



Working Parents throughout the APAC Region answer the question:

“What are the home and/or work challenges you experience or have experienced in the past as a working parent?”

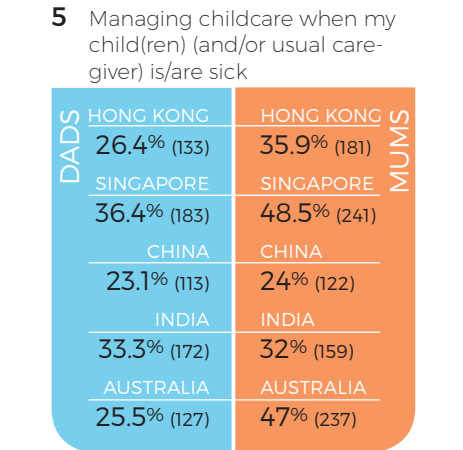
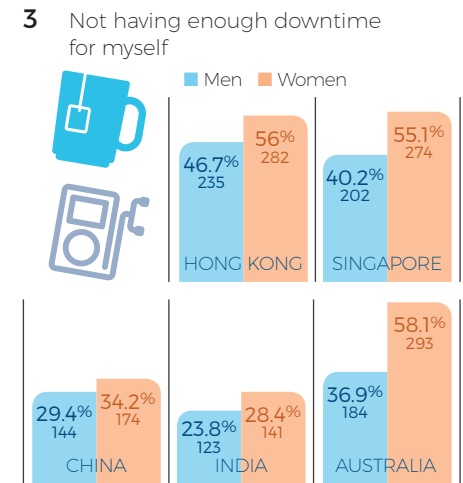
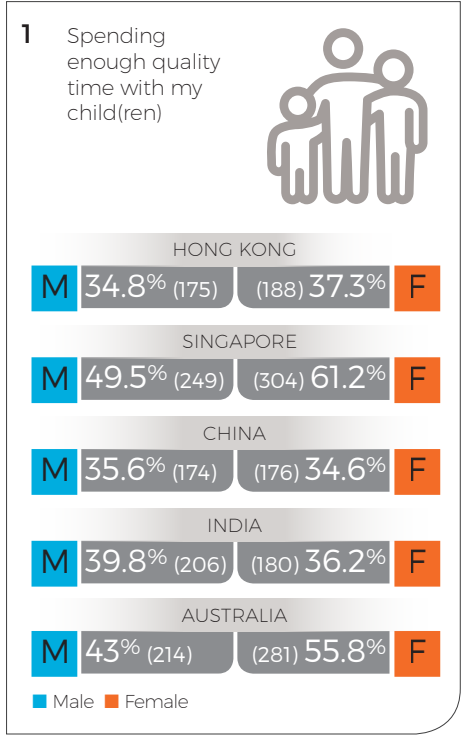


5,030

Working Parents born between 1956–2000

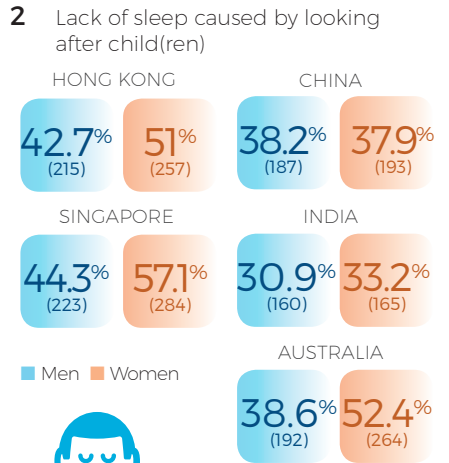
including an equal split of WORKING MUMS and WORKING DADS both with dependent children under 16

Working mums and dads were asked to tick all that apply.

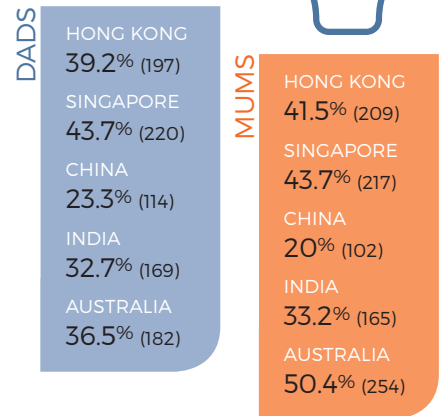


## Singapore

contributed the most votes to the top 5 challenges.



**4** Finding time to exercise



42.7% (2149)

the biggest challenge for mums & dads is spending quality time with their children.

Over 61% of Singapore women being the largest response to this question.



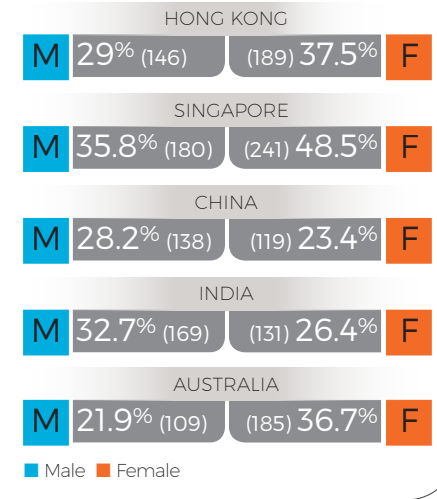
What are the home and/or work challenges you experience or have experienced in the past as a working parent?



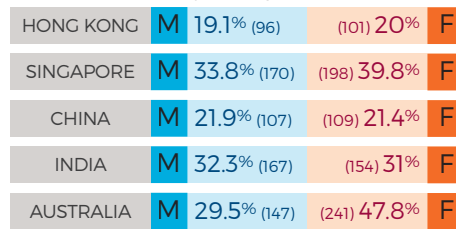
854 women  
Feeling guilty about not being 'good enough' at home and/or work compared to 631 men

Losing confidence only received 26 ticks from men in CHINA

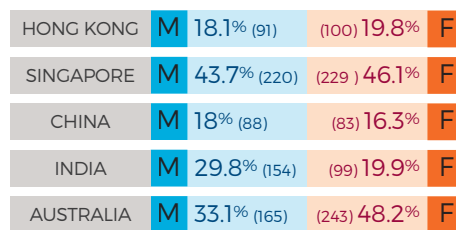
6 Supporting child(ren) with homework/exams/school preparation



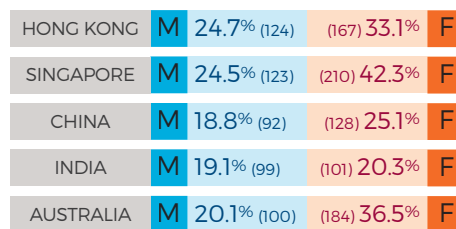
8 Picking up/dropping off child(ren) from school/nursery/care-giver



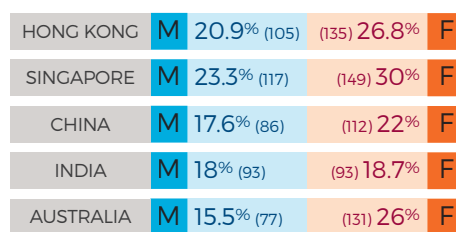
10 Childcare costs



12 Forgetfulness or distraction



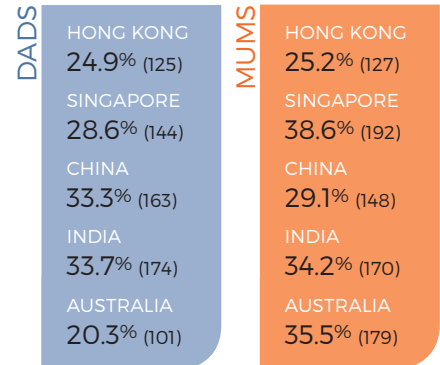
14 Not being able to work flexibly



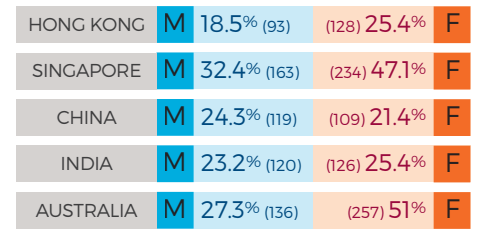
58.1% (293)

Australian Women voted for not having enough downtime for themselves.

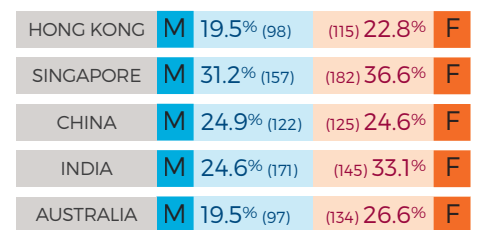
7 Making sure my child(ren) get a healthy diet



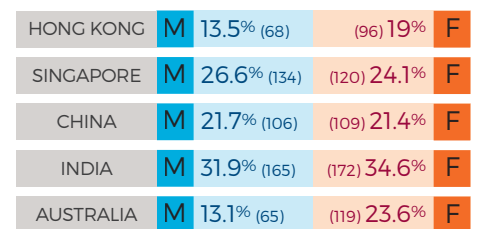
9 Feeling guilty about not being 'good enough' at home and/or work



11 Keeping up my performance at work



13 Finding good quality childcare



15 Losing my self-confidence

