



### **How do you juggle the demands of family, work and relationships?**

We all know that the pressures on parents can be enormous and getting a balance in your life can be a challenge.

What are the ups and downs?

We want to know!

We are looking for as many parents as possible in the London area, in all sorts of families, to help us with our research. It's a short online survey that you can simply fill out if you want. Just follow the link below and away you go:

[www.surveymonkey.co.uk/r/familylifeyou](http://www.surveymonkey.co.uk/r/familylifeyou)

If you would like more information, please visit the study website: [www.familylifeyou.co.uk](http://www.familylifeyou.co.uk)

Or email me: [smanna01@mail.bbk.ac.uk](mailto:smanna01@mail.bbk.ac.uk)

This research has been approved by the Birkbeck Department of Psychological Sciences Ethics Committee.

Many thanks, Sally Mannan (Birkbeck College, London University)

