Parents with the highest economic hardship are the most likely to speak of care work as more exhausting than enjoyable.

55% of women and 50% of men say that the way they share care work at home is a source of stress for them.

Men who practice emotional self-care are much more likely to take care of their children and family members.

90% of parents say that caring for children is one of the most enjoyable things in their lives.

The majority of both men and women say they take some action each week to care for the planet.

74% of people say they have already talked to their friends and family about the need for better care policies.

Many parents say they don’t get enough childcare support due to cost and lack of publicly funded childcare.

Across 17 countries, mothers do 1.36 times the house cleaning and 1.32 times the physical childcare that fathers do.

Men and women who are satisfied with their involvement in care are 1.5 times more likely to feel more gratitude and purpose in their lives.

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In 14 countries, the majority of fathers say that ‘caring for my children is worth giving up some career opportunities for.’

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Rules of the game

1. Starting position
   Each player places their token on box number 1 and begins from here.

2. Taking turns
   Take turns rolling the dice. Move your token forward the number of spaces indicated on the dice.

3. Climbing ladders
   If your token lands on a box with a ladder, you can move forward to the box at the end of the ladder.

4. Descending snakes
   If your token lands on the head of a snake, you must slide down to the lower box of the snake.

5. Completing the game
   The first player to reach box number 25 has completed the journey first.

6. Have fun!

Recommendations

- Center care systems in policies and public institutions, focusing on the most marginalized
- Advocate for a culture of care in all workplaces
- Revolutionize the way boys are taught about care
- Invest in care, measure it, and disaggregate by gender, social class, and age
- Normalize equal parental leave for mothers, fathers, and all caregivers, and for care of all kinds
- Generate and disseminate mainstream media that portrays men and boys as caring and competent caregivers