

HOW DO PARENTS SHARE CHILD CARE?

In 2022, on average, mothers spent 7.5 hours per day caring for their children, while fathers spent 4.9 hours.¹



About **55%** of parents in different-gender couples reported sharing **at least half of child care tasks equally**.

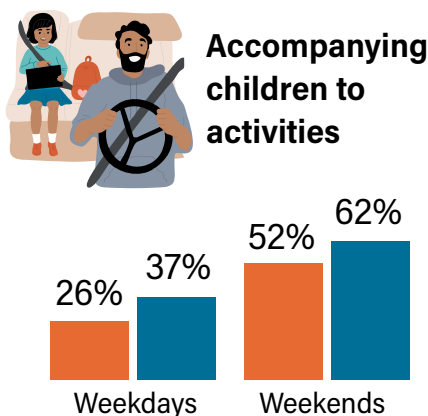
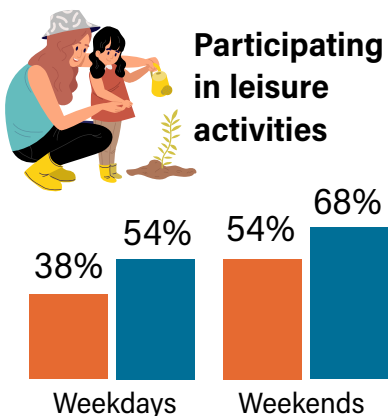
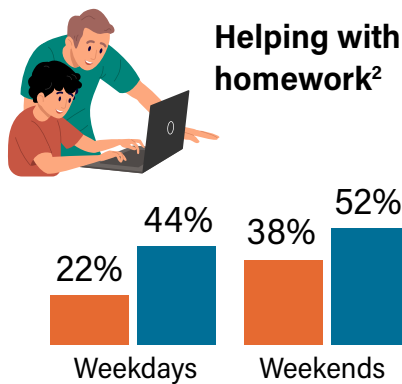
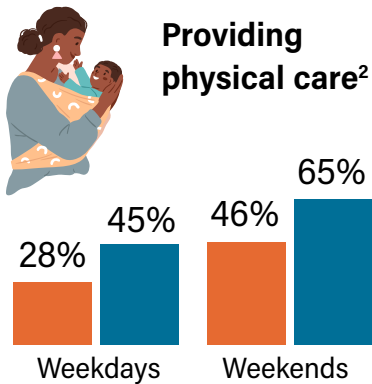
However, fathers (**64%**) were more likely than mothers (**46%**) to report sharing tasks equally.

Parents were most likely to report **sharing** children's **leisure activities** equally.

Both fathers and mothers felt that child care tasks were shared more equally on weekends than on weekdays.

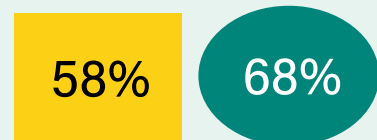
Percentage of mothers and fathers who reported this task was shared equally

● Mothers ● Fathers



Parents who reported sharing tasks equally were less likely to feel time pressure than parents who did not.

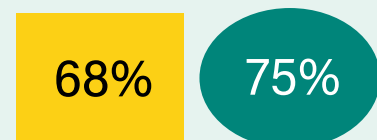
■ Parents who shared tasks equally
● Parents who did not share tasks equally



Cut back on sleep when they needed more time



Worried that they didn't spend enough time with family or friends



Felt constantly under stress because there is not enough time

Notes:

- In this infographic, for confidentiality reasons, non-binary parents are distributed into the categories "mothers" and fathers. The category "mothers" includes women as well as some non-binary persons, while the category "fathers" includes men as well as some non-binary persons. In addition, a "different-gender couple" is composed of a mother and a father living with at least one of their children aged 14 and under. For more information on the gender concept, see [Filling the gaps: Information on gender in the 2021 Census](#).
- Results are presented by gender, but do not account for other sociodemographic characteristics.

1. Time spent caring for children includes care-related activities as well as other activities that occurred when children aged 14 and under in the household were present.

2. Questions about physical care were asked only of parents with children aged 4 and under, while questions about school-related help were asked of parents with children aged 5 to 14.

Source: Statistics Canada, 2022 Time Use Survey.

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