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"Work-life balance is something that all families strive for, but it is a particular challenge for families with kids under the age of 12. However, even though they may feel overwhelmed with household activities, young parents want nothing more than family time, bonding experiences, and strong relationships with their kids."

- Dana Macke, Senior Lifestyles and Leisure Analyst

This report looks at the following areas:

- Young families struggle to do it all
- Family food fight
- Parents want to pull the plug

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