

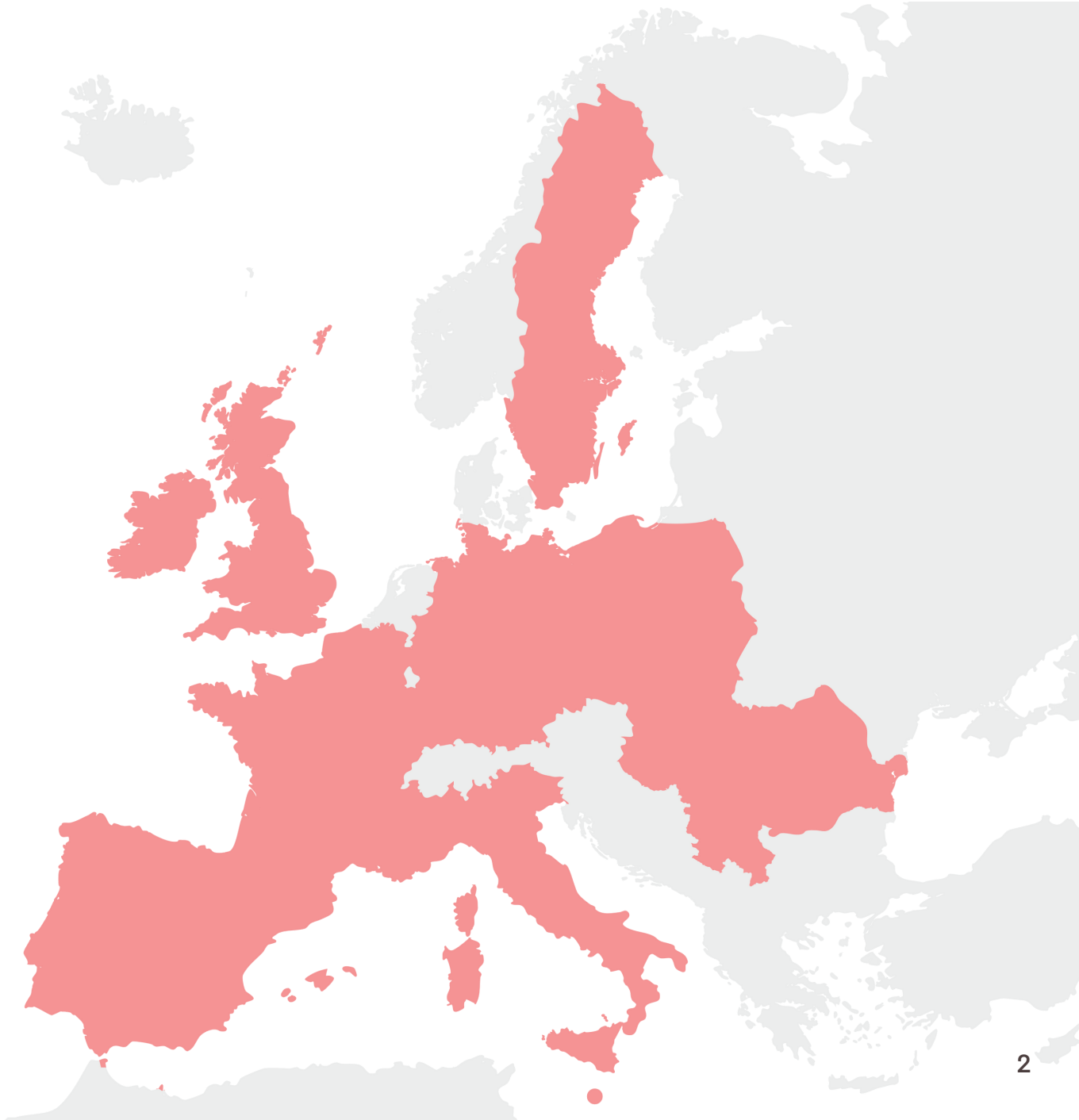


Make
Mothers
Matter

State of motherhood in Europe 2024

9,600 MOTHERS

- Belgium
- Czechia
- France
- Germany
- Ireland
- Italy
- Poland
- Portugal
- Slovakia
- Spain
- Sweden
- UK

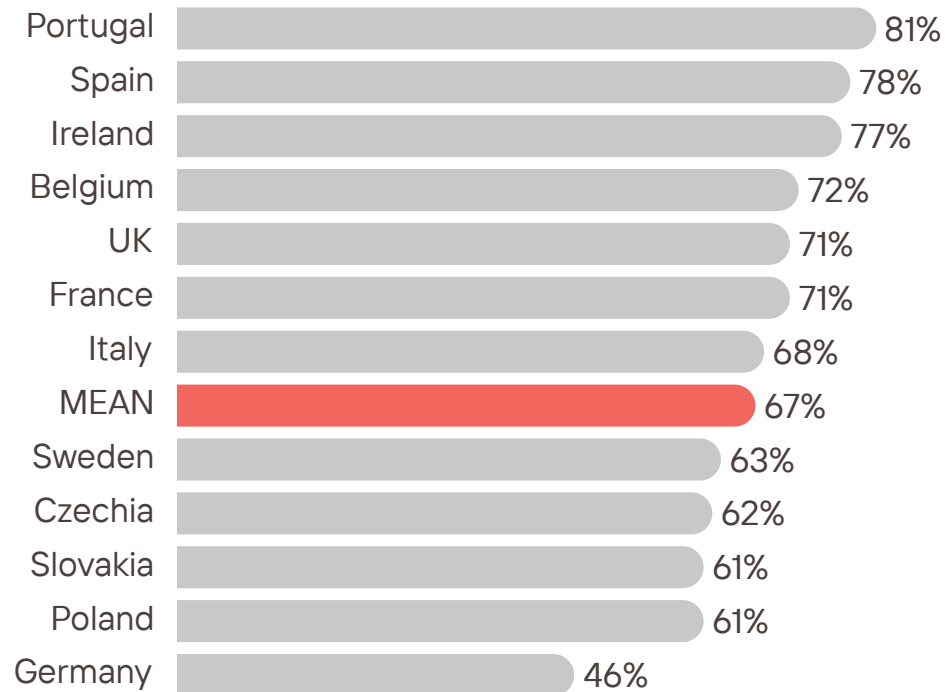


**A majority of mothers experience
mental health challenges**



67%

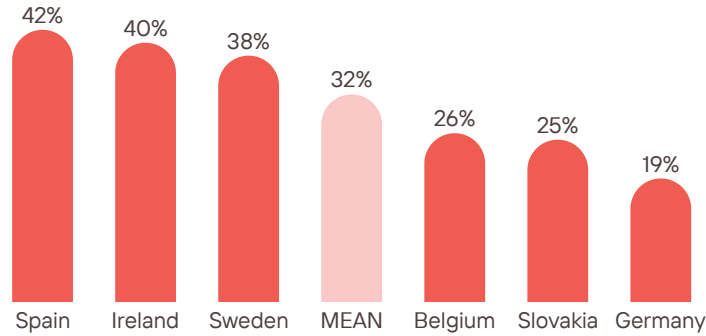
of mothers report **feeling overloaded**





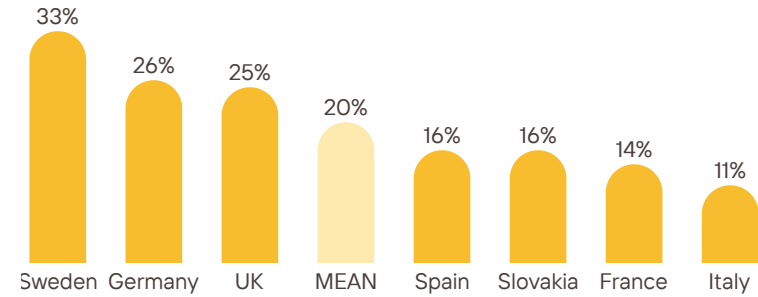
50%

of mothers stated that they **suffer** from
mental health problems



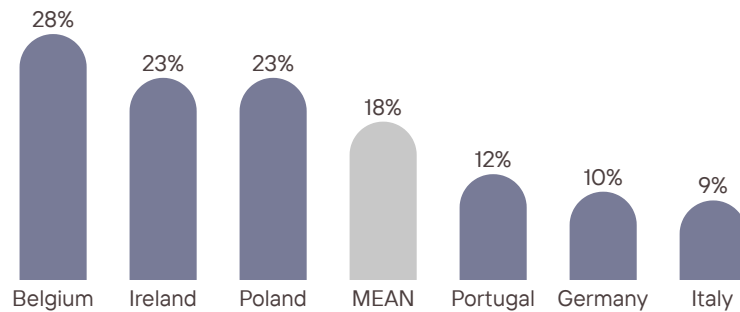
Anxiety

(Top 3/Bottom 3)



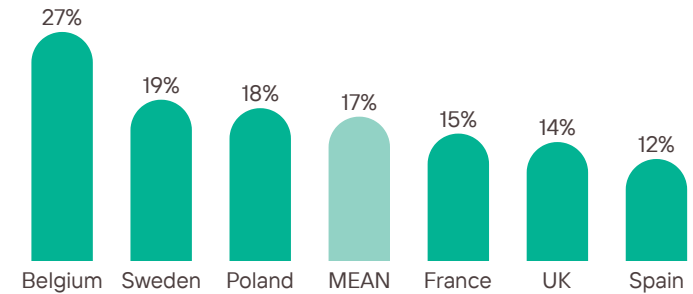
Depression

(Top 3/Bottom 3)



Burnout

(Top 3/Bottom 3)



Peripartum Depression

—among mothers with children under 1 year—

“Personne, l'anxiété et le burn out même les médecins s'en foutent”
“Nobody, anxiety and burnout—even doctors don't care.”

“Nobody, I just had to get on with it.”

*“No one supported me, I always looked
(to myself) for the strength to get through this.”*

Why are mothers suffering ?

While **mothers evolve** in flexibility and adaptability, **workplaces... lag behind**

After having a child:

23%
reduced their
working hours

55%
changed their
working status

Only...

35%

of mothers report
benefiting from a
gradual return to work

46%

of mothers benefited
from adapted
working hours

27%

have access to
teleworking options

Nearly

27%

**of mothers state
motherhood negatively
impacted their careers**

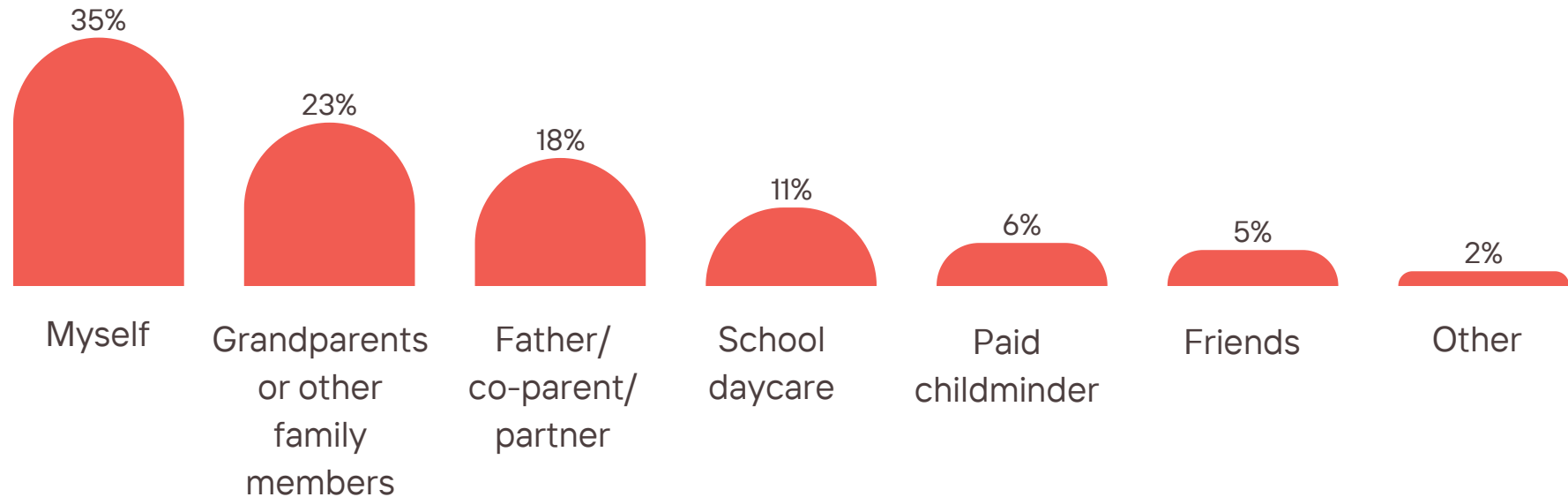
Family dynamics often place a
disproportionate load on mothers

Up to

70%

**of household and caregiving tasks are
handled by mothers alone, regardless
of their employment status**

Mothers are the **default parent** for childcare support of school aged children



37%

**of fathers took
no or less paternity leave**

**Public policies
still need to evolve**

29%

of mothers are **not**
satisfied
with the **duration of**
maternity leave

44%

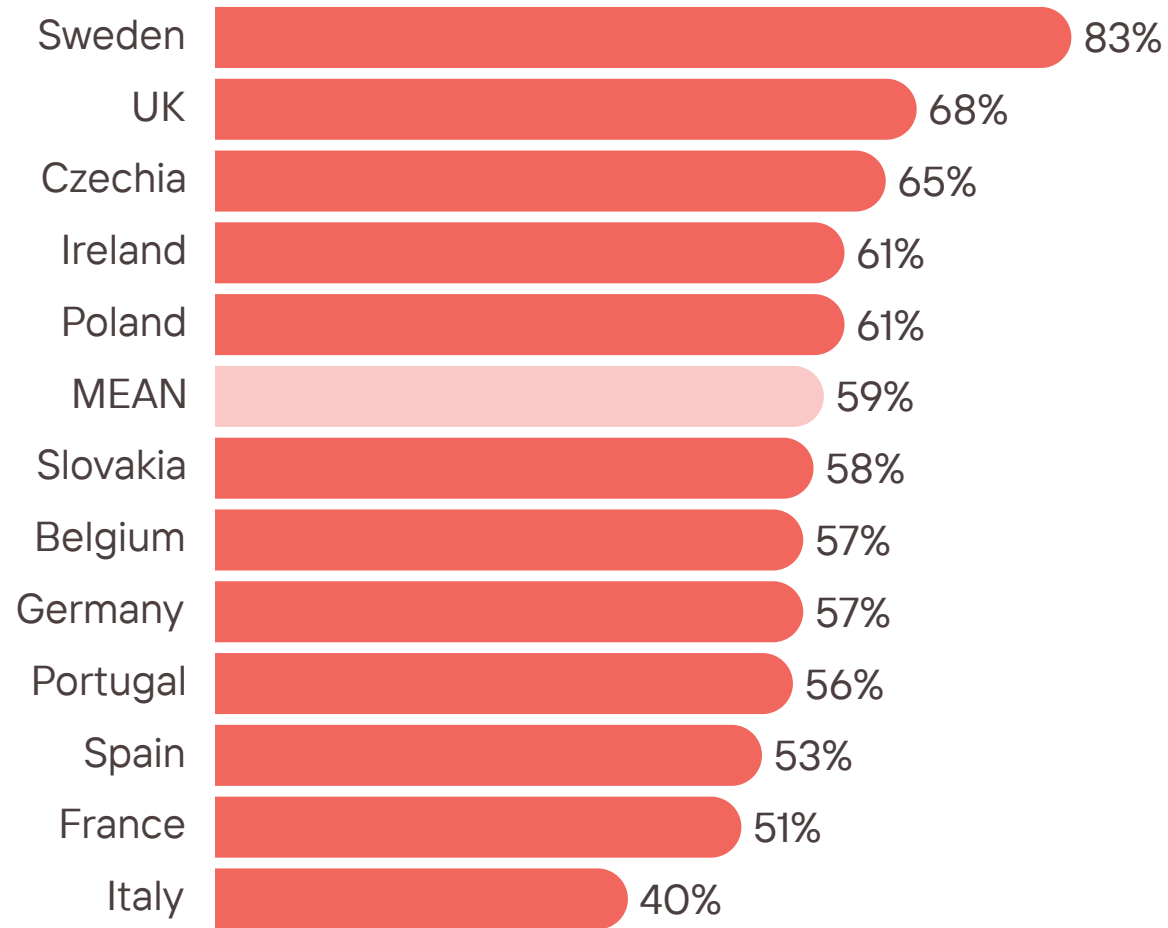
of mothers are
not satisfied
with the **allowances**
received during the
same period

1 in 3

**mothers state that they spend more than
20% of their household income
on childcare expenses**

41%

**of mothers find that their
role is not recognised by society**



Feeling of recognition of mothers' role by society

We now have concrete data
— let's turn it into concrete solutions



Make
Mothers
Matter

Together, let's
MAKE MOTHERS MATTER

SHARE | SUPPORT | DONATE

www.makemothersmatter.org