

## Association Between Work-Life Boundary Setting and Perceived Well-Being Among Family Childcare Providers

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Family childcare providers have a unique work environment where they share their homes with the children they serve, parents who bring in these children, and in some cases, additional employees for their business. However, little is known about family childcare providers' physical space boundary setting in relation to the multiple roles they play or their well-being. The objective of this study was to explore how family childcare providers' role priorities, home space constraints, negotiation among roles, and physical space boundary setting in their homes were associated with their perceived well-being. This non-experimental study used 2014 interviews of family childcare providers ( $n=6$ ) in Los Angeles, California. The four steps involved in working with the data were: open coding to identify the preliminary code categories, coding using these categories, adjusting code categories to fit the family resource management model (Deacon & Firebaugh, 1988), and coding with the adjusted code categories. These categories are role priorities, home space constraints, negotiation among roles, and physical space boundary setting. The findings suggest negotiation between role prioritization and physical space boundary setting, which aligned with perceived well-being among childcare providers. Specifically, providers who took advantage of available outside support spoke highly of the helpfulness of these resources, and they were eager to learn to become better and more effective providers. Implications include the importance of support systems, such as state-required home inspections and other formal and informal paths to help providers adjust space boundary setting to meet their role priorities.

### References

Deacon, R. E., & Firebaugh, F. M. (1988). *Family resource management: Principles and applications* (2nd ed.). Allyn and Bacon, Inc.

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