Resource Column

Information for Working Mothers

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Abstract

Women are entering, staying, or returning to the workforce following childbirth in increasing numbers. They report various amounts of success in the workplace after they become mothers. This column presents a review of five Web sites that provide useful resources to working Moms.

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Some women are supported in their role as new mothers with company options like flextime, part-time work, work-at-home options, and extended maternity leave. Companies may have programs in place to support breastfeeding, including release time to pump, pumping facilities and breast pumps, and onsite childcare. Other women face tremendous obstacles in their return to work.

The following Web sites are useful resources for women returning to work. They include legal information, support resources, and general information. These resources are ideal for childbirth educators to distribute to women during classes or other pre- or postnatal contacts. The resources may also be useful to childbirth educators who wish to learn additional information about returning to work after childbirth.

Home-Based Working Moms

- www.hbwm.com

Home-Based Working Moms (HBWM) is a professional association and online community of parents who work

at home or would like to. Members receive a free monthly newsletter, advertising options, a listing in the "Hire-A-Mom" directory, national publicity opportunities, e-mail discussion lists, message boards, and networking. The site also provides information on ordering a Work-at-Home Kit. An e-book lists over 200 companies that offer home business opportunities for Moms to start on their own. Featured books are noted, as are many other additional work-at-home related resources. Information about the organization, including contact information and frequently asked questions, is provided. Archives are available for searching. The Web site is easy to use and comprehensive. Information is provided at an average to high level.

Labor Project for Working Families

- <http://violet.berkeley.edu/~iir/workfam/home/html>
The Labor Project for Working Families is a national advocacy and policy center that provides technical assistance, resources, and education to unions and union members. It addresses family issues in the workplace including childcare, elderly care, flexible work schedules, family leave, and quality-of-life issues. Contact information is available and information is provided on project funders and sponsors, links, a bill of workers' rights, a work and family coalition, publications and resources, and characteristics of the best union contracts. The Web site is easy to navigate and user-friendly. Information is up-to-date and provided at an average level.

Working Mom Mall

- www.WorkingMomMall.com
Working Mom Mall describes its Web site as a place for busy, working Moms to find ways to balance work and life and learn strategies and solutions to simplify life. The Web page includes a variety of categories of information including dual career couples, pregnancy and beyond, raising children, and money and investing. Information is also provided on activism and "Walk the Talk" awards.

A working mother's fund supports programs that respond to the growing need for quality childcare and initiatives that promote educational and other means to encourage a national dialogue on balancing work and family. Information is also available on shopping, resources for working mothers, and a free newsletter. The Web site is well organized and interesting to navigate. Information is presented at an average to high level.

Working Mom's Refuge

- www.momsrefuge.com/index.html
Working Mom's Refuge includes sections on career, family, the art of juggling, single Moms, Dad's voice, news, recipes, a bookshelf, and the sports Mom. An extensive list of discussion groups and newsletters is available. Some of the highlights include pregnant working Moms, work-at-home Moms, and parents of spirited children. An archive of previous items of discussion and Web page topics is also provided. Additional resources for working mothers, a search mechanism, and an e-mail contact form are also available. Overall, the Web site is easy to use and colorful. Information is presented at an average level. A few links were not working at the time of this review.

Working Mother Magazine

- www.workingmother.com
The home page of *Working Mother Magazine* includes top news stories and a review of the 100 best companies for working mothers. Information is also provided on how the survey of the best companies for working mothers was conducted. Other award winners are also listed on this page (e.g., working mother of the year). Information on the magazine publisher, upcoming events, advertising, press releases, writer's guidelines, reprint permission, and a free e-mail newsletter is also provided. Instructions for ordering a media kit is available, too. Content on the Web site is provided at an average to high level and is easy to navigate; however, one very distracting blinking advertisement appears. Information is current.