

National
Organization of
Mothers
Of
Twins
Clubs, Inc.

SUBJECT: **STAY-AT-HOME PARENTS**
RESEARCHER: National Organization of Mothers of Twins Clubs, Inc.

DATE: February 1997 – February 1998

PURPOSE: The purpose of this study was to investigate the special stresses of parents of multiples (mostly mothers) who remain at home to raise their children

METHOD: A questionnaire was printed in MOTC's *Notebook* and a National Mailing. This survey was to be filled out by parents who were currently or had formerly stayed at home to raise their multiples rather than be employed outside of the home.

BACKGROUND INFORMATION

This survey was completed by 299 mothers of multiples and 13 fathers of multiples. Their multiples were the following ages: 0-6 months (83), 7-12 months (151), 13-24 months (214), 2-4 years (387), 5-7 years (126), 8-10 years (30), 11-13 years (11) and over 13 years old (38). For 535 respondents the multiples were first-born children.

RESULTS

1. Most respondents (998) stated that they stayed at home because they wanted to be their children's main caregiver.
2. 870 respondents stopped working willingly. 102 would rather work a separate job at least part-time.
3. Reasons given for staying at home included; too stressful trying to balance working and parenting (570), too fatigued to work and parent (175), cost of daycare too high (487), spouse's request (245).
4. Being a stay-at-home parent has had a negative financial impact on the families of 615 respondents. 319 reported marital stress as a result. 119 reported a lack of money for essentials. 680 reported a lack of money for extras. However, many respondents felt that the sacrifice was small compared to the rewards.
5. Although these respondents were mostly satisfied with their decision to remain at home, about 100 had a significant number of negative feelings to report and could be depressed, highly stressed or generally unhappy.
6. These respondents felt that parenting multiples gets easier as the children get older.
7. These respondents advised new parents of multiples to get some help especially when the multiples are young. They also advised that new parents remember to set aside time for themselves. Many suggested joining a parents of multiples group like NOMOTC.