

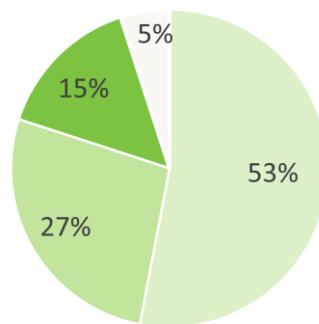
Barnardos conducted a short online survey about the joys and challenges of parenting in modern Ireland. There were over 1,500 responses to this survey. Below is a summary of the main findings.

### What parents say is the best part of their day:

- 50% said 'hanging out' is the best part of their day with their child
- 19% prefer bedtime routine
- 18% chose playing games
- 13% enjoy mealtimes the most

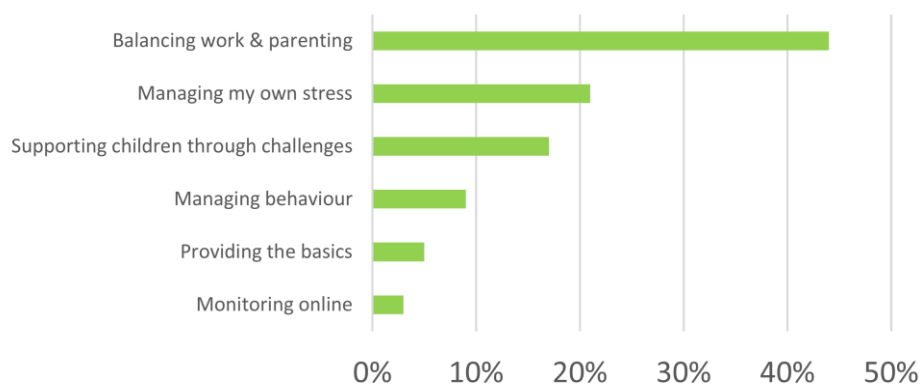
*“The thing that brings the most happiness is my son, my husband and I doing things together. It doesn't really matter what we're doing.”*

### Most parents feel overwhelmed sometimes



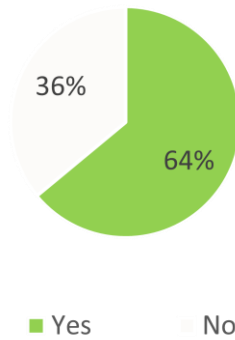
Occasionally Often Very often Never

### What parents say is their biggest challenge:



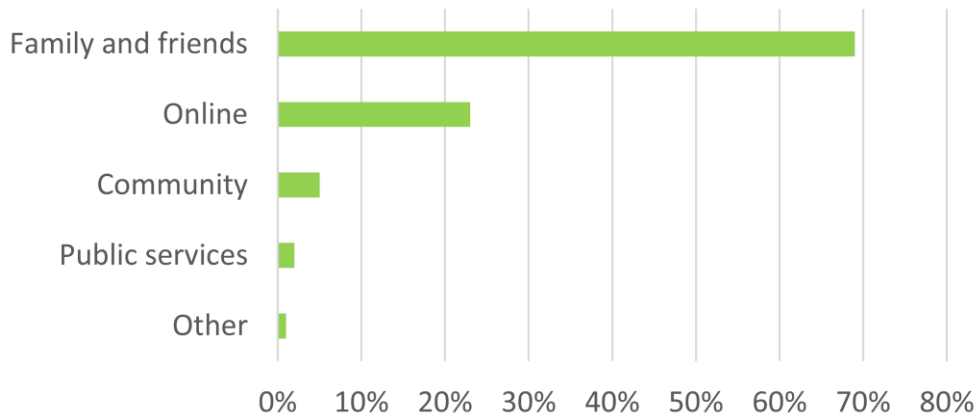
*“The lack of affordable childcare in Ireland has literally broken myself and my husband..... We continue to struggle every month to meet other bills and it is unsustainable.”*

### Do parents feel supported?



*“It takes a village to raise a child. But sometimes there is no village.....When there is no family backup you’re a bit lost.”*

### Who do parents go to when they first need support?



### What do parents think would help them most?

