

PARENTHING WEEKLY

Two findings, one conversation

Better co-parenting lowers stress.
Nearly half of one-parent families
are in deprivation. They meet in the
middle.

23 to 27 June 2026 | parenthing.ie

The gap nobody is naming

A study in Families in Society found that when separated parents coordinate and support each other, stress falls measurably for both mothers and fathers. At the same time, One Family Ireland reported that 46.3% of one-parent families here are in consistent deprivation.

Those two things interact directly. Financial stress makes coordination harder, and poor coordination compounds financial stress. The cycle is real, but it is not sealed.

46.3%

of one-parent families in Ireland are
in consistent deprivation

the highest rate of any family type in the state (CSO SILC 2024,
via One Family Ireland).

THIS WEEK'S TIP

Specificity beats intention

Good intentions on the day rely on memory, goodwill and both parents being in the same frame of mind at once. None of those are guaranteed.

A shared note that says 'Tuesday pick-up at 3:15pm from the school gate' removes a whole category of dispute. It does not rely on memory or goodwill. It exists.



Remove every source of friction you can control.

A record that exists does not rely on memory or goodwill.

The bottom line

Coordination reduces stress. Stress makes coordination harder. The cycle is real, but it is not inevitable.

The practical question is the same as always: how do you reduce the day-to-day cost of getting it right?

Start free at parenting.ie

SOURCES

Kamp Dush, C.M. et al. (2026), Supportive co-parenting and parental stress in separated families, Families in Society, June 2026, via medicalxpress.com

One Family Ireland (2026), #GetItRight campaign, deprivation data from CSO Survey on Income and Living Conditions 2024, onefamily.ie



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