



Produced by  
The National Film Board of Canada  
for the program

## challenge for change société nouvelle



one of a group of films about

### **WORKING MOTHERS**

designed to promote discussion about  
the issues faced by women concerning  
their work and their children in this  
society



in cooperation with departments and  
agencies of the Government of Canada

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## Luckily I Need Little Sleep

16mm Color  
Time: 7 minutes 38 seconds

Kathy worked as a nurse in Greece and then came to Canada. She and her family live in northern Alberta where they are developing a farm. Kathy nurses, sews for the children, maintains the house, and helps with the farm work.

*Production, Direction and Editing:*  
Kathleen Shannon  
*Photography:* Bob Nichol  
*Assistant Camera:* Susan Gabori  
*Assistant Editors:*  
Gloria Demers and Elizabeth Joutel  
*Location Sound:* Ted Haley  
*Negative Cutter:* Mae Walsh  
*Re-recording:* Jean-Pierre Joutel  
*Executive Producer:* Len Chatwin

#### *Questions to ask ourselves:*

Why does Kathy not elaborate on the "problems that women face"? Can we?

Why do some of us feel like slobs when someone else works 100 hours a week? Should anyone have to?

What did one person mean by "Women are brought up with a service mentality"?

Professionally, Greek women use their maiden names, prefaced by "Mrs". Is that a good idea? Why do women change their names when they marry?

How is it difficult for professional women to return to work after their children are grown? What might be done about this?