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Dear friends and colleagues,

As we celebrate International Workers' Day, this newsletter highlights the Shift Project's work in 2026 to advance research on service sector labor in the U.S. We've released new publications that include analysis of the impacts of precarious scheduling on working parents and their children, as well as a look into the challenges faced by workers in Los Angeles' fast food sector. We have also laid the groundwork for collaborations with labor regulators and continue to disseminate our research through conferences, presentations across the country, and the press.

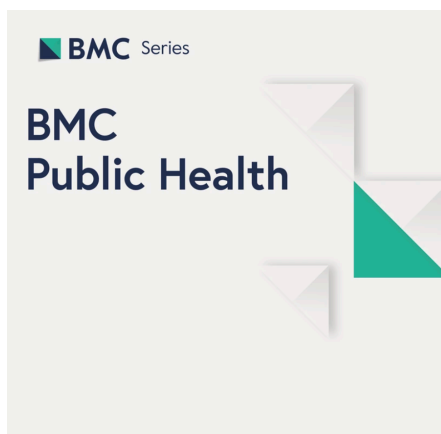
We hope that you have a wonderful summer and look forward to connecting further!

The Shift Project Team

## NEW PUBLICATIONS

[Work Schedule Quality and the Production of Parental Stress and Parenting Time.](#) Siri Neerchal and Daniel Schneider (2026). *Social Service Review*.

Work schedule precarity is broadly associated with greater parental stress and less time spent with children, but these effects vary across specific dimensions of schedule quality. These findings underscore the need to conceptualize work schedule quality in a multidimensional way when assessing impacts on working parents.



[Parents' Precarious Work Schedules and Children's Asthma Management.](#) Kelly Quinn, Katerine Perez, and Daniel Schneider (2026). *BMC Public Health*.

Children whose parents are subjected to unstable and unpredictable work schedules are at significantly greater risk of wheezing episodes and of ER visits for asthma. Parental work-life conflict and well-being are identified as pathways through which poor schedule quality limits parents' capacity to manage their child's asthma.

[Unpredictable and Unstable: Fast Food Jobs in Los Angeles.](#) Kevin Bruey, Alessandra Soto, Daniel Schneider, and Kristen Harknett (2026). *Shift Project Research Brief.*

Precarious scheduling practices are widespread in Los Angeles County's fast food sector and 80% of hourly workers report that they would prefer a more stable schedule. An analysis of the county's Fair Workweek Ordinance for retail workers finds that this policy significantly reduced covered workers' exposure to just-in-time scheduling practices, suggesting that fast food workers could benefit from similar protections and adding to the evidence base that FWW laws are moving the needle on scheduling for workers.



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## SHIFT IN THE NEWS

[An Invisible Child Care Challenge](#)



*Working parents with unstable work schedules struggle to arrange high-quality care for their children, as demonstrated by Shift Project research.*

[Not Enough Workers for the Job](#)



*Shift Project survey data illustrate that while understaffing is widespread in the service sector, it is much more prevalent at some firms than at others.*

[Under Mamdani, City to Probe Businesses Where Most Workers Take Zero Sick Days](#)



*Danny Schneider highlights the scope of New York City's PTO mandate as new enforcement measures come into effect.*

## RECENT & UPCOMING EVENTS



At the [2026 American Economic Association meeting in Philadelphia](#), Shift postdoctoral fellow Gonçalo Costa presented “Franchising and Labor Standards Compliance in the Fast-Food Industry.” Coauthored with Daniel Schneider & David Weil, the paper finds that hourly workers at franchised restaurants suffer from significantly worse job quality on average than those at non-franchised restaurants, and that these disparities persist even in the face of policy interventions like paid sick leave mandates.

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Shift collaborator Meredith Slopen (CUNY) presented work with Kess Ballentine (Wayne State University) and co-directors Harknett & Schneider titled [“The Prevalence and Consequences of Punitive Time and Attendance Policies in the Food and Retail Industries”](#) at the Society for Social Work and Research 2026 Annual Conference.



In January, Danny Schneider was invited to give [a talk as part of the Duke University Population Research Institute’s Seminar Series](#). He shared recent Shift research on the prevalence and impacts of just-in-time scheduling practices in the service sector, and on the measures taken in both the public and private sectors to improve the quality of hourly workers’ schedules.

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[Kristen Harknett presented to an interdisciplinary audience at the Center for Healthcare Policy and Research at UC Davis](#) in April. There, she spoke about the profound consequences of schedule quality for worker health and well-being, and about the efficacy of Fair Workweek regulations pursued by local and state governments across the country.



At the [California Labor Lab’s 2026 conference in Sacramento](#), Kristen Harknett gave a presentation describing precarious scheduling in California’s service sector and sharing our new findings regarding the impacts of Los Angeles County’s Fair Workweek Ordinance for retail workers.

## Catch Shift Project research at PAA 2026!



Thursday, May 7th @ 1:45 PM (Session 79)

“Does Easing Administrative Burdens Reduce Hunger? The Case of COVID-19 SNAP Administrative Flexibilities.” Daniel Miller, Daniel Schneider, Kristen Harknett, & Kevin Bruey

Saturday, May 9th @ 10:00 AM (Session 219)

“The Consequences of Technology and Automation for U.S. Service Sector Workers.” Daniel Schneider, Kristen Harknett, Kevin Bruey, & Tyler Woods

## NEW RESEARCH GRANTS



### HARVARD IMPACT LABS

In January, [co-director Schneider](#) and [Shift affiliate David Weil](#) were selected as [one of four inaugural grantees of the Harvard Impact Labs](#), which supports policy-relevant research. Schneider & Weil’s project will focus on the use of innovative data and artificial intelligence to enforce labor standards, in collaboration with NJDOL, MDOL, and NYC DCWP.



### BLOOMBERG CENTER FOR CITIES HARVARD UNIVERSITY

The Shift Project additionally received funding from [Harvard’s Bloomberg Center for Cities](#) to support a project examining service sector workers’ need for paid leave to cover illness and caregiving obligations. This research will inform efforts by the New York City Department of Consumer and Worker Protection to identify instances of employer noncompliance with the city’s paid leave mandate.

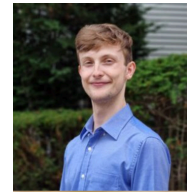
## TEAM UPDATES



University of California Berkeley

We are excited to share that [Shift co-director Kristen Harknett](#) has joined the Sociology Department at the University of California, Berkeley! There, she will continue her research on service sector labor, health, and inequality, including as an affiliate of the [Institute for Research on Labor and Employment](#) and an affiliate of the [Berkeley Population Center](#).

This summer, our two predoctoral research fellows will wrap up their time with the Shift Project! Henri Jackson will begin a PhD in sociology at Harvard University in the fall, while Kevin Bruey will begin a PhD in sociology at Stanford University.



**The Shift Project**

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