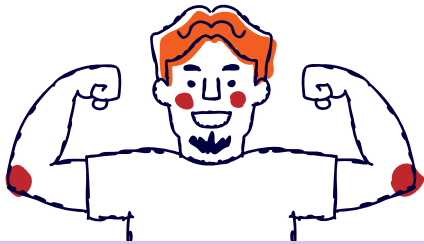


Parent wellbeing

83%
of parents say parenting is rewarding



Findings from the Parenting Today national survey show that many parents are doing well across key indicators of wellbeing



77% report good, very good, or excellent physical health

78% report having at least one trusted person they can turn to when needed

Yet some parents report considerable pressures

45% experience moderate psychological distress – the kinds of worries, low mood, or fatigue that, while not indicative of serious mental ill-health, still weigh heavily in day-to-day life

12% report high distress, marked by serious emotional strain such as anxiety or depression



Lonely parents are 3.6 times more likely to report high psychological distress

57% feel lonely at least occasionally

49% say tiredness gets in the way of being the parent they would like to be

73%

feel confident as parents but **47%** worry they aren't as good a parent as they should be (self-doubt)



Self-care and compassion matters

Parents who engage in self-care show about 60% lower odds of high distress, while parents who show themselves compassion in relation to their parenting have 50% lower likelihood of high distress

It seems that parents' mental health is shaped more by their relational environment and emotional experiences than by demographic factors like where they live, what they earn, and if parenting as a couple or independently



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What we found

Parent mental health is shaped more strongly by things like loneliness and self-compassion than by static characteristics, such as parents' gender, education, or where parents live.



Parenting Today

Australia's largest national parenting survey

