

Working Girl!

Being a working mum is a constant balancing act between concentrating on your career and spending quality time with your child...

There's no doubt that the majority of, if not all mums who go back to work feel guilty about doing so, even though it may be the best thing for them and in turn their child, or indeed it may be the only choice they have financially.



HAPPY & CONTENTED CHILDREN

If you're a working mum or indeed a mum thinking of returning to work, then you will be pleased to know that a recent study declared that children of working mums are as emotionally stable, active and content as those of stay-at-home mums.

Researchers from the Children of the 90s (ALSPAC) project, based at the University of Bristol, have been studying the health and development of 14,000 children born in 1991 and 1992. Pampers commissioned the team to look at the effects of working mums on children and they based their findings on data collected during the first three years of the main ALSPAC project.

Their results had been published to coincide with Positive Parenting Week, which ran from 12th to 17th May.

The researchers looked at the ways working and non-working mums stimulated their children at three months and six years of age, plus the emotional state of the children at four weeks, six months and three years. They discovered no difference between the stimulation children received - from activities such as cuddling and reading - in either group, and no difference in the children's emotional state, with children in both groups being equally happy and contented.

Professor Dieter Wolfe, a child psychologist who led the study, said, "Over 60% of mothers now go out to work, compared with 21% 20 years ago and this trend is likely to increase. Most mothers experience some guilt about leaving their babies, however comfortable they are with their day-care arrangements, so will be reassured by our findings." "We found no significant difference in how mums actively played with their babies according to whether or not mums worked or stayed at home," he added.

"Interestingly, both sets of mothers played and talked with their children to a greater extent than their partners did - dads still have some catching up to do!"

Jenny Ashmore, from Pampers, said, "Whether to work or not is a personal choice for all parents, driven by choice or necessity. These results are great news for all mums.