Most Important

- 1 Husband
- 2 Children (3.5 & 1.75 yrs.)
- 0 pets
My Story

- Jan. 2001       AvaJean Arrived
- Jan. - March    Maternity Leave (Winter ‘01)
- March - June    Teaching Buy-out for Research (Spring ‘01)
- 2001 / 2002     Sabbatical Leave
- Sept. 2002      Jonathan Arrived
- Sept. - Dec.    Maternity Leave (Fall ‘02)
- Jan. 2003       Back to Normal - HA!
- Winter ‘03      Difficult
- Spring ‘03      Better
- Fall ‘03        Work Load - too high
- Spring ‘04      Found the Secret - HA!
Stages

• Preparing for the new addition
• Early Months
• Steady State
Preparing for the New Addition

• The initial condition

• Things to think about
  – How do you want particular individuals (dept. chair, your graduate students, etc.) to receive the news?
  – What are the policies at your university? What really happens?
  – Who do you want to take the lead in determining leave, teaching loads, service duties?
  – How will colleagues react to a change in teaching schedule? Do you care?
  – How will your “condition” influence decisions on future department / college / university roles? How does that make you feel?

• What you think you want before baby may not be what you want after baby arrives
Early Months

• This maybe a productive time. If… If… If...
• Storing credits: pluses and minuses
• First term back
• How will you handle?
  – Sick child, explaining it again and again
  – Travel schedules, yours and your partner’s
  – Confidence swings
  – The inevitable comments
# A Typical Teaching Day

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<tbody>
<tr>
<td></td>
<td>Home</td>
<td>Teach</td>
<td>Research</td>
<td>Teach</td>
<td>Research</td>
<td>Home</td>
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<tr>
<td>5:30 - 7:30 am</td>
<td>Wake up, books, play, Bob the Builder</td>
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<tr>
<td>7:30 - 8:30 am</td>
<td>Getting dressed, breakfast</td>
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<td>8:30 - 9:00 am</td>
<td>Getting out the door</td>
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<tr>
<td>9:00 - 9:30 am</td>
<td>2 Drop offs</td>
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<tr>
<td>10:15 am</td>
<td>In office</td>
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<tr>
<td>11am - noon</td>
<td>Office hours - sneak in graduate student meetings</td>
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<tr>
<td>noon - 1:15 pm</td>
<td>Course prep, misc</td>
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<tr>
<td>1:35 - 3:30 pm</td>
<td>Class and follow-up questions</td>
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<tr>
<td>3:30 - 5:30 pm</td>
<td>Meetings, misc.</td>
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<tr>
<td>6:00 - 8:00 pm</td>
<td>Play, Dinner</td>
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<tr>
<td>8:00 - 9:00 pm</td>
<td>Bed time</td>
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<tr>
<td>9:00 - 11:00 + pm</td>
<td>Catch up, relax, writing</td>
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# Steady State

## What Works
- A schedule
- Reliable childcare
- Back-up childcare
- Shared responsibilities - if possible
- Anticipating the unknown
- Working from home
- Email accessibility
- Friday nights out
- Planned travel

## What Doesn’t Work
- Lack of schedule
- Winging childcare
- Finding someone when you need it
- Trying to do it all
- Cutting it too close
- With the kids at home
- Putting the laptop in the kitchen
- Not having time for yourself
- “I have to be in NY tomorrow”
All Things Considered

Let it all bounce off b/c
It’s the best job in the world
&
It’s worth it!