

WHAT HAS 20 YEARS OF SUPPORTING PARENTS TO SHARE CARE TAUGHT US?

We are celebrating ThirdPath's 20th anniversary and trailblazing role supporting men and women to share in the care of their loved ones! Here are some truths we've learned on this journey that are worth repeating ...

Change is slow - an evolution, not a revolution... And along with excellent public policy, it requires thinking in new ways about how we do work, family and leadership!

It requires ... supporting caregivers to have time and energy to care for the people they love ... Whether they are caring for children and aging loved ones, or family members and friends who need a little extra support.

It requires ... reducing the barriers men face to be engaged caregivers, both because this is what men want, and because it promotes gender equity ... ThirdPath has grown a community of men who are doing just that. In today's newsletter we revisit two long term community members who are great examples of the many different ways families can share care.

It requires ... rethinking careers and leadership so men and women can follow an integrated approach throughout their careers and become role models to others. In fact, if we don't have leaders as role models, none of these other changes will happen.

Join us next week - [register here](#) - when **Pepper Schwartz** -- one of the first to author a book about Shared Care and now an expert helping couples on the popular TV show, Married at First Sight -- will discuss how families have changed (or not changed) in the past 20 years.

Thanks for being part of the growing, vibrant, inspiring ThirdPath community!
/Jessica and the ThirdPath team

PS - [Download](#) this year's Thursdays with ThirdPath webinar flyer. Or let us put our fall postcard with the schedule in the mail to you.

Missed our most recent webinar?

How do parents redesign work and family so they can follow an integrated career path? On our **October** webinar we heard from a diverse group of families -from the ThirdPath Community- a who have learned how to do work, family and leadership differently. [Listen to it here.](#)

Want to join the next one?

Email: Rashis617@gmail.com **Subject:** Thursdays with ThirdPath

Thursdays with ThirdPath

Join our free community webinars on the second Thursday of every month. *Next up:*

NOVEMBER 7 (1st Th), 1:00 - 2:00pm ET - 20 Years Later: What's Changed?

Pepper Schwartz's book, *Peer Marriage*, was one of the first written about Shared Care. Today she's an expert helping couples on the popular TV show, *Married at First Sight*. Join our lively discussion with Pepper to learn how today's families have changed (or not changed) in the past 20 years. [Register here.](#)

The Many Gifts of Shared Care

Bryan and his wife both worked a four-day work week after their first, and then second son was born. Now they are "empty nesters" and can quickly see how the "gifts" from adopting this approach just keep on coming.

Here's what Bryan shared with us ...

I always knew I wanted to be a very involved Dad but until the time comes when the baby is born and real, it can be difficult to know exactly what that means. As it turns out, Shared Care has been an ideal way of being intimately involved in the day-to-day care of my son. By spending the first few months at home with my son and wife and then caring for my son one day during the work week (known to him as Daddy Day, Mommy also has her own day during the work week), I was able to develop the kind of relationship with my son that I had always hoped for.



Being able to truly share in the care of my son with my wife was a gift ... some of the benefits anticipated, others quite a surprise.

As anticipated, the greatest benefit of Shared Care has been to share many more of the 'little moments' with my son so that I felt as though I witnessed his growing up first-hand. I knew his favorite books and his favorite playgrounds, the stories he made up while playing with his trains, and how he liked his grilled cheese sandwich cooked at lunch.

Shared Care brought my wife and I closer together as we felt like 'true partners' in this whole business of raising a family.

We shared our lives on several fronts - the ups and downs of clients and projects and deadlines and co-workers and the ups and downs of playtime and napping and discipline and mealtime. Shared Care has helped to foster a wonderful closeness with my wife and as a family.

Want to learn how Shared Care also helped Bryan create routine self-time and how it benefited his organization? Read this month's "[Across the Life Cycle](#)" blog post.

I Saw Them Grow in Every Aspect of Their Lives

Julian turned a challenge into an opportunity. After being laid off from his day shift, Julian became the stay-at-home parent for his daughters during the day, and then worked the night shift. Today, he uses that experience to teach and guide other parents.

Read on for Julian's story or watch our YouTube interview with Julian.

Graduating from college in the early 1980's having studied social work and childcare Julian found it difficult to find work given the state of the economy at that time. He was newly married, had a young stepdaughter and a new baby on the way. As a result, Julian took a job in building maintenance working double shifts to help make ends meet.

Eighteen months later the family faced a difficult choice.

His wife, Debbie, was at home looking after two young children with a baby on the way, and Julian just got notice he was laid off from his day shift. He was still able to work nights, however the income from this job was not enough to support a family of five. After some consideration the couple decided it was necessary for Debbie to return to work during the day and for Julian to continue to work nights.

After the birth of their third daughter, Julian was at home with the girls during the day until he left for his night-time maintenance job. Then Debbie would take over, making dinner, bathing and putting the three girls to bed. This arrangement lasted for almost 10 years until their youngest daughter reached 3rd grade.

Some would think a schedule like this was problematic, but Julian treasured these years. Walking the girls to and from school each day and attending school events and trips, meant everyone could see what an involved father he was.

Or in Julian's own words, "I liked the fact that the kids and the teachers saw my girls with their dad every day. I think it mattered to us all." He can also identify how the time spent with the girls increased his ability to engage as a parent, "One of the benefits of being so involved when they were young is that we saw them grow, in every aspect of their lives. Also, we valued not having to have other people tell us how our children were. We were around to support them in their strengths, and we had hands-on input."

Learn more about the challenges Julian faced, and how his decision to be an involved father was influenced by his own childhood in this month's "[Meet The Pioneers](#)" blog post.



Julian Jenkins