



# How does equal parenting look today?

The current reality of mothers  
based on the MMM survey

*“State of motherhood in Europe 2024 “*

UN Commission on Social Development 63rd Session – Side event  
*Sharing is caring: equal parenting, a path to social cohesion?*

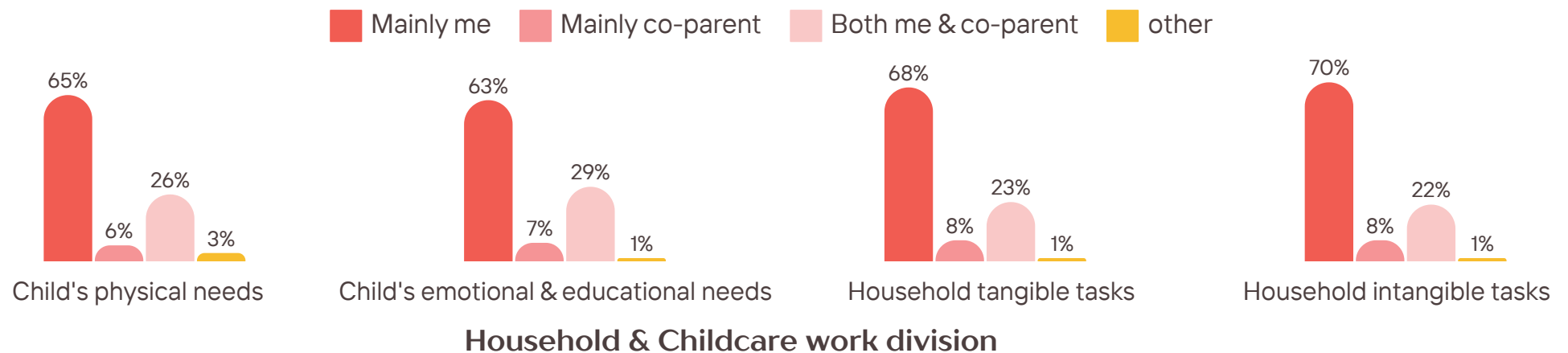
# The theory

**Equal parenting:**  
*parenting approach where both parents share responsibilities for childcare, household tasks, and decision-making in a balanced and equitable way.*



# The reality

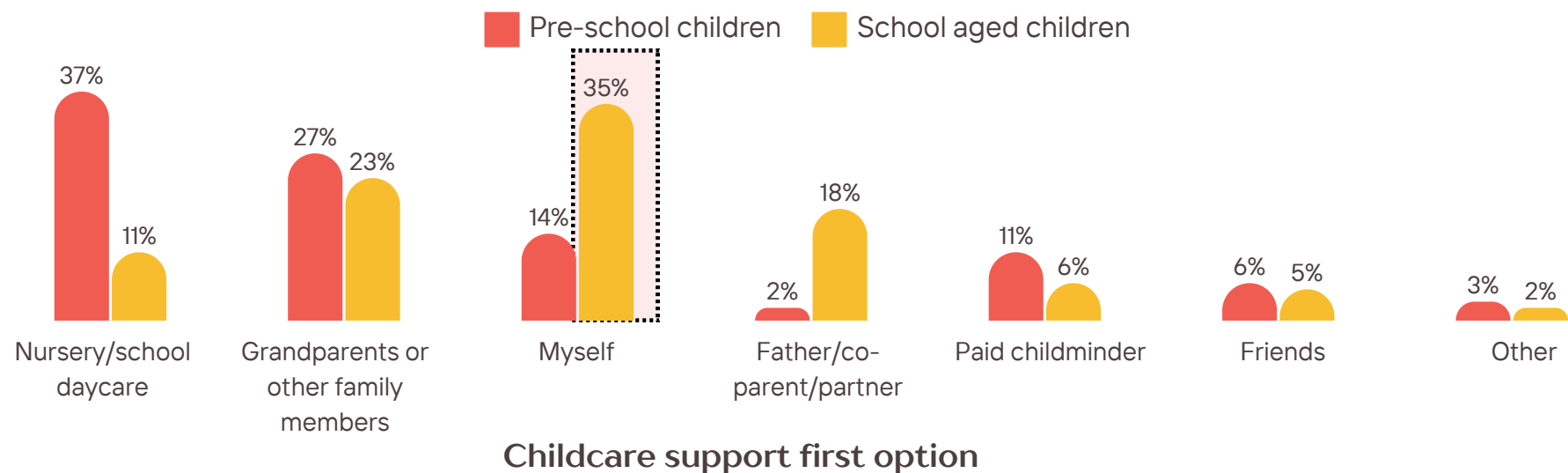
**Data nr. 1:** at least **63%** of household tasks are done by mothers alone and only **44%** of mothers are fully satisfied about the way parenting responsibilities are shared



# The reality

**Data nr. 2:** only **1 in 3 fathers** take the paternity leave they are entitled to (or more)

**Data nr. 3:** As children reach school age, parental involvement becomes more prominent, with **mothers continuing to take on the primary caregiving role.**



# Who adapts? Mothers.

They adjust their professional journey to align with their family's needs

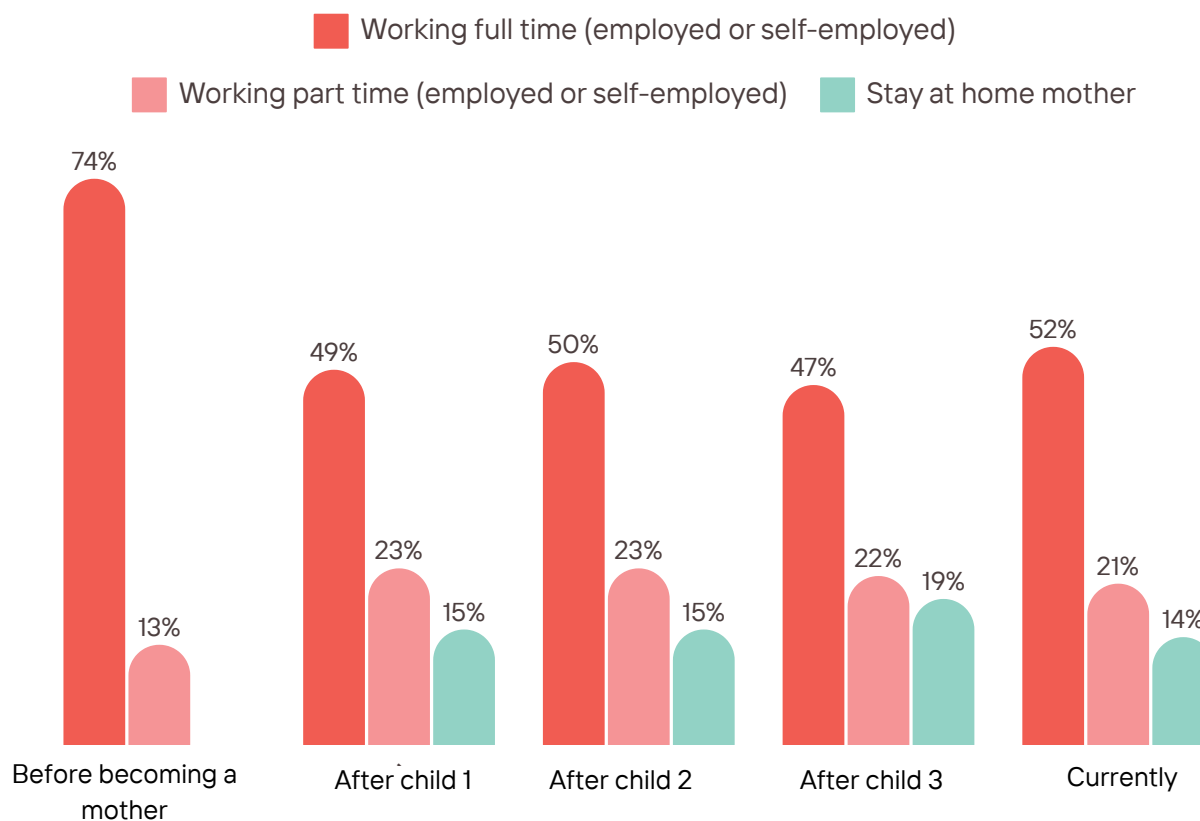
23%

reduced their working hours after having a child

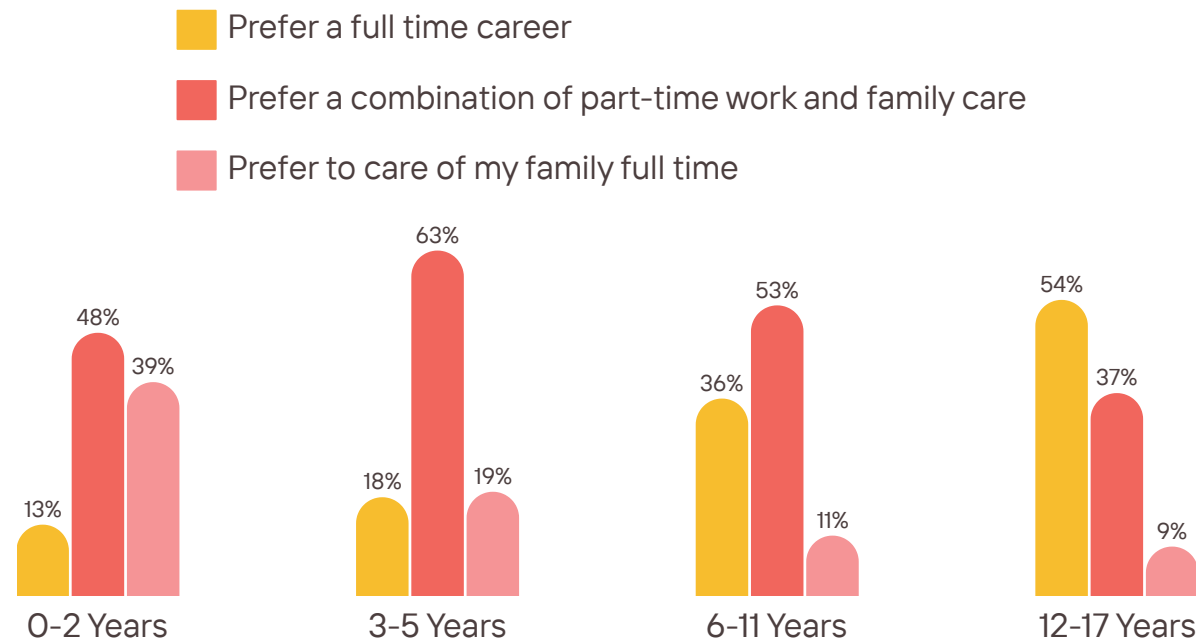
55%

changed their working status after having a child

Working status at various life stages



# They have integrated that **THEY** are the ones that should adapt..

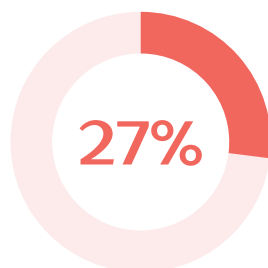


How would you prefer to balance work and family life for these periods of your children's lives?

# The cost for mothers is high...

## The “motherhood penalty”

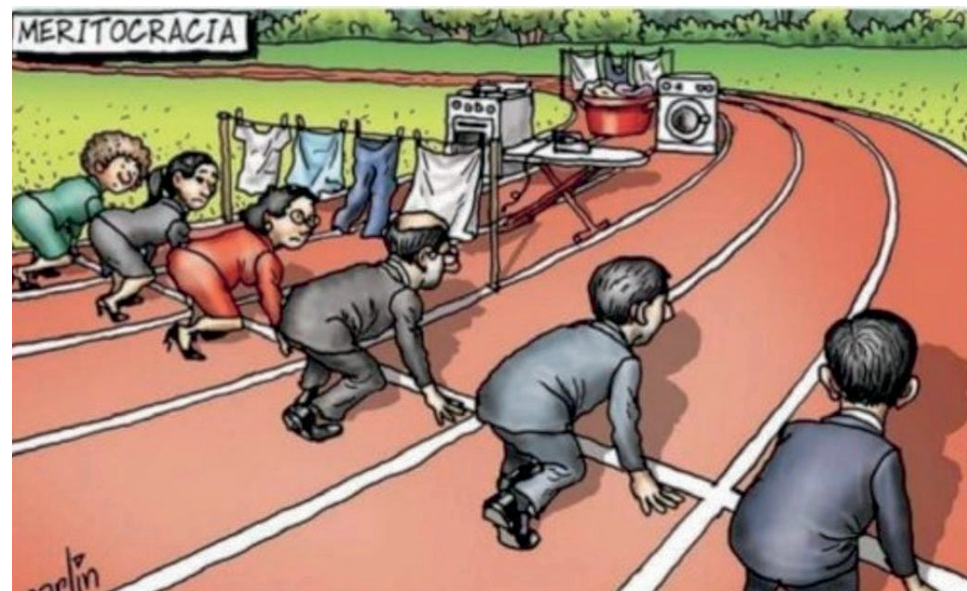
Nearly



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

### Career stagnation:

- **30%** of surveyed mothers felt that their learning opportunities or progress had been restricted.
- **22%** lost their position



### Financial impact:

**39%** of mothers reported a decrease in their regular income

# A majority of mothers experience mental health challenges

67%

of mothers report  
**feeling overloaded**

50%

of mothers stated that they **suffer**  
**from mental issues**

(depression, anxiety, burnout,  
peripartum depression, or other)

## MENTAL LOAD OF MOTHERHOOD

@MommysBundle



**Don't add to her mental load. Carry your share.**



## A majority of mothers experience mental health challenges

The good news is...

Mothers who report **sharing** tasks with the father or co-parent—regardless of the specific task— are **significantly less likely to experience a mental health problem or feel "mentally overloaded"**

# Conclusion

*“Let’s build a world where caregiving isn’t based on **sacrifice**. Let’s create a future where parenthood doesn’t rely on **supermothers**—but on **mothers and fathers supported by the social and economic structures** they need to raise their children with dignity and freedom.”*

Eduard Sola

Winner of the Goya Award for Best Original Screenplay for “Casa en flames”

# Thank you !



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