

# BUILDING STABILITY, STEP BY STEP



## FINANCIAL ANXIETY

66% of parents report being overwhelmed by financial stress compared to 39% of non-parents.

### INABILITY TO AFFORD BASIC NEEDS

**1 in 4 parents** has faced issues affording essential items like food and rent in the past year.

## CHILD CARE COST INCREASE

Childcare costs have risen by 26% over the past decade, straining family budgets.

### PARENTAL JOB INSECURITY

45% of parents report concerns about job security impacting their family's financial stability.



## DEBT STRESS

Over 40% of parents carry significant debt, adding to daily stress levels.



### EMERGENCY SAVINGS

Only 30% of parents report having sufficient emergency savings for unexpected expenses.

### ACCESS TO FINANCIAL LITERACY RESOURCES

Many parents lack access to financial education programs that could improve financial stability.

## IMPACTS ON CHILD DEVELOPMENT

Financial strain has been shown to negatively impact child development and academic performance.

### HEALTH COSTS AS A BURDEN

Nearly 35% of parents cite healthcare expenses as a top financial worry.

### PARENTAL EMPLOYMENT GAPS

Many parents have faced job gaps due to lack of affordable childcare, impacting career progression.

Sources:

Parents Under Pressure: Supporting the Mental Health of Families - U.S. Department of Health and Human Services, 2023. Available at [hhs.gov](https://www.hhs.gov)

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