

Parenting Today in Victoria

Parent Wellbeing
Snapshot **2025**

The Parenting Today in Victoria survey is supported by the Victorian Government



**Parenting
Today**

Australia's largest national
parenting survey

Acknowledgement of Country

The Parenting Research Centre acknowledges and respects the diverse Aboriginal and Torres Strait Islander people of this country and the Elders of the past and present.

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A snapshot of parenting in Victoria, with a focus on parent wellbeing



The 2025 Parenting Today in Victoria survey provides a comprehensive and contemporary snapshot of the experiences, attitudes, and wellbeing of Victorian parents.

As the fourth cross-sectional survey of Victorian parents, this survey builds on previous iterations (2016, 2019, and 2022) to offer valuable insights into how parenting in Victoria is evolving over time.

Understanding what parents need and how they're supported

By doing this periodic check-in with a representative sample of Victoria's parents, we're able to better understand how parents are faring, the parenting practices being used in the community, how parents are accessing and using services, and how we might be able to strengthen and improve the supports we offer parents.

Part of a national picture, with a focus on wellbeing

For the first time in 2025, the Victorian data was collected alongside the Parenting Today national survey, where we heard from more than 10,000 parents from across Australia.

Most Victorian parents are faring well

77% of Victorian parents are confident in their parenting



Fathers in 2025 report higher confidence

84%

of fathers were confident in their parenting compared to 74% of mothers – a new gender pattern not seen in previous waves.

Most Victorian parents report positive parenting experiences...

84%

said they find parenting rewarding

74%

said they often used positive strategies such as praise for good behaviour.

...but it's not all smooth sailing.

45%

said they regret their impatience with their children

40%

wished they were more consistent in their parenting

Some face health challenges and time pressures

79% of Victorian parents report good general health...

...but a significant proportion of parents are impacted by chronic health conditions...

25%

reported limitations in their daily activities from disability or chronic health conditions. Half of these cases were reported as mental health conditions.

...and many parents report feeling time-poor.

45%

were dissatisfied or had mixed feelings about the amount of time they could give their child

16%

said their workplace isn't flexible enough to fulfill parenting responsibilities, with a further 20% having mixed feelings about it



Many Victorian parents are feeling the strain

Only 51% said they regularly do things to re-energise and relax

Many parents are feeling lonely...

53%

of parents reported feeling lonely at least occasionally

9%

reported they often or always felt lonely.

... and many feel the strain.

42%

reported moderate levels of current psychological distress

11%

reported serious levels of current psychological distress .

Fathers reported better mental health than mothers



Now with 4 waves of data, we are able to highlight important changes over time

	2016	2019	2022	2025
Across waves, there has been a steady decline in parent confidence	91%	90%	84%	77%
High levels of psychological distress has nearly tripled since 2016	4%	6%	7%	11%
The proportion of parents who say parenting is rewarding has declined	-	93%	90%	84%
The proportion of parents who say parenting is demanding has increased compared to 2022 but has not reached heights of 2019	-	76%	51%	57%
Across waves, there has been an increase in parents who say they wished they were more consistent in their parenting	29%	34%	29%	40%

There has been a steady decline in parent confidence and wellbeing



