Changing patterns in parental time use

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2nd December 2019.
Overview

- About the project

- Patterns and time trends in parental time use
1. About the project
Project

- National Centre for Social Research (NatCen)
  - Dr Svetlana Speight (PI), Allison Dunatchik (Co-I), Robert Wishart, Molly Mayer
- Professor Oriel Sullivan – CTRU (UCL)
- Working Families
  - Julia Waltham, Head of Policy and Research / Jonathan Swan
- Advisory Group
- Funded by ESRC (Secondary Data Analysis Initiative)
- January 2018 – February 2020
Societal context

- Increases in maternal labour market participation
- More egalitarian gender-role attitudes towards paid work and domestic work
- Cultural shift towards more time-intensive, child-centred parenting
- Normative expectations around ‘a participative father’
Policy developments

- Expansion of childcare provision
- Maternity leave, paternity leave, shared parental leave
- Flexible working
Research aims

- To analyse how time use among UK parents has changed over the past 15 years (2000-2015)
  - Quantity of time (amounts of time spent on different activities)
  - Quality of time (multitasking, fragmentation)
- To examine how time use varies between mothers and fathers and between different groups of parents
- To analyse the relationship between time-use patterns and parental wellbeing
- To explore the links between flexible working and patterns of time use and wellbeing
Time use diaries

**Example**

- Record your main activity for each 10-minute period.
- Only one main activity on each line!
- Distinguish between first and second job, if any.
- Distinguish between travel and the activity that is the reason for travelling.
- Don’t forget the mode of transport or location and whether you were using a smartphone, tablet or computer.
- Please remember to record who you were with.

**Day 1**

**Time:** 7am – 10am

**Morning**

<table>
<thead>
<tr>
<th>Time</th>
<th>What were you doing?</th>
<th>Did you use a smartphone, tablet, or computer?</th>
<th>Where were you?</th>
<th>People who live with you</th>
<th>How much did you enjoy this time?</th>
</tr>
</thead>
<tbody>
<tr>
<td>7am-7.10</td>
<td>Woke up the children</td>
<td>☐</td>
<td>At home</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>7.10-7.20</td>
<td>Had breakfast</td>
<td>☐</td>
<td></td>
<td></td>
<td>6</td>
</tr>
<tr>
<td>7.20-7.30</td>
<td>&quot;</td>
<td>☐</td>
<td></td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>7.30-7.40</td>
<td>Cleared the table</td>
<td>☐</td>
<td></td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>7.40-7.50</td>
<td>Helped the children dressing</td>
<td>☐</td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>7.50-8am</td>
<td>&quot;</td>
<td>☐</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8am-8.10</td>
<td>&quot;</td>
<td>☐</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8.10-8.20</td>
<td>Went to the day care centre</td>
<td>☐</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- For each 10-minute period, please write in how much you enjoyed this time on a scale of 1 to 7, with 1 meaning you didn’t enjoy it at all and 7 meaning that you enjoyed it very much.
- For example, if you didn’t enjoy an activity at all then you would write 1 in the box.

This includes children aged 8 and over.

Use an arrow or quote marks to record that an activity lasted longer than 10 minutes.
Categorising time use

Time use is categorised as follows:

- Paid work
- Housework: core (e.g. cooking, cleaning) and non-routine
- Childcare
  - Physical childcare (e.g. feeding, bathing the child)
  - Interactive childcare (e.g. reading, playing, talking with the child)
  - Other childcare (e.g. taking the child to nursery/school)
- Leisure
- Sleep
- Other activities (e.g. eating, travel, personal care)
3. How mothers and fathers spend their time
Mothers and fathers

Data source: United Kingdom Time Use Survey 2001 & 2015
Significance: Between years: $p < 0.05 = *, p < 0.01 = **$ Between groups: $p < 0.05 = †, p < 0.01 = ††$
Base: Parents with children aged 16 or younger in the household
Minutes spent per day on childcare: full time working mums v full time working dads

2001:
- Mums: 76 minutes
- Dads: 43 minutes

2015:
- Mums: 95 minutes
- Dads: 51 minutes

Includes:
- Physical childcare eg; bathing and feeding
- Interactive childcare eg; playing and reading
- Other childcare eg; taking children to school
Mothers and fathers: summary

- The gender gap in paid work has narrowed from 2001 to 2015.
- The gender gap in housework has also narrowed over the same period, but only because mothers are spending less time on housework in 2015.
- Mothers still perform a greater share of childcare tasks, and the difference between mothers and fathers hasn’t changed.
- Both mothers and fathers are spending more time with children in 2015.
- In both years, fathers had more leisure time than mothers. The amount of leisure time parents have has not changed from 2001 to 2015.
4. Employment status and time use
Employment status of parents

<table>
<thead>
<tr>
<th></th>
<th>2001</th>
<th></th>
<th>2015</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fathers</td>
<td>86%</td>
<td>Mothers</td>
<td>36%</td>
<td>fathers</td>
</tr>
<tr>
<td></td>
<td>36%</td>
<td></td>
<td>9%</td>
<td>mothers</td>
</tr>
<tr>
<td></td>
<td>4%</td>
<td></td>
<td>9%</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Full-time**
- **Part-time**
- **Not working**
Mothers and fathers working full-time

Statistical Significance:
Between years: $p < 0.05 = \ast, p < 0.01 = \ast\ast$
Between groups: $p < 0.05 = \dagger, p < 0.01 = \dagger\dagger$
Minutes spent per day on housework: full time working mums v full time working dads

2001
- Mums: 126 minutes
- Dads: 49 minutes

2015
- Mums: 107 minutes
- Dads: 51 minutes
Mothers working FT, PT or not at all

- **Paid work**
  - Full-time: 231 minutes
  - Part-time: 156 minutes
  - Not working: 11 minutes

- **Core housework**
  - Full-time: 183 minutes
  - Part-time: 139 minutes
  - Not working: 107 minutes

- **Non-routine housework**
  - Full-time: 88 minutes
  - Part-time: 75 minutes
  - Not working: 73 minutes

- **Physical childcare**
  - Full-time: 87 minutes
  - Part-time: 58 minutes
  - Not working: 55 minutes

- **Interactive childcare**
  - Full-time: 36 minutes
  - Part-time: 28 minutes
  - Not working: 21 minutes

- **Other childcare**
  - Full-time: 29 minutes
  - Part-time: 27 minutes
  - Not working: 19 minutes

- **Leisure**
  - Full-time: 262 minutes
  - Part-time: 221 minutes
  - Not working: 204 minutes

**Time spent in each activity (minutes per day)**

Data source: United Kingdom Time Use Survey 2001 & 2015
Significance: Between years: *p < 0.05 = *, **p < 0.01 = ***, Between a group and non-working mothers: †p < 0.05 = †, ‡p < 0.01 = ‡
Base: Mothers with children aged 16 or younger in the household
Employment and parental time use

- Despite mothers’ working hours increasing, full-time working mothers still do significantly more housework than full-time working fathers.
- Full-time working parents are spending more time on childcare activities in 2015 than in 2001.
- Employment status is a big factor in determining mothers’ time use.
- Working mothers have increased the amount of time they spend on physical childcare.
5. Other factors
Single and partnered mothers

Data source: United Kingdom Time Use Survey 2001 & 2015
Significance: Between years: $p < 0.05 = \ast$, $p < 0.01 = \ast\ast$
Between groups: $p < 0.05 = \dagger$, $p < 0.01 = \dagger\dagger$
Base: Parents with children aged 16 or younger in the household

Time spent in each activity (minutes per day)

- **Paid work**
  - Partnered: 143
  - Single: 123

- **Core housework**
  - Partnered: 143
  - Single: 134

- **Non-routine housework**
  - Partnered: 69
  - Single: 67

- **Physical childcare**
  - Partnered: 69\dagger
  - Single: 49

- **Interactive childcare**
  - Partnered: 29
  - Single: 26

- **Other childcare**
  - Partnered: 24
  - Single: 27

- **Leisure**
  - Partnered: 213\dagger
  - Single: 234
Young children

Time spent in each activity (minutes per day)

- Children under 5
- No children under 5

Data source: United Kingdom Time Use Survey 2001 & 2015
Significance: $p < 0.05 = *$, $p < 0.01 = **$
Base: Parents with children aged 16 or younger in the household
Social class

Data source: United Kingdom Time Use Survey 2001 & 2015
Significance: Between years: $p < 0.05 = *$, $p < 0.01 = **$, Between groups and Professional and Managerial occupations: $p < 0.05 = †$, $p < 0.01 = † †$
Base: Parents with children aged 16 or younger in the household
Socio-demographic characteristics and time use

- There are relatively few differences in time use between single and partnered mothers. The differences that are observed (physical childcare and leisure) exist because of differences in the age of their children and employment status.
- Parents of younger children spend more time on childcare activities than parents of older children.
- There has been an increase in time spent on childcare for parents from professional and managerial backgrounds.
- This is particularly true for professional and managerial mothers.
Briefing paper

Full briefing paper with detailed appendix tables available to download from the project webpage:

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Appendix slides
UK Time Use Survey Sample

2000-01
- 2,693 parents with a child aged 16 or younger in the household
  - 1,556 mothers and 1,137 fathers
    - 1,223 partnered mothers with partner data
    - 1,102 partnered fathers with partner data
- Primary and secondary activities recorded

2014-15
- 2,032 parents with a child aged 16 or younger in household
  - 1,191 mothers and 841 fathers
    - 788 partnered mothers with partner data
    - 794 partnered fathers with partner data
- Primary activity and up to three other activities
## Parent characteristics

<table>
<thead>
<tr>
<th></th>
<th>2001 Fathers</th>
<th>2001 Mothers</th>
<th>2015 Fathers</th>
<th>2015 Mothers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age (mean)</strong></td>
<td>39.4</td>
<td>36.3</td>
<td>40.9</td>
<td>38.2</td>
</tr>
<tr>
<td><strong>Number of children (mean)</strong></td>
<td>1.8</td>
<td>1.8</td>
<td>1.8</td>
<td>1.7</td>
</tr>
<tr>
<td><strong>Partnered status</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Partnered (%)</td>
<td>96.4</td>
<td>80.7</td>
<td>96.8</td>
<td>80.5</td>
</tr>
<tr>
<td>Single (%)</td>
<td>3.6</td>
<td>19.3</td>
<td>3.2</td>
<td>19.5</td>
</tr>
<tr>
<td><strong>Employment status</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not working (%)</td>
<td>9.1</td>
<td>34.3</td>
<td>8.7</td>
<td>29.8</td>
</tr>
<tr>
<td>Part time (%)</td>
<td>2.2</td>
<td>36.4</td>
<td>5.8</td>
<td>31.5</td>
</tr>
<tr>
<td>Self employed (%)</td>
<td>15.8</td>
<td>4.8</td>
<td>19.5</td>
<td>7.7</td>
</tr>
<tr>
<td>Full time (%)</td>
<td>72.9</td>
<td>24.5</td>
<td>66.0</td>
<td>31.1</td>
</tr>
<tr>
<td><strong>Highest qualification</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Degree or higher (%)</td>
<td>17.3</td>
<td>13.3</td>
<td>30.1</td>
<td>33.9</td>
</tr>
<tr>
<td>Higher education (%)</td>
<td>10.1</td>
<td>14.1</td>
<td>17.5</td>
<td>16.8</td>
</tr>
<tr>
<td>A level or equivalent (%)</td>
<td>14.2</td>
<td>9.3</td>
<td>18.0</td>
<td>23.1</td>
</tr>
<tr>
<td>Secondary or other (%)</td>
<td>58.4</td>
<td>63.3</td>
<td>34.4</td>
<td>26.2</td>
</tr>
</tbody>
</table>
Social class: mothers

Time spent in each activity (minutes per day)

- Paid work
- Core housework
- Non-routine housework
- Physical childcare
- Interactive childcare
- Other childcare
- Leisure

Data source: United Kingdom Time Use Survey 2001 & 2015
Significance: Between years: $p < 0.05 = ^*, p < 0.01 = **$, Between groups and Professional and Managerial occupations: $p < 0.05 = \dagger, p < 0.01 = \dagger\dagger$
Base: Parents with children aged 16 or younger in the household
Social class: fathers

Time spent in each activity (minutes per day)

Data source: United Kingdom Time Use Survey 2001 & 2015
Significance: Between years: $p \leq 0.05 = *$, $p < 0.01 = **$, Between groups and Professional and Managerial occupations: $p < 0.05 = \dagger$, $p < 0.01 = \dagger \dagger$
Base: Parents with children aged 16 or younger in the household