

# CONTENTS

Preface	ix
Introduction	1
I. Our Roots	23
II. Stalled: Today's Middle Class	46
III. Stuck: Today's Low-Income Families	71
IV. Soaring above and Sounding the Alarm: Today's Professional Families	96
V. Thinking Like an Economist	123
VI. Here at Home: Paid Time off to Care	151
VII. There at Work: Scheduling Time	174
VIII. Care: When You Can't Be at Home	199
IX. Fair: Finding the Right Path	226
Conclusion	249
Appendix: Data and Methods	257
Figure Sources	271
Notes	273
Acknowledgments	327
Index	331