

## Team parenting



Birk Grüling  
**Parents as a Team**  
 [Eltern als Team]  
 A father's concepts for a lived compatibility

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**Birk Grüling**, born in 1985, studied mathematics, history, and music journalism. He worked for a time as a freelance writer and journalist, focusing on education, society, and the sciences. Presently he writes for the Editing Network Germany, the Zeit Verlag, and the periodicals *Men's Health Dad*, *Brigitte*, *Eltern*, *Kizz-Magazin*, *Leben & Erziehen*, *Süddeutsche Zeitung*, and *Spiegel Online*. He also produces podcasts about the everyday lives of fathers.

The compatibility of family and work is a constant issue for working parents. This is not only about conceptions of work and the distribution of chores in the household, but also increasingly more about how families define themselves and how the needs of all family members can be recognized and fully met. No parent wants to just be part-time, or even be perceived as such.

Journalist Birk Grüling takes a look at how this can be arranged and what prerequisites and new values are needed. Here he combines tips from experts and couples who are breaking new ground in this area. As a young father, he provides impulses from a male perspective for a fairer distribution of the daily challenges for family, work, and couple relationships, so that the new arrangements for everyday life can succeed with both parents being able to continue their careers.

- The trend topic from a male perspective
- With practical tips and inspirations
- The perspective of a father on the family system