2005. 305.42/HAU

The author ... "explores just how the big choices we make in our twenties, thirties and forties about career, love, sex, fertility and motherhood ultimately shape and define us – whether we like it or not." – back cover

Work, life and time: the Australian work and life index 2007 by Barbara Pocock, Natalie Skinner and Phillipa Williams. Adelaide: University of South Australia, 2007. 331.2/WOR

The Australian Work and Life Index (AWALI) is to be published annually. The 2007 edition establishes base line data for measuring perceptions of work-life interaction.

Work life initiatives [Electronic resource]: the way ahead report on the year 2007 survey: executive summary published by Managing Work - Life Balance International.

Found at www.worklifebalance.com.au/research.html, the study aims to identify progress made in the implementation of work/life strategies within Australian organisations, in the public and private employment sectors. The survey found that best practice organisations are achieving a return on their investment of time effort and dollars, through: reducing turnover; a reduction of absenteeism; a positive impact on productivity; increased retention of employees.

Work/life collision: what work is doing to Australians and what to do about it by Barbara Pocock. Sydney: Federation Press, 2003. 331.2/POC

Pocock goes further than just explaining our growing anxiety about quality of life, despite the evidence of unmatched material wealth, by proposing ways in which a new work/care regime can be built.

Working and caring for a child with chronic illness: disconnected and doing it all by Margaret H. Vickers. Hampshire, UK: Palgrave Macmillan, 2006. 618.92/VIC

Vickers uses an innovative, action research approach in this qualitative study. The book also makes use of data poems, fictional diary entries, interviews, research reflections and constructed vignettes in conveying the life experiences of this group of women.