

FOR RELEASE JUNE 16, 2026

# For Working Parents, the Boundary Between Work and Family Is Often Blurred

*Moms and lower-income parents face distinct challenges*

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**RECOMMENDED CITATION**

Pew Research Center, June 2026, "For Working Parents, the Boundary Between Work and Family Is Often Blurred"

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**About this research**

This Pew Research Center report looks at the experiences of working parents in the United States, including how they navigate the demands of work and family life, how they divide responsibilities at home, and how workplace benefits and arrangements shape their experiences.

**Why did we do this?**

Pew Research Center does research to help the public, the media and decision-makers understand important topics.

This research is part of Pew Research Center’s ongoing effort to understand how Americans navigate [work](#) and [family life](#) and the changing demands placed on [parents](#).

**How did we do this?**

The report is based primarily on a Pew Research Center survey of 2,242 U.S. working parents conducted March 2-15, 2026. Everyone who took part is a member of the Center’s American Trends Panel. The survey represents the views of U.S. working parents.

Here are the survey questions used for this report, the [detailed responses](#) and the [survey methodology](#).

In addition to survey data, the report also includes analysis of parents in the labor force using data from the U.S. Census Bureau’s Current Population Survey.

# For Working Parents, the Boundary Between Work and Family Is Often Blurred

## *Moms and lower-income parents face distinct challenges*

For many U.S. parents who work full time, the line between work and family is not well defined:

- 70% say they take care of **parenting-related tasks while they're working**.
- 59% say they take care of **work-related tasks when they're with their children**.
- 54% say it's **difficult for them to balance** their work and family responsibilities.

Parents – especially moms – often carry the mental load that comes with trying to balance what their families need with what their work demands. And with so many obligations, it's not surprising that working parents **sometimes feel like they can't give 100% at home or at work**.

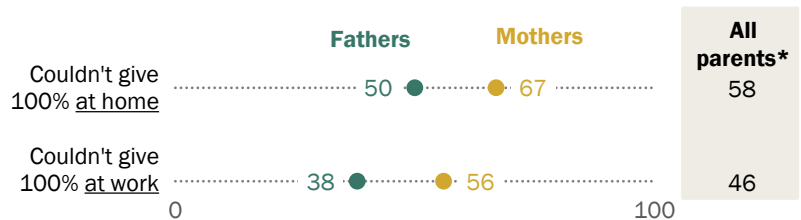
As one mom in the survey told us about the difficulty balancing work and family:

*“I'm supposed to work like I don't have kids and supposed to parent like I don't have a job.”*

For this project, we surveyed 2,242 working parents from March 2 to 15, 2026, to understand how they navigate these spheres of their lives.

### Full-time working moms are more likely than dads to feel they can't give 100% at home or at work

Among parents employed full time, % saying that in the last 12 months they felt they \_\_\_ because they were juggling work and family responsibilities



\* Based on all parents who are employed full time.

Note: Parents were first asked if they have experienced each situation, then asked if they experienced it mainly because they were juggling work and family responsibilities or mainly because of some other reason. Refer to topline for full question wording.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

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## Key takeaways

- **About half of full-time working parents (52%) say their job makes it harder to be a good parent.** On the flip side, 45% say being a parent makes it harder to advance at work.
- **Compared with dads, working moms take on more at home and have a harder time finding balance:** 62% of full-time working moms say it's difficult for them to balance work and family responsibilities, compared with 47% of dads. In different-sex couples where both parents work full time, 52% say the mom takes on more parenting tasks, while smaller shares say the dad does more (10%) or that these tasks are shared equally (39%). *Read more about the [division of labor among working parents](#).*
- **Access to workplace benefits that help working parents differs widely by income level.** Full-time working parents with lower family incomes are consistently the least likely to say they have access to benefits such as paid time off (PTO), paid leave separate from PTO and health insurance through work (among those who aren't self-employed). This group is also the most likely to worry about losing pay – or losing their job – if they miss work because their child is sick or childcare falls through. *Read more about [how workplace policies impact working parents](#).*
- **Most full-time working parents say having flexibility to work from home when needed would be extremely or very helpful** (among those who aren't self-employed). But only 24% of these parents report that they have a lot of flexibility to telework. Those who regularly work from home see some advantages to this arrangement, like being able to attend their children's activities when they overlap with work hours. Still, they're no more likely than those who work from home less often to say balancing their job and family life is easy. *Read more about the [experiences of parents working from home](#).*
- **Across income levels, parents say cost is the biggest hurdle in finding childcare.** Lower- and middle-income parents are more likely than those with higher family incomes to rely on family, friends or neighbors for childcare. Most upper-income parents use paid care, such as daycare or preschool. *Read more about working parents' [childcare arrangements](#).*

This analysis focuses primarily on the experiences of full-time working parents, who account for 73% of U.S. parents with children younger than 18 – including 89% of dads and 59% of moms as of 2025, according to Pew Research Center analysis of data from the U.S. Census Bureau. *Read more about the [experiences of parents who work part time](#) and how the [work arrangements of U.S. parents have changed](#).*

## The blurred lines between work and home

Working parents don't always see a clear separation between their work and family life. As one father in the survey wrote:

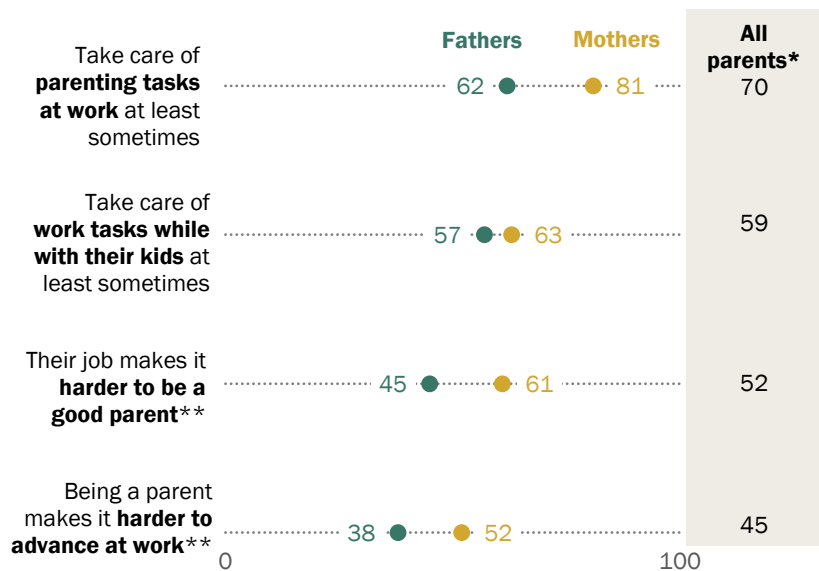
*“My work responsibilities feel never ending, thus making it difficult to set them down in the evening to focus on my family.”*

For majorities of full-time working parents, work tasks come home and parenting tasks end up at work. **This overlap is especially notable among moms.** About eight-in-ten full-time working moms (81%) say they take care of parenting tasks while at work at least sometimes. This includes 38% of moms who say they do this extremely or very often – about double the share of dads who say the same (17%).

**Still, many dads also feel this tension.** Majorities of full-time working dads say they take care of parenting tasks while at work (62%) and work tasks while with their children (57%) at least sometimes.

### Juggling work and family life impacts moms and dads differently

Among parents employed full time, % saying (they) ...



\* Based on all parents who are employed full time.

\*\* “Somewhat/A lot harder” responses are combined.

Note: Refer to topline for full question wording.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

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## When work gets in the way of parenting

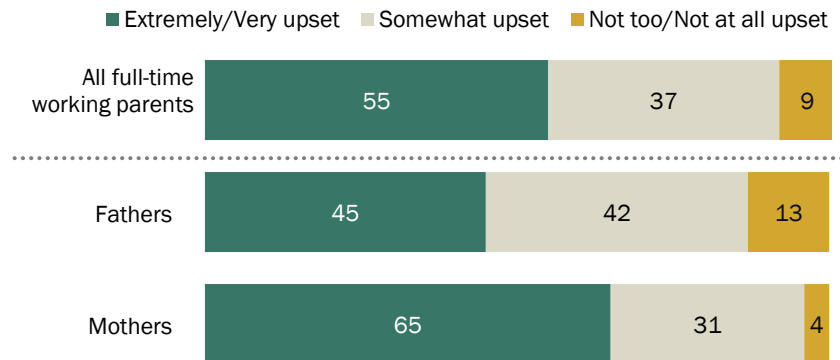
A majority of full-time working parents (60%) think they spend too little time with their children – and far more say this is because of work obligations than other reasons.

In addition, nearly half (47%) say their work responsibilities at least sometimes cause them to miss activities their children are involved in, such as school concerts or sporting events.

Moms are particularly likely to say they feel upset when they miss their kids' activities because of work: 65% feel extremely or very upset, compared with 45% of dads. Still, most dads say they feel at least somewhat upset when this happens.

### Many moms and dads feel extremely or very upset when they miss their kids' activities because of work

*Among parents employed full time who have at least sometimes missed activities their children were participating in because of work responsibilities in the past 12 months, % saying they normally feel \_\_\_ when this happens*



Note: Shares of respondents who didn't offer an answer are not shown.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

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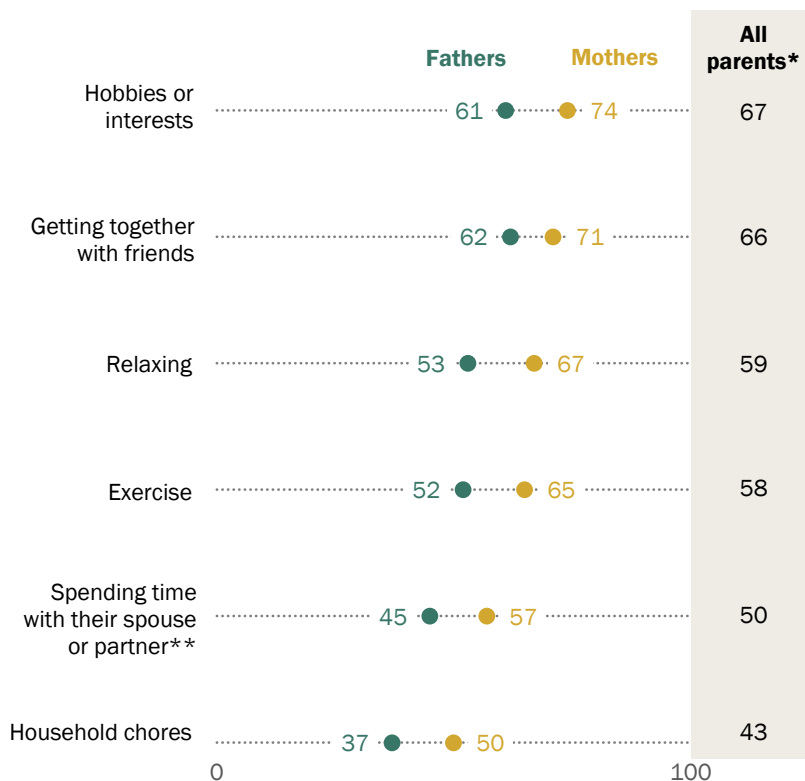
## Limited time for hobbies, relationships and self-care

Among both moms and dads who work full time, about half or more say they don't have enough time for things like hobbies, seeing friends, exercise or relaxing.

Moms are far more likely than dads to say they don't have enough time for each of these. For example, 65% of moms say they don't have enough time for exercise, compared with 52% of dads. Similarly, moms are more likely than dads to say they don't have enough time for relaxing (67% vs. 53%).

### Most full-time working parents are strapped for time, especially moms

Among parents employed full time, % saying they **don't have enough time** for ...



\* Based on all parents who are employed full time.

\*\* Among those who are married or living with a partner.

Note: Refer to topline for full question wording.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

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## How full-time working moms and dads share the load at home

We also find differences in how full-time working moms and dads navigate parenting tasks and household chores. (This analysis focuses on families with both a mother and a father who are employed full time, because that's the most common work arrangement for different-sex couples with kids.)

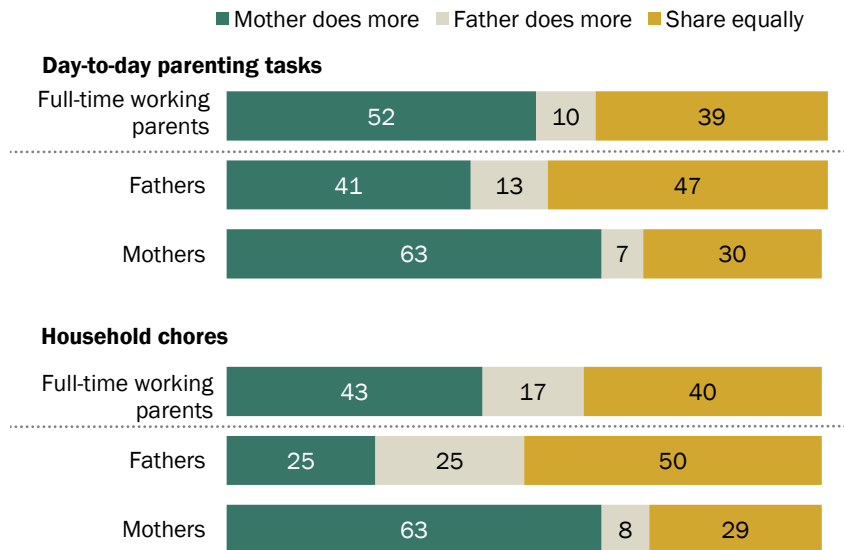
Among married or cohabiting parents in this type of family, 52% say the mom does more parenting tasks than the dad, while 39% say both parents contribute equally. Similar shares say the mom does more of the household chores (43%) or that they're shared about equally (40%). Much smaller shares say the dad does more of the parenting or household chores.

Moms and dads tend to have very different views of how parenting tasks and household chores are divided. Most moms say *they themselves* handle more of these responsibilities than their spouse or partner. Dads are more likely than moms to say these tasks are *shared equally*.

When it comes to paid work, similar shares of parents in these families say that the dad spends more time working in a typical day (41%) or that the mom and dad spend about the same amount of time working (39%). About one-in-five (21%) say the mom spends more time working. But even in families where the mother spends *more time* working than the father, parents are much more likely to say the mom does more parenting and household tasks than to say the dad does more.

### Full-time working moms and dads have different views of who does more daily parenting tasks and chores

Among full-time working parents with a different-sex spouse or partner who also works full time, % saying the \_\_\_ when it comes to handling ...



Note: Based on working parents who are married or living with a spouse or partner. Shares of respondents who didn't offer an answer are not shown.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

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Read more about [division of labor among working parents](#).

## The experiences of parents employed part time

Parents who work part time stand out in certain ways. Most are women (79%). And a majority (58%) live in households with lower incomes, while 33% have middle incomes and 6% have upper incomes.

The nature of their work hours also differs, with parents working part time more likely than those working full time to say:

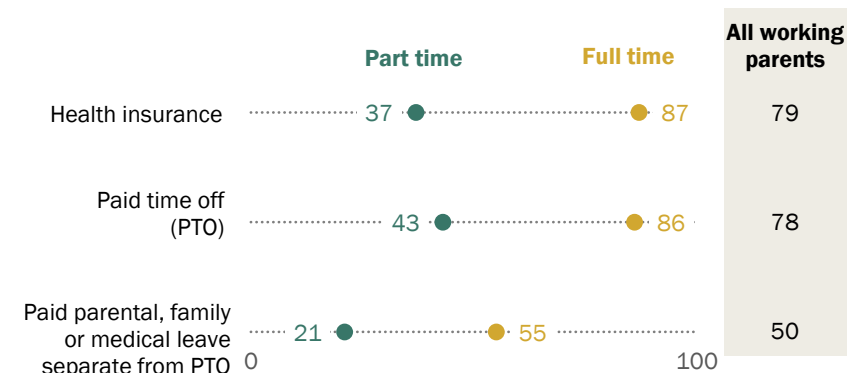
- Their schedule is unpredictable (23% vs. 11% of full-time working parents)
- They have a lot of flexibility to choose when they work their required hours (41% vs. 26%)

Part-time working parents are less likely to have access to workplace benefits such as health insurance, paid time off and other paid leave through work. For example, 37% of part-time working parents have access to health

insurance through work, compared with 87% of full-time working parents.

### Fewer than half of part-time working parents say key benefits are available through their job

*% of working parents saying \_\_\_ is available to them at their current job, among those who are employed ...*



Note: Refer to topline for full question wording.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

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Despite their different work arrangements, **part-time working parents face many of the same challenges as those who work full time**. Similar shares of parents who work part time (51%) and full time (54%) say it’s difficult for them to balance work and family responsibilities. And similar shares also say they’ve felt they couldn’t give 100% at work in the past year because they were juggling work and family responsibilities (42% and 46%).

## How workplace benefits and flexibility shape parents' ability to balance work and family

As part of a larger survey about their experiences, we asked working parents what work arrangements or employer-provided benefits would be the most helpful to them and whether those things are available at their current job.

In many cases, the arrangements and benefits working parents think of as helpful aren't widely accessible – and this is especially true for those with lower family incomes.

For example, more than eight-in-ten working parents who are not self-employed say having paid parental, family or medical leave would be extremely or very helpful to them. But only half have access to this benefit.

Majorities also say flexibility to work from home (71%) or flexibility to choose when they work their required hours (71%) would be highly helpful.

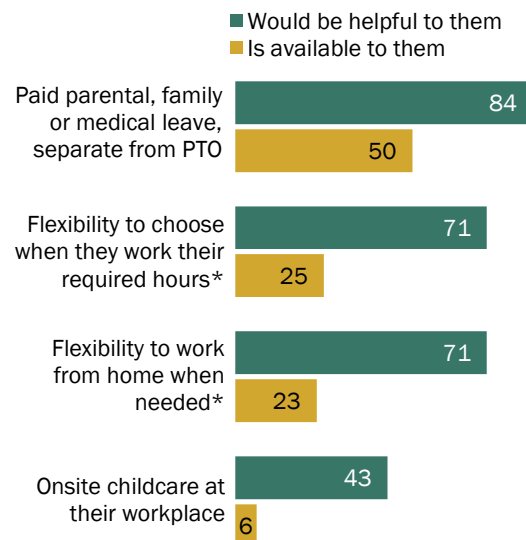
But much smaller shares say they have a great deal or a fair amount of flexibility to:

- Choose when they work their hours (25%)
- Work from home (23%)

Onsite childcare stands out for an especially large mismatch. Some 43% of working parents – and 59% of those with a child age 5 or younger – say this would be highly helpful. But just 6% of working parents say this is available at their workplace. *Read more about working parents' challenges finding [childcare](#).*

### Most working parents say flexible work arrangements would be helpful, but few say these are available at their job

% of working parents who are not self-employed saying \_\_\_ would be extremely/very helpful to them vs. % saying it is available to them at their current job



\* Refer to topline for full question wording.

Note: On the questions about how helpful each policy would be, other response options were "Somewhat helpful," "Not too helpful," "Not at all helpful" and "Not sure." On the questions about access to flexible work arrangements, shares include those saying they have "A great deal/A fair amount" of flexibility; other response options were "Some," "Not too much" and "None at all." The item about flexibility to work from home was asked of those who say their job can be done from home, but figures shown are based on all working parents who are not self-employed.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

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In contrast, most working parents say paid time off (PTO) and health insurance through their work would be helpful, and most say these are available to them.

The survey of 2,242 U.S. working parents was conducted March 2-15, 2026. [Read key findings from the full study.](#)

## How workplace benefits and flexible arrangements vary by income

Among working parents who are not self-employed, those with upper and middle family incomes are much more likely than those with lower incomes to say they have access to:

- Health insurance (95% and 84% vs. 58%)
- PTO (94% and 84% vs. 59%)

Upper-income parents are the most likely to say they have **paid parental, family or medical leave** separate from PTO. Seven-in-ten have access to this, compared with 51% of those with middle incomes and 33% of those with lower incomes.

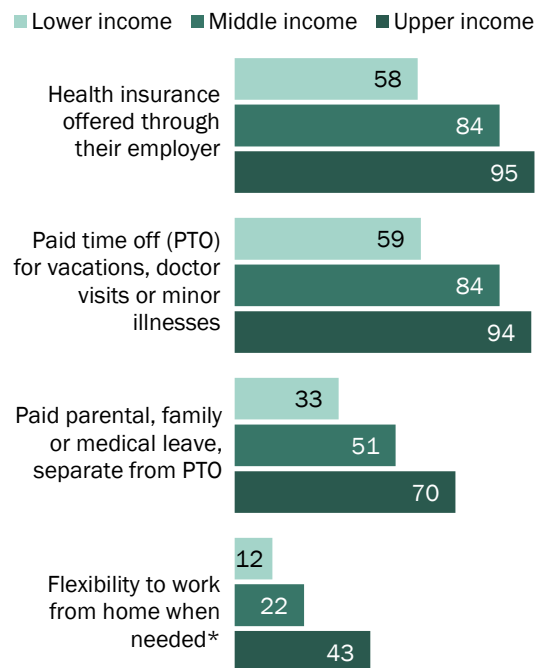
Upper-income parents are also the most likely to say they have a great deal or a fair amount of **flexibility to work from home**. Some 43% say they can do this, compared with 22% of parents with middle incomes and 12% of those with lower incomes.

We don't see similar gaps in parents' flexibility to choose when they work their hours.

Some of these income differences reflect parents' work status: Among parents who are not self-employed, those with lower family incomes are more likely to work part time (33% vs. 11% of those with middle incomes and 5% of

### Availability of workplace benefits and flexibility differ widely by income

% of working parents who are not self-employed saying \_\_\_ is available to them at their current job



\* Refer to topline for full question wording.

Note: On the question about flexibility to work from home, shares include those saying they have "A great deal/A fair amount" of flexibility; other response options were "Some," "Not too much" and "None at all." This item was asked of those who say their job can be done from home, but figures shown are based on all working parents who are not self-employed. Family income tiers are based on adjusted 2025 earnings.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

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those with upper incomes). In general, part-time workers are less likely to have these benefits and flexibility arrangements available to them. But even among those employed full time, lower-income parents are less likely than those in higher family income tiers to say these are available.

Lower-income parents who are not self-employed are also more likely to be paid by the hour (79% vs. 47% of those with middle incomes and 15% of those with upper incomes), and hourly workers are less likely to have these benefits and flexible work arrangements.

Having a **predictable work schedule** is another area where income differences emerge. Among lower-income parents who are not self-employed, 14% say their work hours are not too or not at all predictable. Smaller shares of those with middle or upper incomes say the same (9% and 7%).

Parents who say their work hours are not predictable are more likely than those with at least somewhat predictable hours to say it is difficult for them to balance their work and family responsibilities (71% vs. 53%).

## Concerns about unexpected childcare needs

Balancing work and family life can be especially challenging when unexpected situations arise, like when a child is sick or childcare falls through.

Overall, 30% of working parents who are not self-employed say they would be extremely or very worried about losing pay if they had to take time off in these situations.

Smaller shares say they'd be highly worried about losing their job (16%) or about their boss not seeing them as committed to their work (18%).

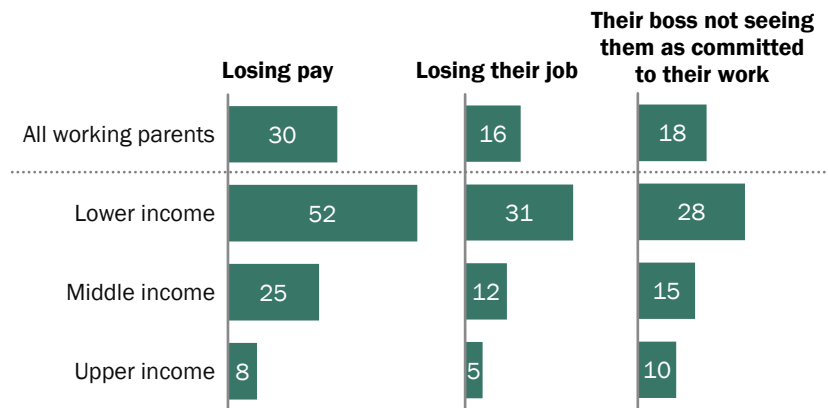
These situations create even more anxiety for **parents with lower family incomes**, who often have less access to employer-provided benefits or flexible work arrangements:

- 52% say they would be highly worried about losing pay, compared with 25% of parents with middle incomes and 8% of those with upper incomes.
- 31% would be similarly worried about losing their job, versus 12% and 5%.
- 28% would be worried about their boss not seeing them as committed to their work, versus 15% and 10%.

**Single moms** (who tend to have lower family incomes) are much more likely than married or cohabiting moms to say they would be extremely or very worried about:

### About half of lower-income working parents would be highly worried about losing pay if they had to take time off from work to care for a sick child

*% of working parents who are not self-employed saying they would be **extremely/very worried** about \_\_\_\_ if they needed to take a day or two off from work to care for a sick child or because of childcare issues*



Note: Other response options were "Somewhat worried," "Not too worried" and "Not at all worried." Family income tiers are based on adjusted 2025 earnings.  
Source: Survey of U.S. working parents conducted March 2-15, 2026.  
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- Losing pay (50% vs. 32%)
- Losing their job (26% vs. 15%).

**Black and Hispanic working parents** (42% and 43%) are more likely than White and Asian parents (22% and 26%) to say they would be highly worried about losing pay in these situations.

## Flexibility to attend children’s activities during work hours

Most working parents (75%) say they have at least *some* flexibility to attend events or activities their children are involved in that take place during their regular work hours, including 46% who say they have a great deal or a fair amount of flexibility. A quarter say they don’t have much flexibility or have no flexibility at all for this.

Parents with upper family incomes are the *most* likely (54%) and those with lower family incomes are the *least* likely (40%) to say they have a lot of flexibility to attend their kids’ events during work hours.

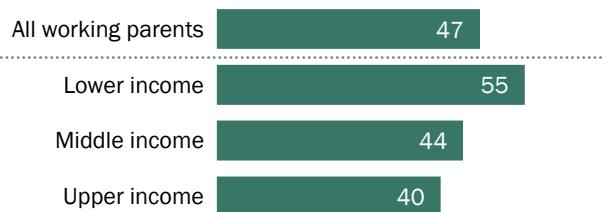
Given this, it is perhaps not surprising that parents with lower incomes are the most likely to say they’ve missed activities their children were participating in at least sometimes in the past 12 months because of work responsibilities. Some 55% of lower-income parents say this is the case, compared with 44% of middle-income parents and 40% of upper-income parents.

### Lower-income working parents have less flexibility to attend their children’s activities during work hours

*% of working parents saying they have a great deal/a fair amount of flexibility to attend events or activities their children are involved in that take place during their regular work hours*



*% of working parents saying they have at least sometimes missed activities their children were participating in because of work responsibilities in the past 12 months*



Note: On the question about flexibility to attend events, other response options were “Some,” “Not too much” and “None at all.” On the question about missing children’s activities, other response options were “Rarely” and “Never.” Family income tiers are based on adjusted 2025 earnings.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

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## Does working from home make work-family balance easier?

As many workers face [return-to-office mandates](#), some parents have been able to maintain remote or hybrid work arrangements.

A majority of working parents (65%) say they have a job that cannot be done from home. But 35% say that, for the most part, their job *can* be done from home. This latter share includes:

- 17% who say they now work from home all or most of the time
- 10% who work from home some of the time
- 9% who rarely or never work from home

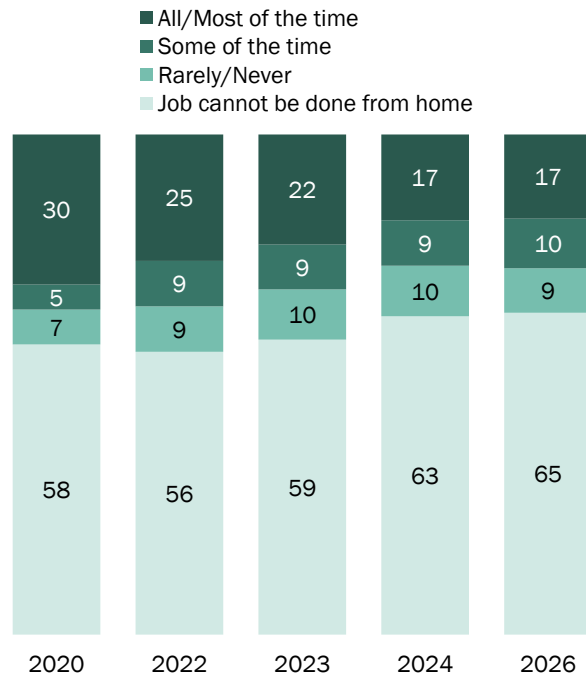
These shares are roughly unchanged from 2024, but down significantly from 2020 and 2022 when the [COVID-19 pandemic](#) forced many workers to shift to telework.

We wanted to understand how working from home impacts parents’ ability to balance work and family life.

These findings are part of a larger survey of 2,242 working parents conducted March 2-15, 2026. [Read key findings from the full study.](#)

### About a quarter of working parents work from home at least some of the time

% of working parents saying they work from home ...



Note: Shares of respondents who didn't offer an answer are not shown.  
 Source: Survey of U.S. working parents conducted March 2-15, 2026.  
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## Working from home doesn't ease all the challenges of balancing work and family.

It turns out that parents who work from home and those who don't are about equally likely to experience difficulty in this area.

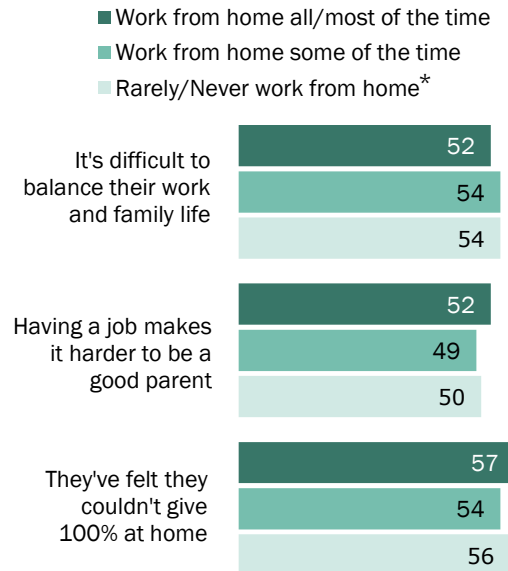
Similar shares of parents who work from home *all or most* of the time, *some* of the time, or *rarely or never* (including those whose job cannot be done from home) say that:

- Balancing their work and family responsibilities is difficult
- Having a job makes it harder for them to be a good parent
- They've felt like they couldn't give 100% at home because they were juggling work and family responsibilities

Refer to the appendix for [detailed tables](#) showing responses by remote work arrangement.

## Parents who work from home are just as likely as those who don't to struggle with work-family balance

% of working parents saying \_\_\_\_, among those who ...



\* Includes those who say their job cannot be done from home for the most part.

Note: Refer to topline for full question wording.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

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## Parents who work from home are more likely to say their work and parenting tasks overlap.

Those who frequently work from home are among the most likely to say they often take care of *parenting-related tasks* while working.

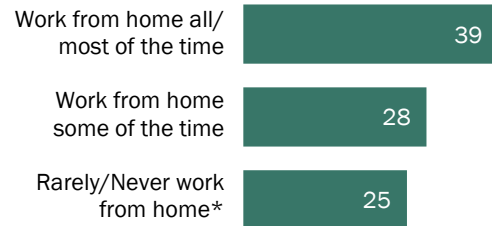
- 39% of parents who work from home all or most of the time say they do this extremely or very often.
- 28% of parents who work from home some of the time and 25% of those who rarely or never work from home say the same.

When it comes to taking care of *work-related tasks* while with their children, the pattern is somewhat different.

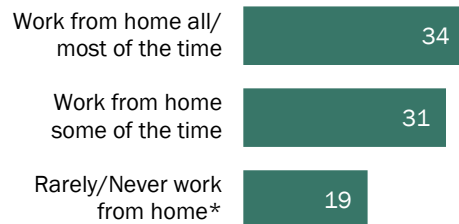
- About a third of parents who work from home all or most of the time (34%) or some of the time (31%) say they do this often.
- Only 19% of those who rarely or never work from home say the same.

## Parents who work from home are more likely to experience overlap between work and parenting

*% of working parents saying they take care of parenting-related tasks while they're working extremely/very often, among those who ...*



*% of working parents saying they take care of work-related tasks while they're with their children extremely/very often, among those who ...*



\* Includes those who say their job cannot be done from home for the most part.

Note: Other response options were "Sometimes," "Rarely" and "Never." \* Refer to topline for full question wording.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

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## There are some advantages for parents who work from home.

Parents who frequently work from home have an easier time attending their children's activities compared with those who work from home less often or never.

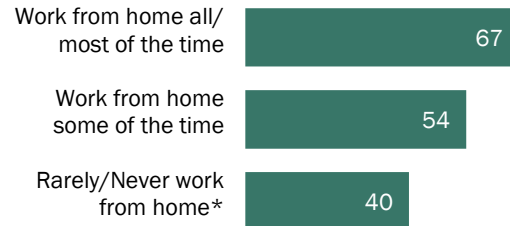
Two-thirds of parents who work from home all or most of the time say they have a lot of flexibility to attend their children's activities during regular work hours. A similar share say they've rarely or never missed these activities because of work in the past year.

By comparison, 55% or fewer among those who work from home less often or not at all say the same on each question.

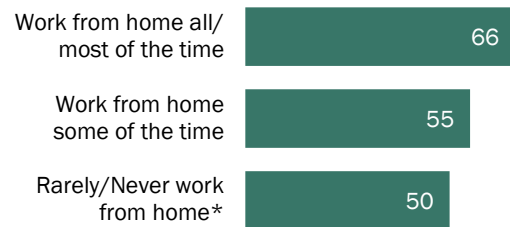
*Read more about parents' [workplace benefits and flexible work arrangements](#).*

## Parents who work from home all or most of the time are the least likely to miss their children's activities due to work

*% of working parents saying they have **a great deal/a fair amount** of flexibility to attend their children's activities during regular work hours, among those who ...*



*% of working parents saying they have **rarely/never** missed activities their children were participating in because of work responsibilities in the past 12 months, among those who ...*



\* Includes those who say their job cannot be done from home for the most part.

Note: On the question about flexibility to attend events, other response options were "Some," "Not too much" and "None at all." On the question about missing children's activities, other response options were "Extremely often," "Very often" and "Sometimes."

Source: Survey of U.S. working parents conducted March 2-15, 2026.

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## What are parents' biggest challenges in finding childcare?

As many working parents struggle with the [cost of childcare](#), the issue has become a focus for policymakers across the political spectrum.

We asked 849 working parents with at least one child age 5 or younger about their experiences finding care.

Parents value quality of childcare over any other factor. But across income levels, **cost is among the biggest challenges** in finding childcare that suits their needs.

About half (48%) of working parents who need care for a child age 5 or younger say it's difficult to find an arrangement that meets their cost expectations.

Beyond quality, majorities of parents also place a great deal of importance on hours of availability, location and educational opportunities when looking for childcare.

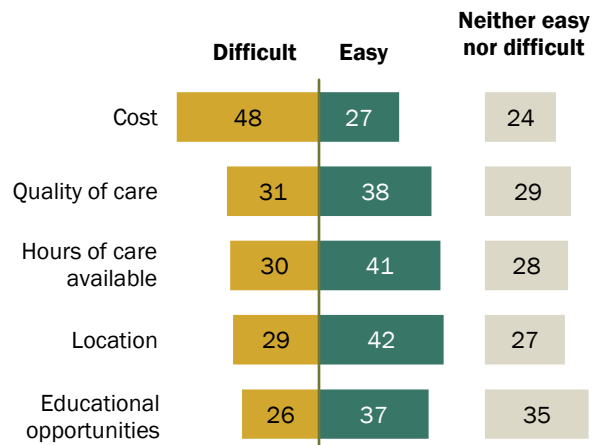
**Workplace childcare** is an area where what parents value and what's available to them are out of sync. A majority (59%) of working parents with children 5 or younger – including 68% of working moms with a kid in this age group – say it would be extremely or very helpful to have onsite childcare at their workplace. But just 7% say this is available to them.

Many parents use **multiple care arrangements** to cover their work hours. About four-in-ten working parents (39%) say they use more than one care arrangement for the same child.

These findings are part of a larger survey of 2,242 U.S. working parents conducted March 2-15, 2026. Read [key findings](#) from the full study.

### For working parents, cost is the biggest challenge in finding childcare

Among working parents who use childcare for a child age 5 or younger, % saying it has been \_\_\_\_ to find what they are looking for in childcare with regard to ...



Note: Shares include "Very/Somewhat difficult" and "Very/Somewhat easy" responses. Shares of respondents who didn't offer an answer are not shown.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

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## Some parents struggle more than others finding childcare

There are **wide income differences** in parents' ability to find what they're looking for, beyond affordability, in a childcare arrangement.

Among working parents with a child age 5 or younger, those with upper family incomes are more likely than those with middle and lower incomes to say it's *easy* to find care that meets their needs on:

- Hours of care available
- Quality of care
- Educational opportunities

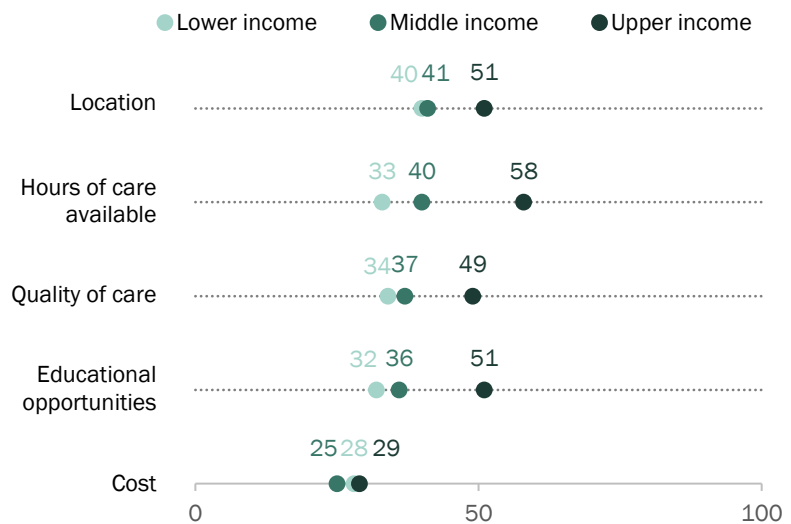
### Parents' work schedule

also plays a role. Among parents who say they have an extremely or very predictable work schedule, 48% report that it's easy to find care that meets their expectations on hours of availability. A much smaller share of parents with a somewhat or less predictable work schedule (30%) say the same.

For parents whose work hours vary, the difficulty of finding care often coincides with a need to cobble together several care arrangements each week. Among parents who say their work schedule is somewhat or less predictable, 45% say they use more than one care arrangement for the same child. This compares with 35% among parents with a predictable work schedule.

### The ease of finding childcare that meets parents' needs varies widely by income

Among working parents who use childcare for a child age 5 or younger, % saying it is **very/somewhat easy** to find what they are looking for in childcare with regard to ...



Note: Other response options were "Neither easy nor difficult," "Somewhat difficult" and "Very difficult." Family income tiers are based on adjusted 2025 earnings.  
 Source: Survey of U.S. working parents conducted March 2-15, 2026.  
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## Income differences in childcare arrangements

For working parents with upper family incomes, **daycare or preschool** is the most common arrangement (used by 72%).

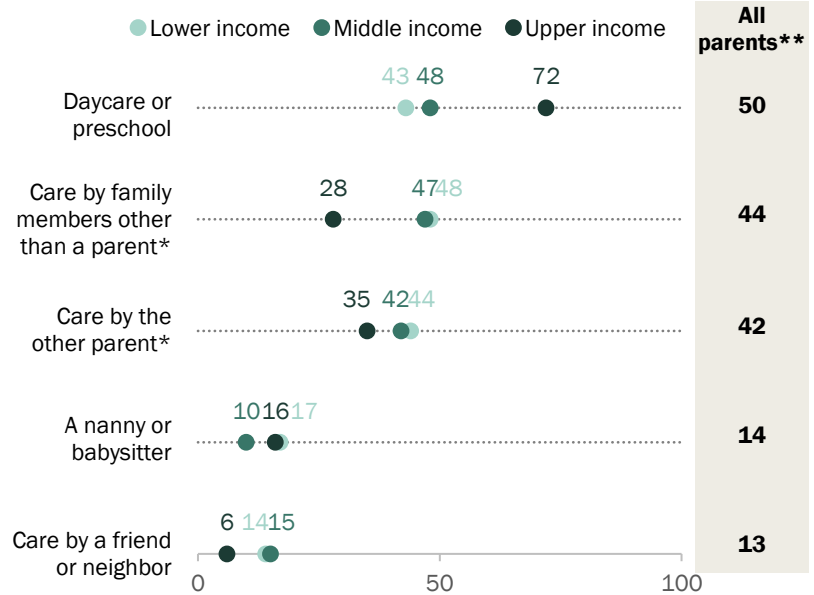
But among parents with lower or middle family incomes, there's no dominant care arrangement.

Lower- and middle-income parents are more likely than upper-income parents to arrange care provided by:

- Family members other than a parent
- Friends or neighbors

### Childcare arrangements differ across income tiers

*% of working parents with a child age 5 or younger saying they currently use \_\_\_\_ for childcare when they are at work in a typical week*



\* Refer to topline for full question wording.

\*\* Based on all working parents with a child age 5 or younger. Totals do not add up to 100% as parents may report using multiple care arrangements.

Note: Family income tiers are based on adjusted 2025 earnings.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

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## Finding care for school-age children

Working parents with school-age children also face challenges finding care arrangements to cover their work hours.

Among parents who say they need childcare for a child age 6 to 12, sizable shares report difficulty in finding care before school (43%), after school (42%) or during the summer (47%).

### Nearly half of working parents who need care for kids ages 6 to 12 have difficulty finding an arrangement in the summer

*% of working parents who need care for a child age 6 to 12 saying it has been \_\_\_\_ to find childcare ...*

	Difficult	Easy	Neither easy nor difficult
Before school	43	35	22
After school	42	39	19
During summer	47	32	21

Note: Shares include “Very/Somewhat difficult” and “Very/Somewhat easy” responses. Shares exclude parents who say they don’t need care during these times and those whose children are homeschooled. Among working parents with a child age 6 to 12, 53% say they don’t need childcare before school, 41% don’t need childcare after school and 36% don’t need childcare during the summer. Shares of respondents who didn’t offer an answer are not shown.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

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## How working parents divide family responsibilities

To understand how different-sex couples share household and parenting tasks when both parents have full-time jobs, we asked parents in this type of family who does more when it comes to these responsibilities. The data shows that, in families with a mother and a father, moms often take on more of the load.

Read more about [how family work arrangements have changed](#).

Among married or cohabiting parents in different-sex couples with two full-time working parents:

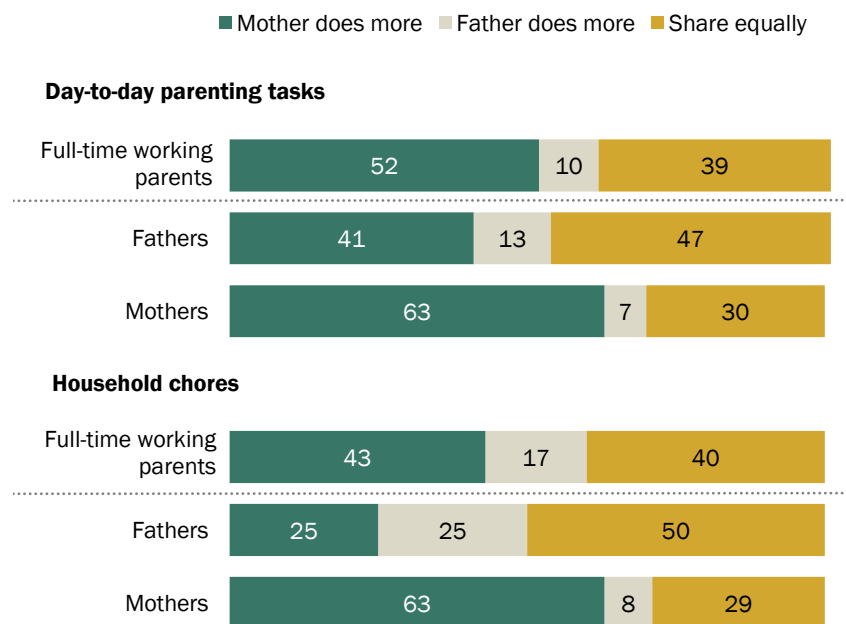
- 52% say the mom does more of the **day-to-day parenting tasks**. Only 10% say the dad does more, and 39% say these tasks are shared about equally.

- 43% say the mom does more of the **household chores**. Fewer (17%) say the dad does more, and 40% say it's about equal.

But mothers and fathers perceive the division of parenting tasks and chores differently. Most moms report that *they themselves* handle more of the day-to-day parenting and household chores than their spouses or partners do (63% each). In turn, dads are much more likely than moms to say these responsibilities are *divided about equally*.

### Most full-time working moms say they handle more of the chores and day-to-day parenting tasks

Among full-time working parents with a different-sex spouse or partner who also works full time, % saying the \_\_\_ when it comes to handling ...



Note: Based on working parents who are married or living with a spouse or partner. Shares of respondents who didn't offer an answer are not shown.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

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When it comes to how **paid work** is divided, 41% of parents in households where both the mother and father work full-time say the dad spends more time working on a typical day, while 21% say the mom does and 39% say both spend about the same amount of time working. These figures don't vary by gender.

Even in families where the mother spends *more time* working than the father, parents are much more likely to say the mom does more parenting and household tasks than to say the dad does more. Among parents in these types of families:

- 39% say the mom does more of the parenting tasks, 19% say the dad does more and 42% say things are divided about equally.
- 38% say the mom does more of the household chores, 22% say the dad does more and 39% say it's about equal.

These questions are part of a larger survey of 2,422 U.S. working parents conducted March 2-15, 2026. *Read the [key findings](#) from the full study.*

(This analysis focuses on different-sex couples because there aren't enough same-sex couples in the sample to analyze separately. Read more about [same-sex parents raising kids](#).)

## Are parents satisfied with the division of labor at home?

Here again, it depends on who you ask.

Dads in families with two full-time working parents are more likely than moms to say they are extremely or very satisfied with how they and their spouse or partner divide:

- Parenting tasks (55% of dads are satisfied vs. 36% of moms)
- Household chores (49% vs. 26%)

How satisfied parents are with the division of labor at home depends heavily on whether tasks are shared equally or not.

In families where both the mother and father work full-time, parents who say they and

their spouse or partner **share parenting tasks** about equally are more likely than those who say the mom does more to be satisfied with how these tasks are divided.

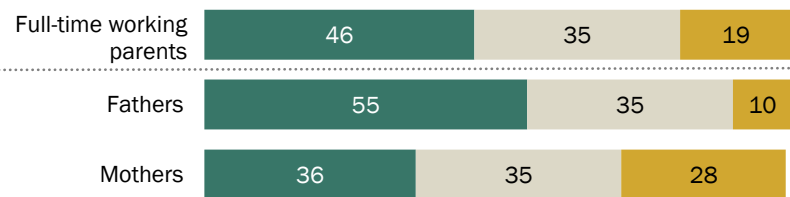
- 65% of moms who share these tasks equally say they are satisfied, versus 22% of those who say they do more than their spouse or partner.
- 71% of dads who share these tasks equally are satisfied, versus 45% of those who say their spouse or partner does more.

### In households with two full-time working parents, dads are more satisfied than moms with the division of labor

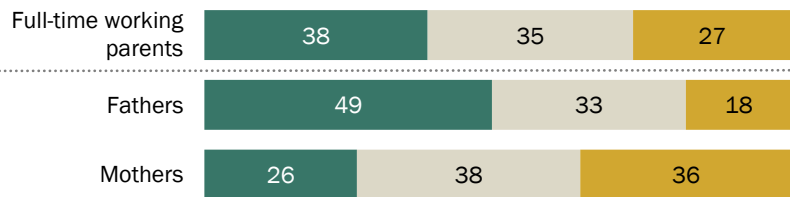
*Among full-time working parents with a different-sex spouse or partner who also works full time, % saying they are \_\_\_ with the way they share ...*

■ Extremely/Very satisfied ■ Somewhat satisfied ■ Not too/Not at all satisfied

#### Day-to-day parenting tasks



#### Household chores



Note: Based on working parents who are married or living with a spouse or partner. Shares of respondents who didn't offer an answer are not shown.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

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Moms are also more likely to be satisfied with the **division of household chores** when they and their spouse or partner share them about equally than when they themselves do more (54% vs. 11%).

Most dads who say they split chores with their spouse or partner about equally also say they are satisfied with this arrangement (61%). The number of dads who say their spouse or partner does more household chores is too small to analyze separately.

Additionally, there aren't enough moms or dads who say the *dad does more* parenting tasks or household chores to look at satisfaction with these arrangements.

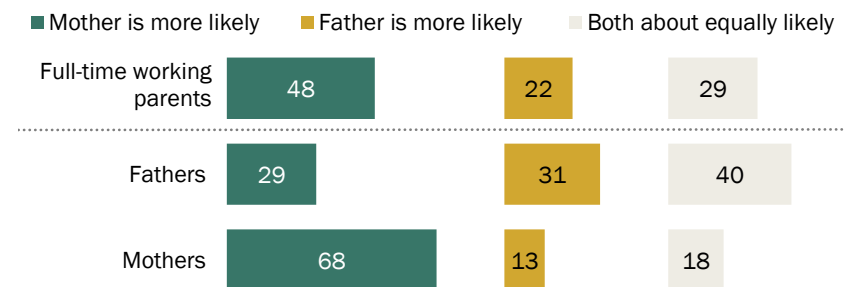
## Who's more likely to take off work for childcare issues?

Outside of the daily tasks involved in parenting and maintaining a household, working parents also have to adapt when the unexpected happens.

In different-sex couples where both the mother and father work full time, 48% say the mom would be more likely to take unexpected time off from work to care for a sick child or because of childcare issues. Another 29% say both parents would be equally likely to take time off, and 22% say the dad would be more likely to do this.

### Dads and moms have differing views on who's more likely to take unexpected time off for childcare issues

*Among full-time working parents with a different-sex spouse or partner who also works full time, % saying the \_\_\_ to take unexpected time off from work to care for a sick child or because of childcare issues*



Note: Shares of respondents who didn't offer an answer are not shown.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

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As is the case when asked about household chores and day-to-day parenting tasks, moms and dads have different perceptions of who would be more likely to take time off in these situations:

- 68% of moms say they would be more likely to take time off from work in this type of situation, compared with 29% of dads who say this about their spouse or partner.

- 40% of dads – versus 18% of moms – say they and their spouse or partner would be equally likely to take time off work.

### How do parents decide who takes off work when unexpected childcare situations arise?

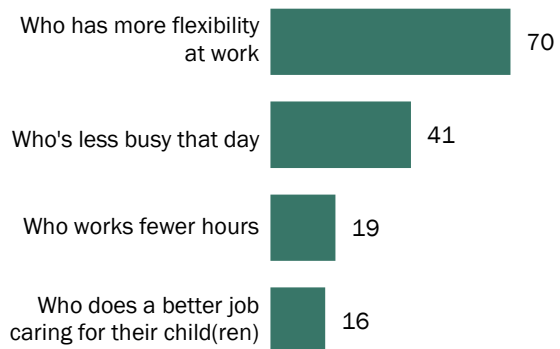
Flexibility on the job is key, according to parents.

Most (70%) say **who has more flexibility at work** is a major factor in deciding who would take time off to care for a sick child or because of other unexpected childcare issues. This is much larger than the shares who say each of the following is a major factor in this decision:

- Who's less busy that day (41%)
- Who works fewer hours (19%)
- Who does a better job caring for their children (16%)

### Flexibility at work is the top factor for parents when deciding who takes time off for unexpected childcare issues

*Among full-time working parents with a different-sex spouse or partner who also works full time, % saying \_\_\_ is a **major factor** in deciding who takes time off from work to care for a sick child or for childcare issues*



Note: Other response options were "Minor factor" and "Not a factor."

Source: Survey of U.S. working parents conducted March 2-15, 2026.

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## How family work arrangements have changed over time

The work arrangements of moms and dads who are married or living together have changed considerably in recent decades. As of 2025, just over half (52%) of different-sex couples with children under 18 consist of two full-time working parents. This is up from 46% a decade ago and 31% in 1975, according to Pew Research Center analysis of U.S. Census Bureau data.

The share of couples where the dad works full time and the mom is not employed has dropped from 42% in 1975 to 23% in 2025.

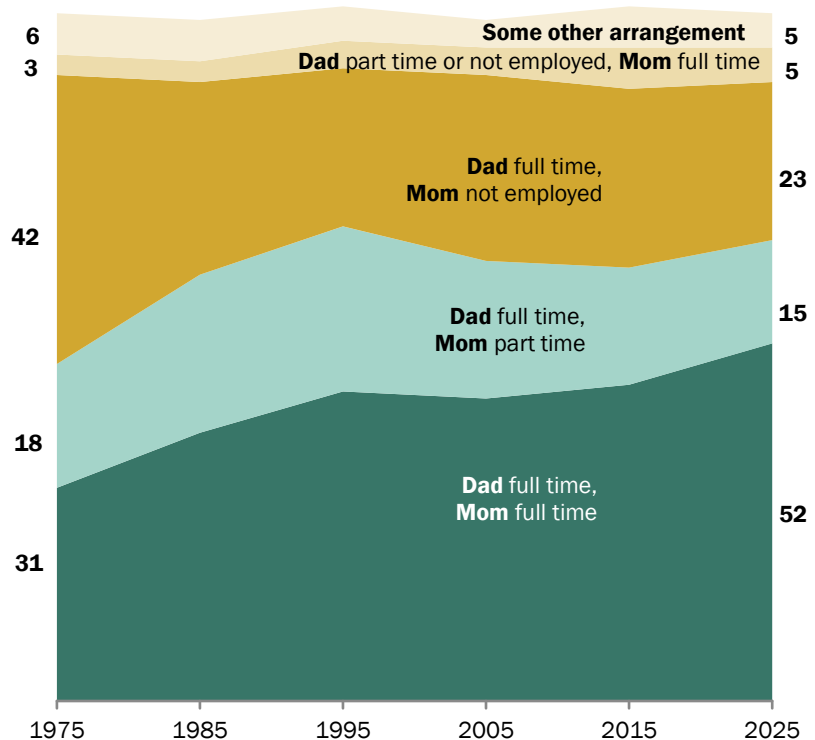
To understand how parents see the impact of these different work arrangements, we asked working parents how their setup has affected:

- Their family's financial situation
- Their children's well-being
- Their relationship with their spouse or partner
- Their ability to advance in their job or career

This question was part of a larger survey about the experiences of U.S. working parents. [Read key findings from the full study.](#)

### In just over half of different-sex couples with kids – up from 31% in 1975 – both dad and mom work full time

*% of married or cohabiting couples with children under 18 in each type of work arrangement*



Note: Based on employment status in the prior year among different-sex couples with at least one child younger than 18 in the household. Starting in 2010, figures include both married and cohabiting couples. For 2005 and prior years, figures include married couples only. Full-time work is defined as 35 hours a week or more.

Source: Pew Research Center analysis of 1975, 1985, 1995, 2005, 2015 and 2025 Current Population Survey data (IPUMS).

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We find that parents in families where both the mom and the dad work at least part time are more likely to see **financial benefits** than those in families where the dad works full time and the mom isn't employed. This is especially the case in families where both parents work full time.

In turn, those in families with a full-time working dad and a mom who isn't employed are the most likely to see their arrangement as **positive for their children's well-being**. (This finding reflects only dads' opinions, as the survey sampled only employed parents.)

While this analysis focuses on couples, it is important to acknowledge that not all working parents are partnered: 14% of working parents are neither married nor living with a partner, as of 2025.

## How family work arrangements differ by race and ethnicity

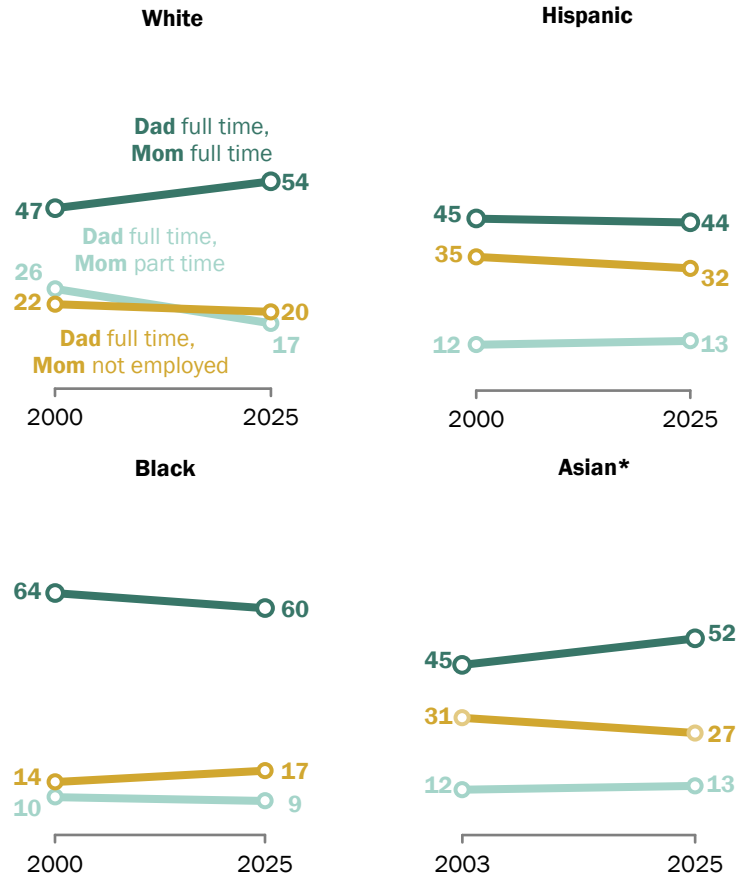
Most Black mothers married to or living with a male partner are in a family where both parents work full time (60%). This was already the case in 2000, when 64% were in this type of work arrangement. (This analysis focuses on trends in mothers' work status because most fathers work full time and have done so in the past.)

Smaller shares of White (54%), Asian (52%) and Hispanic (44%) mothers in different-sex couples are in a family with two full-time working parents. The shares of White and Asian moms in this type of work arrangement have risen over the past 25 years.

The family work arrangements of Hispanic moms have been stable since 2000. About a third (32%) aren't employed while their spouse or partner works full time. This is higher than the shares of Asian (27%), White (20%) and Black (17%) moms in such an arrangement today.

### 6 in 10 partnered Black mothers are in couples where both parents work full time

*% of moms who are married or living with a partner in each type of work arrangement, by race and ethnicity*



\* The Current Population Survey did not include Asians as a separate racial category prior to 2003.

Note: Based on employment status in the prior year among different-sex couples with at least one child younger than 18 in the household. Figures for 2025 include both married and cohabiting moms; older figures include married moms only. Full-time work is defined as 35 hours a week or more.

Source: Pew Research Center analysis of 2000, 2003 and 2025 Current Population Survey data (IPUMS).

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## How family work arrangements differ by education

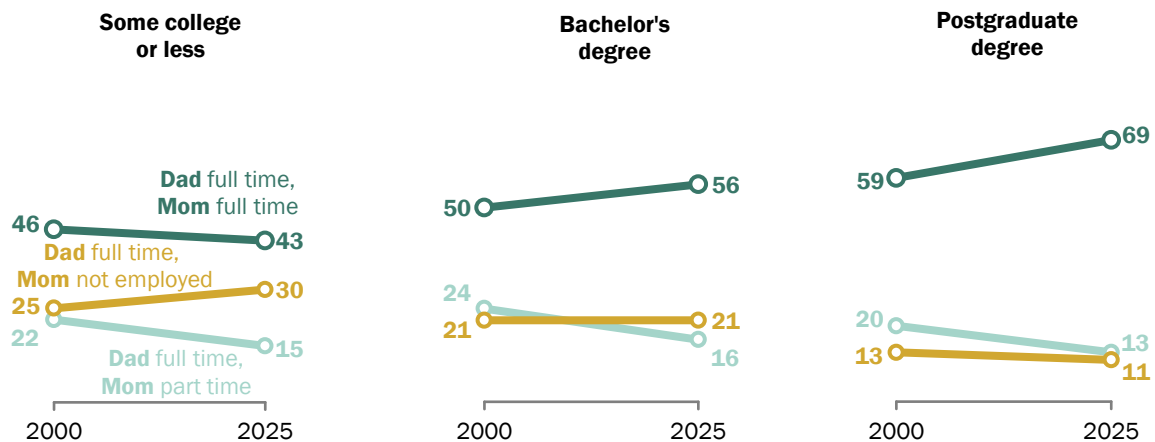
About seven-in-ten moms with a postgraduate degree married to or living with a male partner (69%) are in families where both parents work full time. A smaller majority of moms with a bachelor's degree (56%) are in this type of work arrangement. Both shares are up from 25 years ago.

In contrast, fewer than half of moms with some college or less education (43%) are in couples where both parents work full time. Three-in-ten of these moms are in families where the dad works full time and the mom is not employed. This compares with 21% among moms with a bachelor's degree and 11% of moms with a postgraduate degree.

This in part reflects the relationship between [educational attainment and labor force participation](#) among women in general.

### Mothers with some college or less education are more likely than those with more education to be in families where the dad works full time and the mom is not employed

*% of moms who are married or living with a partner in each type of work arrangement, by education level*



Note: "Some college" includes those with an associate degree and those who attended college but did not obtain a degree. Based on employment status in the prior year among different-sex couples with at least one child younger than 18 in the household. Figures for 2025 include both married and cohabiting moms; older figures include married moms only. Full-time work is defined as 35 hours a week or more. Source: Pew Research Center analysis of 2000 and 2025 Current Population Survey data (IPUMS).

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## How parents view the impact of their work arrangements

We explored how parents see the impact of their family work arrangements in our survey of working parents.

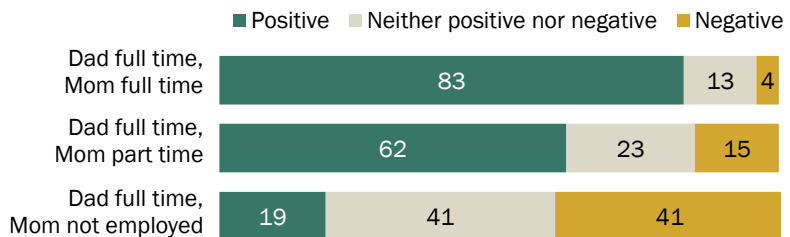
Most parents in families where *both dad and mom work full time* (83%) say this arrangement has had a positive impact on their **family's finances**. About six-in-ten parents in families where the *dad works full time and the mom works part time* (62%) say the same.

A far smaller share (19%) of parents in families where the *dad works full time and the mom is not employed* say this arrangement has helped them financially. About twice as many (41%) say it's had a negative impact. (This finding reflects only dads' opinions, as the survey sampled only employed parents.)

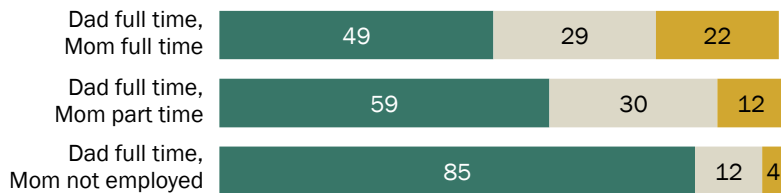
### Views on how family work arrangements impact finances and children's well-being vary among parents with different setups

% of working parents saying their family work arrangement has a \_\_\_\_ impact on ...

#### Their family's financial situation



#### Their children's well-being



Note: Shares of respondents who didn't offer a response are not shown. Shares include "Very/Somewhat positive" and "Very/Somewhat negative" responses. Refer to topline for full question wording. Figures for parents in families where the dad works full time and the mom is not employed reflect dads' views, as the survey sampled only employed parents. Sample sizes for parents in other family work arrangements are too small to analyze separately. Source: Survey of U.S. working parents conducted March 2-15, 2026. "For Working Parents, the Boundary Between Work and Family Is Often Blurred"

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Views are different when it comes to **children's well-being**. Most in families where *the dad works full time and the mom isn't employed* (85%, again reflecting dads' views) say this arrangement has been good for their children. About six-in-ten parents in families where the *dad works full time and the mom works part time* (59%) say the same.

Parents in families where *both work full time* are less likely to see a positive impact on their children's well-being. About half (49%) say this arrangement has had a positive impact, while 22% say it's been negative, and 29% say it's been neither positive nor negative.

When it comes to how their work arrangement impacts **their relationship with their spouse or partner**, more parents in each group report positive impacts than negative ones. Still, parents in families where the dad works full time and mom works part time or isn't employed are more likely to have positive views.

Parents in each group largely say their family work arrangement has had neither a positive nor negative impact on **their ability to advance in their job or career**.

(The survey sample does not include enough working parents in families where the mom works full time and the dad works part time or is not employed to analyze separately.)

## Acknowledgments

This report is a collaborative effort based on the input and analysis of the following individuals. Find related reports online at [pewresearch.org/topic/family-relationships/parenthood/](https://www.pewresearch.org/topic/family-relationships/parenthood/)

Kim Parker, *Director of Social Trends Research*  
Juliana Horowitz, *Senior Associate Director, Research*  
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Luona Lin, *Research Associate*  
Jake Hays, *Research Associate*  
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Reem Nadeem, *Digital Producer*  
John Carlo Mandapat, *Information Graphics Designer*  
Anna Jackson, *Editorial Specialist*  
Julia O'Hanlon, *Communications Manager*  
Ethan Charlip, *Communications Associate*

In addition, the project benefited greatly from the guidance of the Pew Research Center methodology team: Courtney Kennedy, Andrew Mercer, Ashley Amaya, Dorene Asare-Marfo, Dana Popky, Anna Brown and Arnold Lau.

Pew Research Center also received invaluable advice in developing this study from Alyson Silkowski, senior policy advisor; Brigid Schulte, director; Elliot Haspel, fellow; and Vicki Shabo, senior fellow at New America; and from Jessica Grose, opinion writer for The New York times; and Timothy Carney, senior columnist for Washington Examiner and senior fellow at the American Enterprise Institute.

## Methodology

### The American Trends Panel survey methodology

#### Overview

Data in this report comes from Wave 188 of the American Trends Panel (ATP), Pew Research Center’s nationally representative panel of randomly selected U.S. adults. The survey was conducted March 2-15, 2026, among a sample of panelists who indicated that they work either full time or part time for pay and that they are the parent or guardian of at least one child under age 18. A total of 2,242 panelists responded out of 2,843 who were sampled, for a survey-level response rate of 84% (AAPOR RR3).<sup>1</sup> This includes 1,900 respondents from the ATP and an additional 342 from the SSRS Opinion Panel.

The cumulative response rate accounting for nonresponse to the recruitment surveys and attrition is 3%. The break-off rate among panelists who logged on to the survey and completed at least one item is 1%. The margin of sampling error for the full sample of 2,242 respondents is plus or minus 2.6 percentage points.

The survey includes [oversamples](#) of Asian non-Hispanic working parents, Hispanic working mothers and Black non-Hispanic working mothers in order to provide more precise estimates of the opinions and experiences of these smaller demographic subgroups. These oversampled groups are weighted back to reflect their correct proportions in the population.

SSRS conducted the survey for Pew Research Center via online (n=2,220) and live telephone (n=22) interviewing. Interviews were conducted in both English and Spanish.

To learn more about the ATP, read “[About the American Trends Panel](#).”<sup>2</sup>

#### Panel recruitment

Since 2018, the ATP has used address-based sampling (ABS) for recruitment. A study cover letter and a pre-incentive are mailed to a stratified, random sample of households selected from the U.S. Postal Service’s Computerized Delivery Sequence File. This Postal Service file has been estimated to cover 90% to 98% of the population.<sup>3</sup> Within each sampled household, the adult with the next birthday is selected to participate. Other details of the ABS recruitment protocol have changed

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<sup>1</sup> The response rate is calculated as the number of eligible completes over the sum of eligible completes, break-offs and nonrespondents, where it is estimated that 94% of nonrespondents would have been eligible if they responded.

<sup>2</sup> Learn more about the [SSRS Opinion Panel](#).

<sup>3</sup> AAPOR Task Force on Address-based Sampling. 2016. “[AAPOR Report: Address-based Sampling](#).”

over time but are available upon request.<sup>4</sup> Prior to 2018, the ATP was recruited using landline and cellphone random-digit-dial surveys administered in English and Spanish.

A national sample of U.S. adults has been recruited to the ATP approximately once per year since 2014. In some years, the recruitment has included additional efforts (known as an “oversample”) to improve the accuracy of data for underrepresented groups. For example, Hispanic adults, Black adults and Asian adults were oversampled in 2019, 2022 and 2023, respectively.

### **Sample design**

The overall target population for this survey was noninstitutionalized persons ages 18 and older living in the United States who work full or part-time and are the parent or guardian of at least one child under 18. All active ATP members who were eligible were invited to participate in this wave.

The ATP was supplemented with oversamples from SSRS’s Opinion Panel (OP) of Asian non-Hispanic working parents, Hispanic working mothers, and Black non-Hispanic working mothers.

Eligible panelists from the ATP were identified based on a series of screening questions asked on ATP Wave 186, which fielded Jan. 27-Feb. 10, 2026. Eligible OP panelists were identified based on their panel profile data.

The screening questions were re-asked of all respondents at the start of Wave 188, and any who did not reconfirm their eligibility were screened out.

### **Questionnaire development and testing**

The questionnaire was developed by Pew Research Center in consultation with SSRS. The web program used for online respondents was rigorously tested on both PC and mobile devices by the SSRS project team and Pew Research Center researchers. The SSRS project team also populated test data that was analyzed in SPSS to ensure the logic and randomizations were working as intended before launching the survey.

### **Incentives**

All respondents were offered a post-paid incentive for their participation. ATP and OP respondents could choose to receive the post-paid incentive in the form of a check or gift code to Amazon.com, Target.com or Walmart.com. Incentive amounts ranged from \$5 to \$20 for ATP respondents, and \$5 to \$10 for OP respondents depending on whether the respondent belongs to a

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<sup>4</sup> Email [pewsurveys@pewresearch.org](mailto:pewsurveys@pewresearch.org).

part of the population that is harder or easier to reach. Differential incentive amounts were designed to increase panel survey participation among groups that traditionally have low survey response propensities.

### Data collection protocol

The data collection field period for this survey was March 2-15, 2026. Surveys were conducted via self-administered web survey or by live telephone interviewing.

**For panelists who take surveys online:**<sup>5</sup> Postcard notifications were mailed to a subset of ATP panelists on March 2.<sup>6</sup> Survey invitations were sent out in two separate launches: soft launch and full launch. There were 130 panelists included in the soft launch (60 from ATP, 70 from OP), which began with an initial invitation sent on March 2. All remaining English- and Spanish-speaking sampled online panelists were included in the full launch and were sent an invitation on March 3.

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### Invitation and reminder dates for web respondents, ATP Wave 188

	ATP Soft launch	ATP Full launch	OP Soft Launch	OP Full Launch
Initial invitation	March 2, 2026	March 3, 2026	March 2, 2026	March 3, 2026
First reminder	March 5, 2026	March 5, 2026	March 5, 2026	March 5, 2026
Second reminder	March 8, 2026	March 8, 2026	N/A	N/A
Third reminder	March 11, 2026	March 11, 2026	N/A	N/A
Final reminder	March 14, 2026	March 14, 2026	N/A	N/A

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Panelists participating online were sent an email invitation and up to four email reminders if they did not respond to the survey. ATP panelists who consented to SMS messages were sent an SMS invitation with a link to the survey and up to four SMS reminders.

**For panelists who take surveys over the phone with a live interviewer:** Prenotification postcards were mailed to ATP panelists on Feb. 27. Soft launch took place on March 2 and involved dialing until a total of nine interviews had been completed. All remaining English- and Spanish-speaking sampled phone panelists' numbers were dialed throughout the remaining field

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<sup>5</sup> The ATP does not use routers or chains in any part of its online data collection protocol, nor are they used to direct respondents to additional surveys.

<sup>6</sup> Postcard notifications for web panelists are sent to 1) panelists who were recruited within the last two years and 2) panelists recruited prior to the last two years who opt to continue receiving postcard notifications.

period. Panelists who take surveys via phone can receive up to six calls from trained SSRS interviewers.

### Data quality checks

To ensure high-quality data, Center researchers performed data quality checks to identify any respondents showing patterns of satisficing. This includes checking for whether respondents left questions blank at very high rates or always selected the first or last answer presented. As a result of this checking, no respondents were removed from the survey dataset prior to weighting and analysis.

### Weighting

The survey was weighted in a process that accounts for multiple stages of sampling and nonresponse that occur at different points in the panel survey process. First, each panelist begins with a base weight that reflects their probability of recruitment into the panel. Base weights for OP panelists were provided by SSRS. The base weights for the combined sample were combined and calibrated to align with the population benchmarks in the accompanying table. The population benchmarks are weighted estimates based on all working parents who responded to ATP Wave 186.

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#### American Trends Panel weighting dimensions among working parents

Variable	Benchmark source
Age (18-29, 30-39, 40-49, 50+)	Estimated from all working parents who responded to ATP Wave 186.
Gender	
Education	
Race/Ethnicity	
Years lived in the U.S.	
Census region	
Metropolitan status	
Volunteerism	
Frequency of internet use	
Religious affiliation	
Party affiliation	
Validated 2024 presidential election turnout and vote choice	
Oversampled groups (Asian non-Hispanic, Hispanic women, Black non-Hispanic women, all others)	

Note: For weighting to the 2024 presidential election results, panelists are considered validated voters if their self-report of having voted was confirmed after matching to a national voter registry.

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Finally, the weights were trimmed at the 1st and 99th percentiles to reduce the loss in precision stemming from variance in the weights. Sampling errors and tests of statistical significance take into account the effect of weighting.

The following table shows the unweighted sample sizes and the error attributable to sampling that would be expected at the 95% level of confidence for different groups in the survey.

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### Sample sizes and margins of error, ATP Wave 188

Group	Unweighted sample size	Plus or minus ...
Total sample	2,242	2.6 percentage points
Full time	1,878	2.8 percentage points
Part time	364	6.6 percentage points
Working fathers	981	3.9 percentage points
Working mothers	1,245	3.5 percentage points

Note: This survey includes oversamples of non-Hispanic Asian working parents, Hispanic working mothers and non-Hispanic Black working mothers. Unweighted sample sizes do not account for the sample design or weighting and do not describe a group's contribution to weighted estimates. Refer to the Sample design and Weighting sections above for details.

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Sample sizes and sampling errors for other subgroups are available upon request. In addition to sampling error, one should bear in mind that question wording and practical difficulties in conducting surveys can introduce error or bias into the findings of opinion polls.

## Dispositions and response rates

### Final dispositions, ATP Wave 188

	AAPOR code	ATP	SSRS OP	TOTAL
Completed interview	1.1	1900	342	2242
Eligible panelist, but broke off before completing survey	2.10	5	14	19
Survey completed after close of the field period	2.27	0	0	0
Eligible, but other noninterview	2.30	0	0	0
Completed interview but was removed for data quality	2.90	0	0	0
Screener not completed	3.20	72	376	448
Screened out	4.10	96	38	134
<b>Total panelists sampled for the survey</b>		<b>2073</b>	<b>770</b>	<b>2843</b>
Completed interviews	I	1900	342	2242
Partial interviews	P	0	0	0
Refusals	R	5	14	19
Noncontact	NC	0	0	0
Other	O	0	0	0
Unknown household	UH	0	0	0
Unknown other	UO	72	376	448
Not eligible	NE	96	38	134
<b>Total</b>		<b>2073</b>	<b>770</b>	<b>2843</b>
Est. eligibility rate among unscreened: $e = (I+P+R+NC+O)/(I+P+R+NC+O+NE)$		95%	90%	94%
AAPOR RR1 = $I / (I+P+R+NC+O+UH+UO)$		96%	47%	83%
AAPOR RR3 = $I / (I+P+R+NC+O+[e*(UH+UO)])$		96%	49%	84%

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### Cumulative response rate, ATP Wave

	ATP	SSRS OP	TOTAL
Weighted response rate to recruitment surveys	12%	5%	10%
% of recruitment survey respondents who agreed to join the panel, among those invited	74%	56%	69%
% of those agreeing to join who were active panelists at start of Wave 181	40%	68%	48%
Screener completion rate from Wave 186 (ATP only)	92%	N/A	N/A
Response rate to Wave 181 survey	96%	49%	84%
<b>Cumulative response rate</b>	<b>3%</b>	<b>1%</b>	<b>3%</b>

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## How family income tiers are calculated

Family income data reported in this study is adjusted for household size and cost-of-living differences by geography. Panelists then are assigned to income tiers that are based on the median adjusted family income of all American Trends Panel members. The process uses the following steps:

1. First, panelists are assigned to the midpoint of the income range they selected in a family income question that was measured on either the most recent annual profile survey or, for newly recruited panelists, their recruitment survey. This provides an approximate income value that can be used in calculations for the adjustment.
2. Next, these income values are adjusted for the cost of living in the geographic area where the panelist lives. This is calculated using price indexes published by the U.S. Bureau of Economic Analysis. These indexes, known as [Regional Price Parities \(RPP\)](#), compare the prices of goods and services across all U.S. metropolitan statistical areas as well as nonmetro areas with the national average prices for the same goods and services. The most recent available data at the time of the annual profile survey is from 2023. Those who fall outside of metropolitan statistical areas are assigned the overall RPP for their state's nonmetropolitan area.
3. Family incomes are further adjusted for the number of people in a household using the methodology from Pew Research Center's previous work on [the American middle class](#). This is done because a four-person household with an income of say, \$50,000, faces a tighter budget constraint than a two-person household with the same income.
4. Panelists are then assigned an income tier. "Middle-income" adults are in families with adjusted family incomes that are between two-thirds and double the median adjusted family income for the full ATP at the time of the most recent annual profile survey. The median adjusted family income for the panel is roughly \$77,800. Using this median income, the middle-income range is about \$51,900 to \$155,600. Lower-income families have adjusted incomes less than \$51,900 and upper-income families have adjusted incomes greater than \$155,600 (all figures expressed in 2024 dollars and scaled to a household size of three). A panelist is assigned "no answer" in the income tier variable if they did not provide all three pieces of information needed to calculate their tier (family income, household size and residential address).

Two examples of how a given area's cost-of-living adjustment was calculated are as follows: the Pine Bluff metropolitan area in Arkansas is a relatively inexpensive area, with a price level that is

19.7% less than the national average. The San Francisco-Oakland-Berkeley metropolitan area in California is one of the most expensive areas, with a price level that is 18.2% higher than the national average. Income in the sample is adjusted to make up for this difference. As a result, a family with an income of \$40,200 in the Pine Bluff area is as well off financially as a family of the same size with an income of \$59,100 in San Francisco.

The respondents from the SSRS Opinion Panel oversample answered the same family income and household size questions, and their incomes were adjusted using the procedures detailed above. They were then assigned an income tier based on the median adjusted family income for the full ATP at the time of the most recent annual profile survey.

### **A note about the Asian adult sample**

This survey includes a total sample size of 284 Asian adults. The sample primarily includes English-speaking Asian adults and, therefore, may not be representative of the overall Asian adult population. Despite this limitation, it is important to report the views of Asian adults on the topics in this study. As always, Asian adults' responses are incorporated into the general population figures throughout this report.

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## Appendix: Detailed tables

### How working parents think about their work-family balance

*% of working parents saying balancing their work and family responsibilities is ...*

	<b>Very/Somewhat easy</b>	<b>Neither easy nor difficult</b>	<b>Very/Somewhat difficult</b>
All working parents	24	23	53
Men	27	25	47
Women	20	22	58
White	26	22	52
Hispanic	19	24	57
Black	24	21	53
Asian*	17	31	52
Lower income	17	26	57
Middle income	28	20	52
Upper income	24	25	51
Employed full time	24	22	54
Employed part time	23	27	51
Work from home all/most of the time	29	20	52
Work from home some of the time	24	23	54
Rarely/never work from home**	22	24	54
Married or living with partner	25	23	51
Not married or living with partner	17	23	60
<i>Age of youngest child</i>			
0-5	22	22	56
6-12	23	23	54
13-17	28	25	47

\* Estimates for Asian adults are representative of English speakers only.

\*\* Includes those who say their job cannot be done from home for the most part.

Note: Shares of respondents who didn't offer an answer are not shown. White, Black and Asian adults include those who report being only one race and are not Hispanic. Hispanics are of any race. Family income tiers are based on adjusted 2025 earnings.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

"For Working Parents, the Boundary Between Work and Family Is Often Blurred"

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## Impact of parenthood on ability to advance at work

*% of working parents saying being a parent makes it \_\_\_\_ to advance in their job or career*

	<b>A lot/Somewhat easier</b>	<b>Neither easier nor harder</b>	<b>A lot/Somewhat harder</b>
All working parents	6	48	46
Men	7	54	39
Women	5	42	53
White	3	50	47
Hispanic	9	45	46
Black	11	48	41
Asian*	10	34	56
Lower income	10	44	46
Middle income	5	50	45
Upper income	4	44	52
Employed full time	5	50	45
Employed part time	9	38	53
Work from home all/most of the time	4	46	49
Work from home some of the time	6	37	57
Rarely/never work from home**	7	49	44
Married or living with partner	5	48	46
Not married or living with partner	9	46	45
<i>Age of youngest child</i>			
0-5	6	41	52
6-12	6	48	45
13-17	6	58	36

\* Estimates for Asian adults are representative of English speakers only.

\*\* Includes those who say their job cannot be done from home for the most part.

Note: Shares of respondents who didn't offer an answer are not shown. White, Black and Asian adults include those who report being only one race and are not Hispanic. Hispanics are of any race. Family income tiers are based on adjusted 2025 earnings.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

"For Working Parents, the Boundary Between Work and Family Is Often Blurred"

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## Impact of having a job on ability to be a good parent

*% of working parents saying having a job makes it \_\_\_\_ to be a good parent*

	<b>A lot/Somewhat easier</b>	<b>Neither easier nor harder</b>	<b>A lot/Somewhat harder</b>
All working parents	15	35	50
Men	19	36	45
Women	11	34	56
White	13	34	53
Hispanic	19	32	49
Black	19	42	39
Asian*	14	28	58
Lower income	17	36	47
Middle income	14	36	50
Upper income	16	28	56
Employed full time	15	33	52
Employed part time	17	41	42
Work from home all/most of the time	13	34	52
Work from home some of the time	14	37	49
Rarely/never work from home**	15	35	50
Married or living with partner	15	34	52
Not married or living with partner	17	38	46
<i>Age of youngest child</i>			
0-5	14	33	53
6-12	15	35	50
13-17	18	36	46

\* Estimates for Asian adults are representative of English speakers only.

\*\* Includes those who say their job cannot be done from home for the most part.

Note: Shares of respondents who didn't offer an answer are not shown. White, Black and Asian adults include those who report being only one race and are not Hispanic. Hispanics are of any race. Family income tiers are based on adjusted 2025 earnings.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

"For Working Parents, the Boundary Between Work and Family Is Often Blurred"

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## Reducing work hours because of family responsibilities

% of working parents saying that in the past 12 months they **needed to reduce their work hours ...**

	Mainly because of juggling work and family responsibilities	Mainly because of some other reason	Have not experienced this
All working parents	27	7	66
Men	23	6	71
Women	31	8	61
White	24	6	70
Hispanic	28	7	64
Black	30	6	64
Asian*	38	9	51
Lower income	30	9	60
Middle income	25	5	69
Upper income	28	5	67
Employed full time	26	6	67
Employed part time	29	10	60
Work from home all/most of the time	26	6	67
Work from home some of the time	29	5	66
Rarely/never work from home**	27	7	66
Married or living with partner	26	7	67
Not married or living with partner	29	7	63
<i>Age of youngest child</i>			
0-5	32	7	61
6-12	27	7	65
13-17	18	7	75

\* Estimates for Asian adults are representative of English speakers only.

\*\* Includes those who say their job cannot be done from home for the most part.

Note: Parents were first asked if they have experienced this, then asked if they experienced it mainly because they were juggling work and family responsibilities or mainly because of some other reason. Refer to topline for full question wording. Shares of respondents who didn't offer an answer are not shown. White, Black and Asian adults include those who report being only one race and are not Hispanic. Hispanics are of any race. Family income tiers are based on adjusted 2025 earnings.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

"For Working Parents, the Boundary Between Work and Family Is Often Blurred"

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## Feeling unable to give 100% at work because of family responsibilities

% of working parents saying that in the past 12 months they *felt like they couldn't give 100% at work ...*

	Mainly because of juggling work and family responsibilities	Mainly because of some other reason	Have not experienced this
All working parents	45	18	37
Men	38	21	41
Women	52	14	33
White	46	19	34
Hispanic	45	15	39
Black	41	19	39
Asian*	47	14	38
Lower income	45	16	38
Middle income	44	19	37
Upper income	49	16	35
Employed full time	46	19	35
Employed part time	42	15	42
Work from home all/most of the time	51	15	33
Work from home some of the time	47	16	37
Rarely/never work from home**	43	19	37
Married or living with partner	45	18	37
Not married or living with partner	46	18	36
<i>Age of youngest child</i>			
0-5	52	15	32
6-12	44	19	36
13-17	35	19	46

\* Estimates for Asian adults are representative of English speakers only.

\*\* Includes those who say their job cannot be done from home for the most part.

Note: Parents were first asked if they have experienced this, then asked if they experienced it mainly because they were juggling work and family responsibilities or mainly because of some other reason. Refer to topline for full question wording. Shares of respondents who didn't offer an answer are not shown. White, Black and Asian adults include those who report being only one race and are not Hispanic. Hispanics are of any race. Family income tiers are based on adjusted 2025 earnings.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

"For Working Parents, the Boundary Between Work and Family Is Often Blurred"

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## Turning down important tasks or assignments at work because of family responsibilities

*% of working parents saying that in the past 12 months they turned down an important task or assignment at work ...*

	Mainly because of juggling work and family responsibilities	Mainly because of some other reason	Have not experienced this
All working parents	21	6	72
Men	18	7	74
Women	23	6	71
White	20	5	74
Hispanic	20	10	69
Black	22	4	74
Asian*	27	3	70
Lower income	24	9	66
Middle income	19	5	75
Upper income	19	4	77
Employed full time	20	6	73
Employed part time	24	6	69
Work from home all/most of the time	17	6	77
Work from home some of the time	25	7	68
Rarely/never work from home**	21	6	72
Married or living with partner	20	6	74
Not married or living with partner	25	9	65
<i>Age of youngest child</i>			
0-5	22	7	70
6-12	21	6	73
13-17	19	6	75

\* Estimates for Asian adults are representative of English speakers only.

\*\* Includes those who say their job cannot be done from home for the most part.

Note: Parents were first asked if they have experienced this, then asked if they experienced it mainly because they were juggling work and family responsibilities or mainly because of some other reason. Refer to topline for full question wording. Shares of respondents who didn't offer an answer are not shown. White, Black and Asian adults include those who report being only one race and are not Hispanic. Hispanics are of any race. Family income tiers are based on adjusted 2025 earnings.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

"For Working Parents, the Boundary Between Work and Family Is Often Blurred"

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## Feeling unable to give 100% at home because of work responsibilities

*% of working parents saying that in the past 12 months they felt like they couldn't give 100% at home ...*

	Mainly because of juggling work and family responsibilities	Mainly because of some other reason	Have not experienced this
All working parents	56	15	29
Men	50	15	35
Women	61	13	25
White	58	17	25
Hispanic	54	13	33
Black	54	11	34
Asian*	56	11	31
Lower income	54	15	31
Middle income	57	14	29
Upper income	58	14	28
Employed full time	58	14	28
Employed part time	46	18	35
Work from home all/most of the time	57	9	34
Work from home some of the time	54	12	34
Rarely/never work from home**	56	16	28
Married or living with partner	56	14	30
Not married or living with partner	55	16	29
<i>Age of youngest child</i>			
0-5	60	15	26
6-12	57	13	29
13-17	47	16	37

\* Estimates for Asian adults are representative of English speakers only.

\*\* Includes those who say their job cannot be done from home for the most part.

Note: Parents were first asked if they have experienced this, then asked if they experienced it mainly because they were juggling work and family responsibilities or mainly because of some other reason. Refer to topline for full question wording. Shares of respondents who didn't offer an answer are not shown. White, Black and Asian adults include those who report being only one race and are not Hispanic. Hispanics are of any race. Family income tiers are based on adjusted 2025 earnings.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

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## Missing children's activities because of work

*% of working parents saying they have \_\_\_\_ missed activities their children were participating in because of work responsibilities in the past 12 months*

	<b>Extremely/Very often</b>	<b>Sometimes</b>	<b>Rarely/Never</b>
All working parents	15	32	53
Men	14	31	55
Women	15	33	52
White	9	30	61
Hispanic	20	34	46
Black	22	32	45
Asian*	24	38	38
Lower income	21	34	45
Middle income	12	32	56
Upper income	11	29	60
Employed full time	15	32	53
Employed part time	13	31	56
Work from home all/most of the time	9	25	66
Work from home some of the time	7	37	55
Rarely/never work from home**	17	33	50
Married or living with partner	13	30	56
Not married or living with partner	19	38	43
<i>Age of youngest child</i>			
0-5	13	32	55
6-12	17	34	50
13-17	15	28	57

\* Estimates for Asian adults are representative of English speakers only.

\*\* Includes those who say their job cannot be done from home for the most part.

Note: Refer to topline for full question wording. Shares of respondents who didn't offer an answer are not shown.

White, Black and Asian adults include those who report being only one race and are not Hispanic. Hispanics are of any race. Family income tiers are based on adjusted 2025 earnings.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

"For Working Parents, the Boundary Between Work and Family Is Often Blurred"

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## Do working parents worry about losing pay if they have to take time off for a childcare emergency?

*% of working parents saying they would be \_\_\_ about **losing pay** if they needed to take a day or two off from work to care for a sick child or because of childcare issues*

	<b>Extremely/Very worried</b>	<b>Somewhat worried</b>	<b>Not too/Not at all worried</b>
All working parents	30	18	52
Men	22	16	62
Women	37	20	42
White	22	17	60
Hispanic	43	22	35
Black	42	15	43
Asian*	26	16	58
Lower income	52	25	23
Middle income	25	18	58
Upper income	8	10	81
Employed full time	26	18	56
Employed part time	50	20	29
Work from home all/most of the time	19	13	68
Work from home some of the time	18	16	66
Rarely/never work from home**	34	20	47
Married or living with partner	25	17	57
Not married or living with partner	47	21	32
<i>Age of youngest child</i>			
0-5	31	20	49
6-12	30	17	53
13-17	30	15	55

\* Estimates for Asian adults are representative of English speakers only.

\*\* Includes those who say their job cannot be done from home for the most part.

Note: Shares of respondents who didn't offer an answer are not shown. White, Black and Asian adults include those who report being only one race and are not Hispanic. Hispanics are of any race. Family income tiers are based on adjusted 2025 earnings.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

"For Working Parents, the Boundary Between Work and Family Is Often Blurred"

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## Do working parents worry about losing their job if they have to take time off for a childcare emergency?

*% of working parents saying they would be \_\_\_ about **losing their job** if they needed to take a day or two off from work to care for a sick child or because of childcare issues*

	<b>Extremely/Very worried</b>	<b>Somewhat worried</b>	<b>Not too/Not at all worried</b>
All working parents	16	15	69
Men	15	10	75
Women	18	18	64
White	8	13	79
Hispanic	28	19	53
Black	29	15	56
Asian*	18	15	67
Lower income	31	21	48
Middle income	12	14	75
Upper income	5	8	87
Employed full time	15	14	71
Employed part time	21	21	57
Work from home all/most of the time	12	15	73
Work from home some of the time	13	12	75
Rarely/never work from home**	17	15	67
Married or living with partner	13	13	74
Not married or living with partner	27	21	51
<i>Age of youngest child</i>			
0-5	18	15	66
6-12	16	14	70
13-17	13	15	72

\* Estimates for Asian adults are representative of English speakers only.

\*\* Includes those who say their job cannot be done from home for the most part.

Note: Shares of respondents who didn't offer an answer are not shown. White, Black and Asian adults include those who report being only one race and are not Hispanic. Hispanics are of any race. Family income tiers are based on adjusted 2025 earnings.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

"For Working Parents, the Boundary Between Work and Family Is Often Blurred"

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## Do working parents worry about their boss not seeing them as committed if they have to take time off for a childcare emergency?

*% of working parents saying they would be \_\_\_ about **their boss not seeing them as committed to their work** if they needed to take a day or two off from work to care for a sick child or because of childcare issues*

	<b>Extremely/Very worried</b>	<b>Somewhat worried</b>	<b>Not too/Not at all worried</b>
All working parents	18	22	60
Men	14	19	67
Women	22	24	53
White	13	22	65
Hispanic	28	22	50
Black	24	18	58
Asian*	20	27	53
Lower income	28	26	46
Middle income	15	21	64
Upper income	10	21	69
Employed full time	17	21	62
Employed part time	21	30	48
Work from home all/most of the time	19	19	62
Work from home some of the time	17	23	60
Rarely/never work from home**	18	23	59
Married or living with partner	16	21	63
Not married or living with partner	25	25	50
<i>Age of youngest child</i>			
0-5	23	24	53
6-12	15	21	64
13-17	15	20	66

\* Estimates for Asian adults are representative of English speakers only.

\*\* Includes those who say their job cannot be done from home for the most part.

Note: Shares of respondents who didn't offer an answer are not shown. White, Black and Asian adults include those who report being only one race and are not Hispanic. Hispanics are of any race. Family income tiers are based on adjusted 2025 earnings.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

"For Working Parents, the Boundary Between Work and Family Is Often Blurred"

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## Do working parents think they spend the right amount of time with their kids?

*% of working parents saying they spend \_\_\_\_ with their child(ren)*

	<b>Too much time</b>	<b>Too little time</b>	<b>The right amount of time</b>
All working parents	3	56	40
Men	2	57	41
Women	4	55	40
White	1	56	42
Hispanic	6	55	39
Black	7	52	41
Asian*	2	61	37
Lower income	8	55	37
Middle income	2	57	41
Upper income	1	53	45
Employed full time	3	60	37
Employed part time	7	39	54
Work from home all/most of the time	4	52	43
Work from home some of the time	7	55	39
Rarely/never work from home**	3	57	40
Married or living with partner	3	55	42
Not married or living with partner	7	57	36
<i>Age of youngest child</i>			
0-5	6	54	40
6-12	2	59	38
13-17	1	54	44

\* Estimates for Asian adults are representative of English speakers only.

\*\* Includes those who say their job cannot be done from home for the most part.

Note: Shares of respondents who didn't offer an answer are not shown. White, Black and Asian adults include those who report being only one race and are not Hispanic. Hispanics are of any race. Family income tiers are based on adjusted 2025 earnings.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

"For Working Parents, the Boundary Between Work and Family Is Often Blurred"

**PEW RESEARCH CENTER**

## Taking care of parenting tasks while working

*% of working parents saying they take care of parenting-related tasks while they're working ...*

	<b>Extremely/Very often</b>	<b>Sometimes</b>	<b>Rarely/Never</b>
All working parents	28	43	29
Men	17	45	37
Women	38	39	22
White	24	42	34
Hispanic	34	41	24
Black	34	43	22
Asian*	30	45	25
Lower income	38	40	22
Middle income	24	43	33
Upper income	22	46	31
Employed full time	26	44	29
Employed part time	34	36	29
Work from home all/most of the time	39	41	20
Work from home some of the time	28	43	29
Rarely/never work from home**	25	43	31
Married or living with partner	26	43	31
Not married or living with partner	33	42	24
<i>Age of youngest child</i>			
0-5	30	40	29
6-12	28	44	28
13-17	24	45	32

\* Estimates for Asian adults are representative of English speakers only.

\*\* Includes those who say their job cannot be done from home for the most part.

Note: Refer to topline for full question wording. Shares of respondents who didn't offer an answer are not shown.

White, Black and Asian adults include those who report being only one race and are not Hispanic. Hispanics are of any race. Family income tiers are based on adjusted 2025 earnings.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

"For Working Parents, the Boundary Between Work and Family Is Often Blurred"

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## Taking care of work tasks while with children

*% of working parents saying they take care of work-related tasks while they're with their children ...*

	<b>Extremely/Very often</b>	<b>Sometimes</b>	<b>Rarely/Never</b>
All working parents	23	36	41
Men	19	39	43
Women	27	34	38
White	21	35	43
Hispanic	27	35	38
Black	22	33	45
Asian*	26	44	30
Lower income	26	33	40
Middle income	21	36	43
Upper income	23	42	34
Employed full time	22	37	41
Employed part time	27	31	41
Work from home all/most of the time	34	39	27
Work from home some of the time	31	47	22
Rarely/never work from home**	19	34	46
Married or living with partner	23	37	40
Not married or living with partner	23	34	43
<i>Age of youngest child</i>			
0-5	25	35	40
6-12	23	38	38
13-17	19	36	46

\* Estimates for Asian adults are representative of English speakers only.

\*\* Includes those who say their job cannot be done from home for the most part.

Note: Shares of respondents who didn't offer an answer are not shown. White, Black and Asian adults include those who report being only one race and are not Hispanic. Hispanics are of any race. Family income tiers are based on adjusted 2025 earnings.

Source: Survey of U.S. working parents conducted March 2-15, 2026.

"For Working Parents, the Boundary Between Work and Family Is Often Blurred"

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