CENTRE FOR LONGITUDINAL RESEARCH



HE ARA KI MUA

Key findings: Dads and work

Takes a closer look at the more than 4,000 participants in the *Who are today's dads?* research project in relation to employment, work-life balance, parenting roles and aspirations. Participant "dads" exemplify the diversity of those who play father-figure roles in the lives of children in the contemporary, longitudinal study *Growing Up in New Zealand*, when the children were six years old. Participants include biological fathers, stepfathers, adoptive and foster parents, co-mums, grandparents and other family members.

Participants and paid work

More than 90% of participants are in paid employment when their children are 6 years of age. Paid work includes a diverse range of occupations (from accountants to youth workers). Some participants report long hours, little flexibility and having multiple jobs. Most of those who work feel satisfied and/or secure in their employment overall. However, three quarters of all working participants would like to change some aspect of their work situation.



This figure indicates the most common job titles given by participants, with the relative size of the words reflecting the number in each occupation.

94% of participants have a paid job

Working patterns of those who currently work

- **95%** work full time (more than 30 hours a week)
- 63% work more than 40 hours a week
- **47%** report that it is often possible for them to have flexible work hours
- 32% work at the weekend
 - 6% have more than one paid job (up to 9 jobs)



Participants work an average of 47 hours a week (range:1 to 100 hours)

Satisfaction and security of those who currently work

- 91% are satisfied with their (main) job
- **90%** feel secure in their present job arrangement(s)
- **75%** of participants want to be able to change some aspect of their work situation

Out of all working participants

- **33%** want to work fewer hours
- **27%** want to work from or closer to home
- **23%** want to work more flexible hours
- **13%** want to become self-employed

This project is funded by the Ministry of Business Innovation and Employment





MINISTRY OF BUSINESS, INNOVATION & EMPLOYMENT HĪKINA WHAKATUTUKI

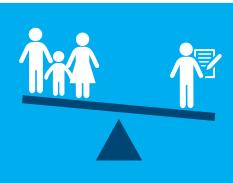
Work-life balance

Many working participants say they have some difficulty balancing work and family life. Over half feel their work is a positive influence on their child, family and parenting skills. But half also say they miss out on family time because of work commitments.

Family

61% of employed participants say their work has a positive effect on their child and family life generally

56% say that working makes them a better parent



50% say that because of the requirements of their job, they miss out on home or family activities they would prefer to participate in

Work

36% say that their work leaves them with too little time or energy to be the kind of parent to want to be

Generally, working dads who have a poor work-life balance, long or inflexible work schedules report less involvement with their child than they would like and less confidence as a parent.

Participants who do not work

Participants give a number of reasons for not being in paid work with almost half being either a stay at home parent and/or having been unable to find suitable work, while one in five is prevented through illness or disability. Nearly half the stay at home participants say they would prefer to work at least part time.

4% of participants are not in paid employment	Among stay-at-home parents
2% are unemployed and actively seeking work	39% would like a part-time job,
2% are not in the labour force	27% would like to work from home and
	10% would like a full-time job
The most commonly reported reasons for not being in paid work are	Of parents not working because of an illness or disability
stay-at-home parent (25%)	32% would like to find part-time work
unable to find suitable work (26%)	
have an illness or disability (20%)	



Growing Up in New Zealand is New Zealand's contemporary longitudinal study of child development, tracking the development of nearly 7000 children born in 2009 and 2010 in the context of their diverse families and environments from before their birth until they are young adults.

A key strength of the study is that the diversity of the child cohort reflects the ethnic and socioeconomic diversity of today's primary school age children. The study has collected detailed multidisciplinary information about children's early development on multiple occasions throughout their preschool years and will continue to do so every 2-3 years until they are adults.

Growing Up in New Zealand is University of Auckland-led research funded by the Crown. The Crown funding of the core study and data collection is managed by the Social Policy and Evaluation Research Unit (Superu).

For further information visit www.growingup.co.nz

Growing Up in New Zealand | Centre for Longitudinal Research – He Ara ki Mua, University of Auckland Phone: 0508 476 946 | Email: contact@growingup.co.nz | www.growingup.co.nz