

Shared parenting in Sweden and results from The Elvis project



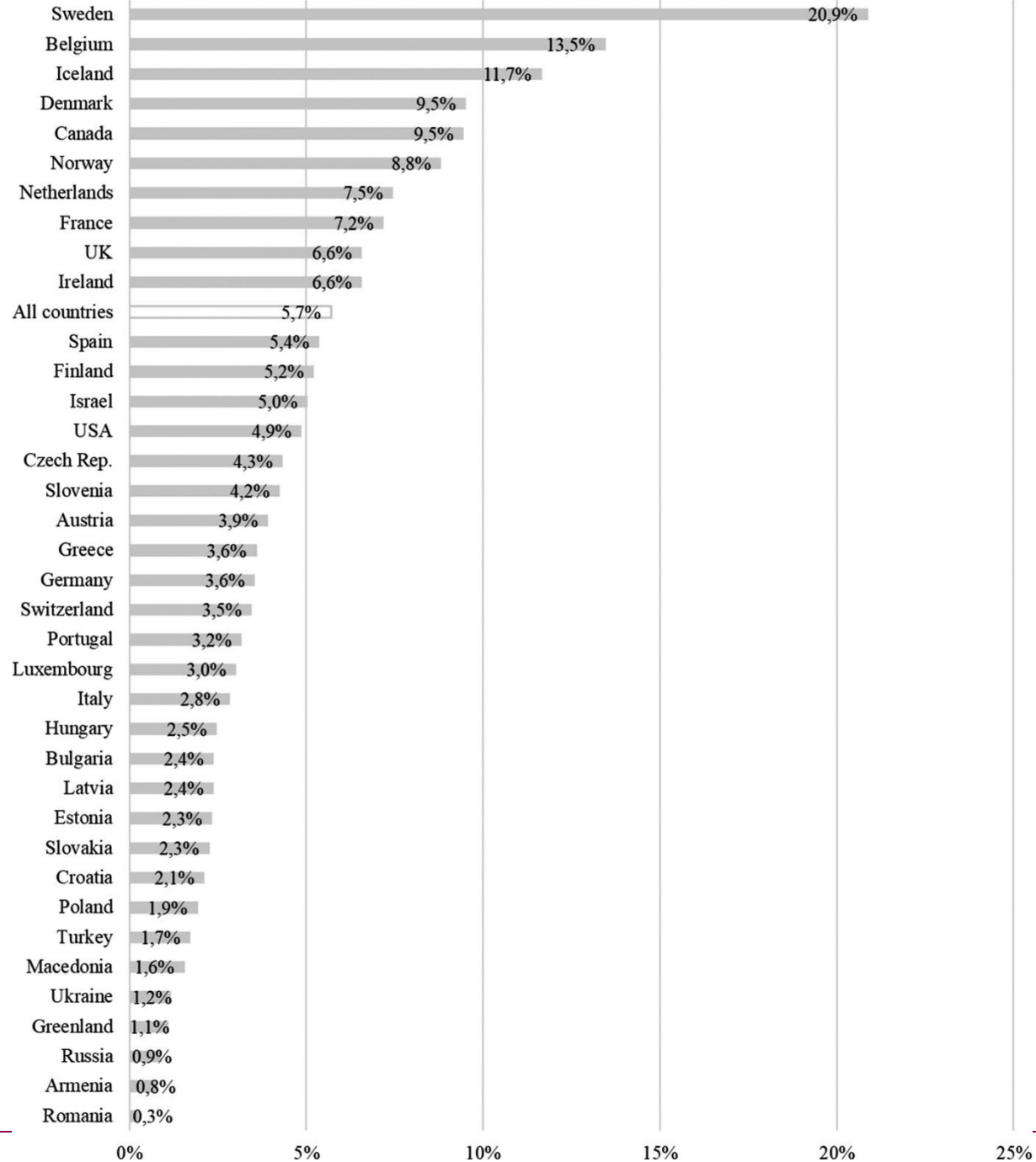
Malin Bergström, ass professor, child psychologist

Aim of the Elvis project

To study wellbeing, health and social situation in school aged children and preschoolers in shared parenting arrangements.







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Swedish Parental leave

- A symmetrical family model
- 480 days publicly financed
- 240 days per parent
- 3 months dedicated to each parent
- In 2020, 30% of the parental leave was used by fathers
- General political strivings for increased gender equality in parenthood



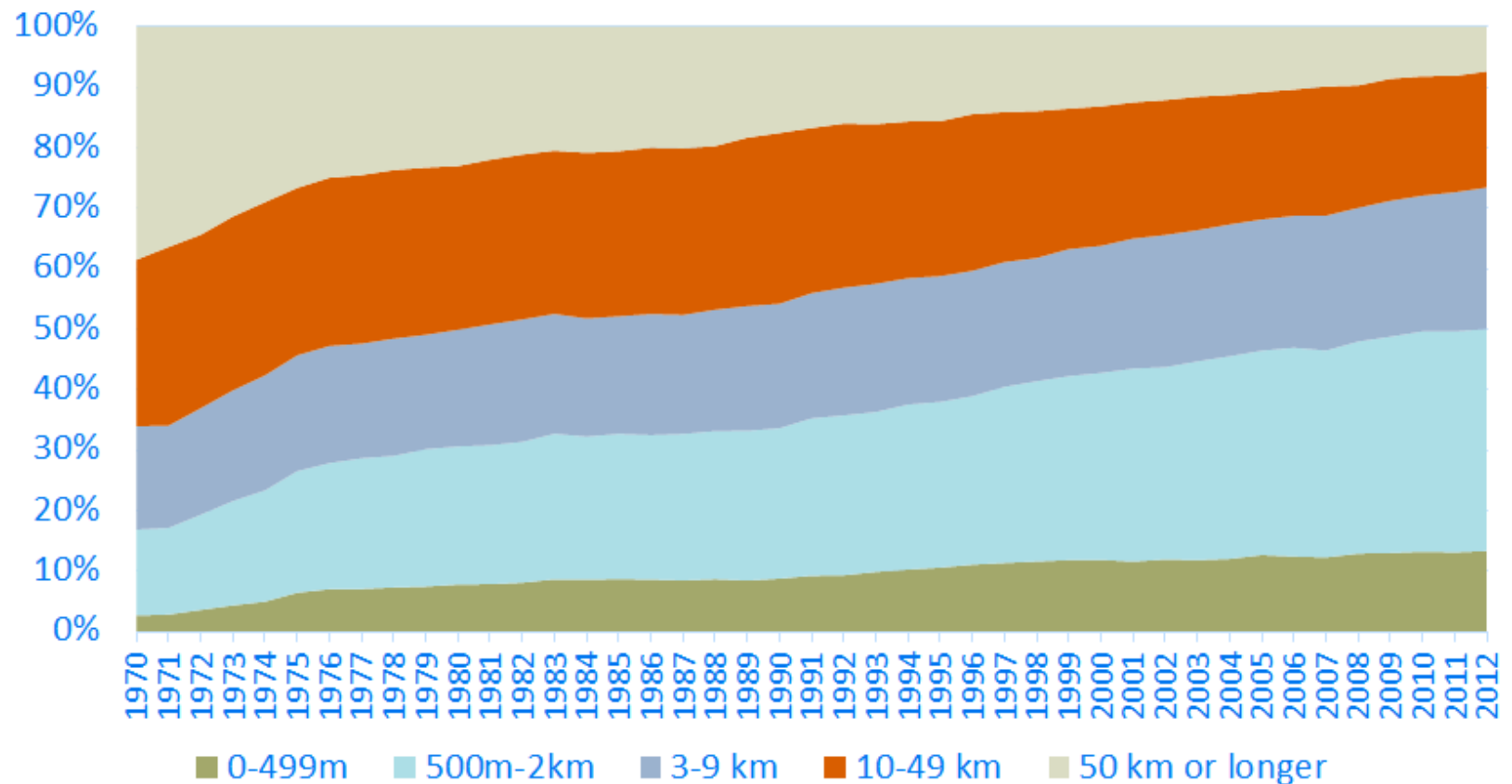
*“It was the ideology from the start, that both parents should be **equally** important.”* Father with an 18-month-old child



“one cannot make a lifelong commitment to always be neighbors. But we kind of have the ambition to at least live nearby. Especially when he’s older.” Mother with a 2-year-old-boy



The distance between separated parents' homes

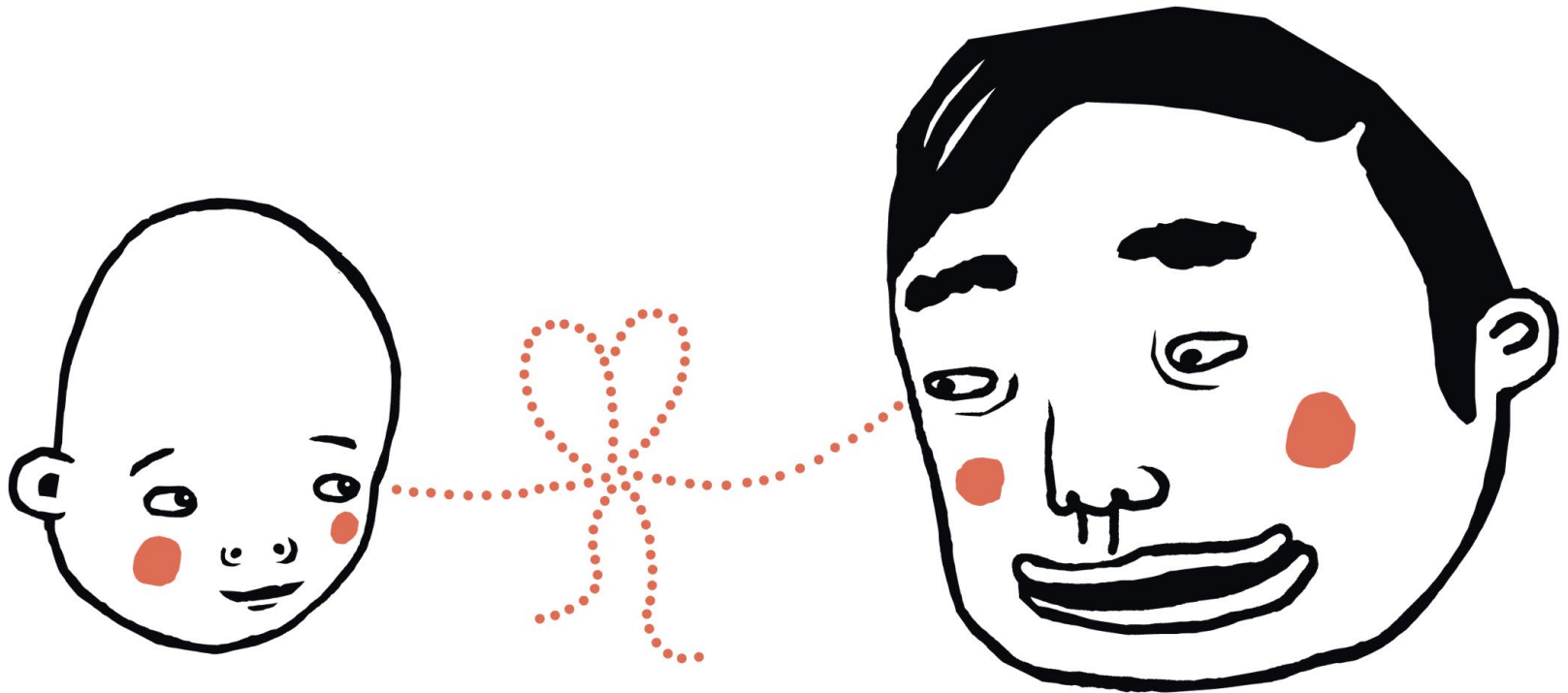


Contemporary childhood in Sweden

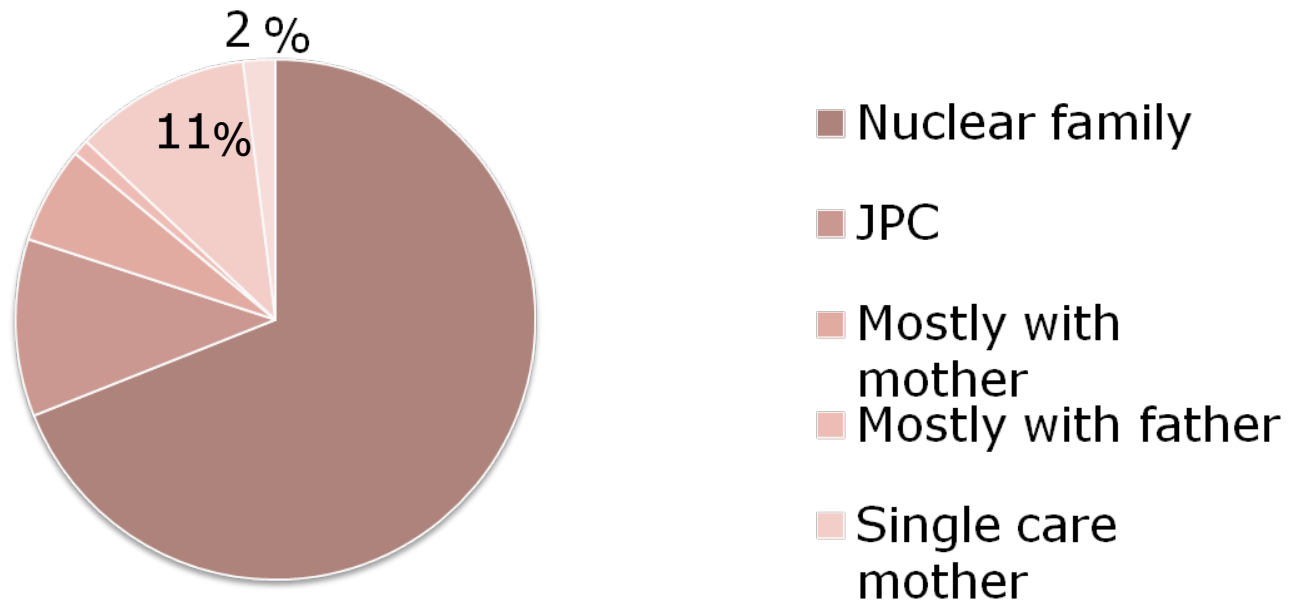
- >80% of Swedish women are part of the labour market
 - 87% of 1-5 year olds attend day care
 - Working parents are allowed to stay home when their child is ill
 - 60% of these care-for-sick-child-days are used by mothers and 40% by fathers
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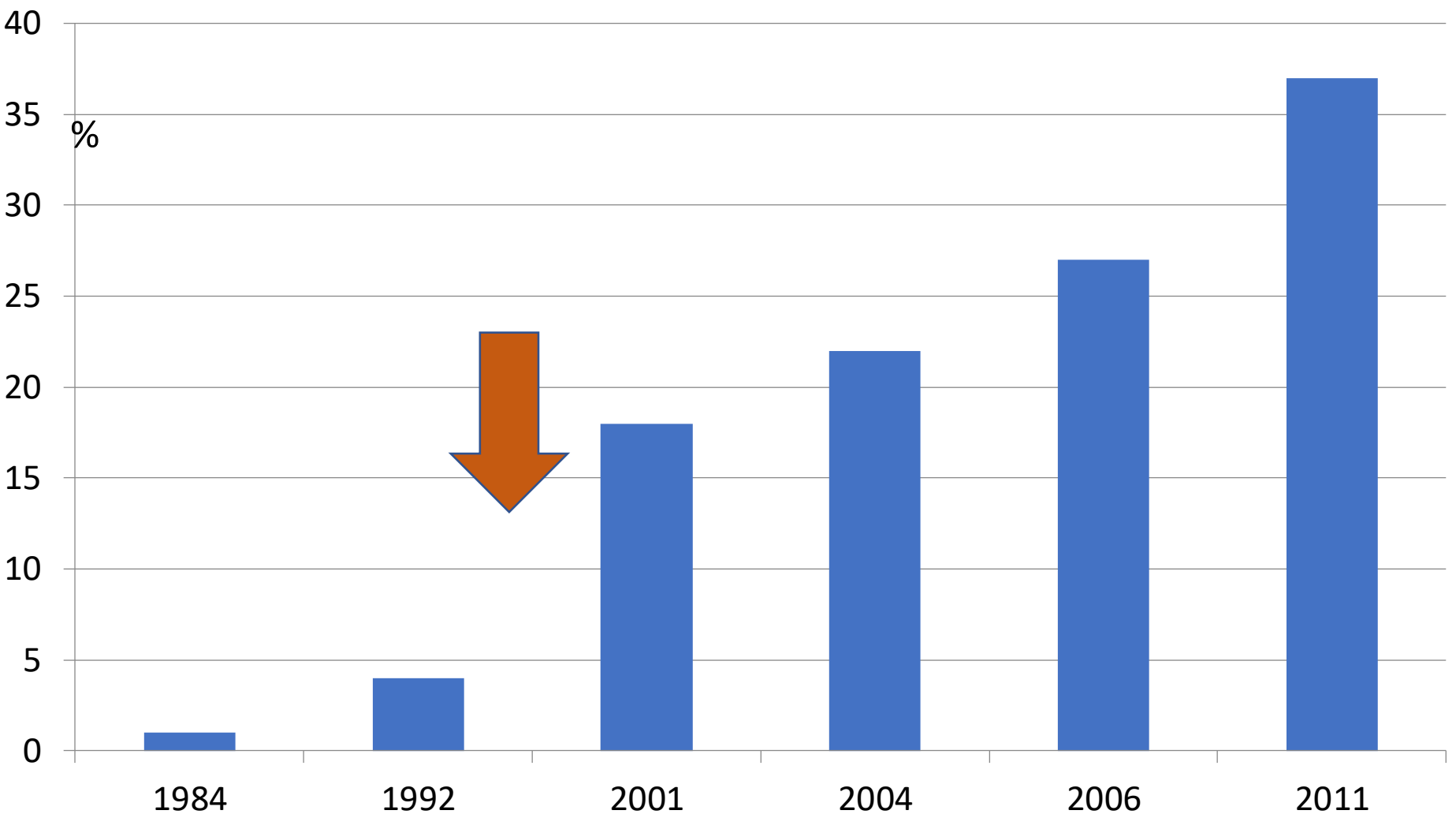
Parental sensitivity derives from caretaking



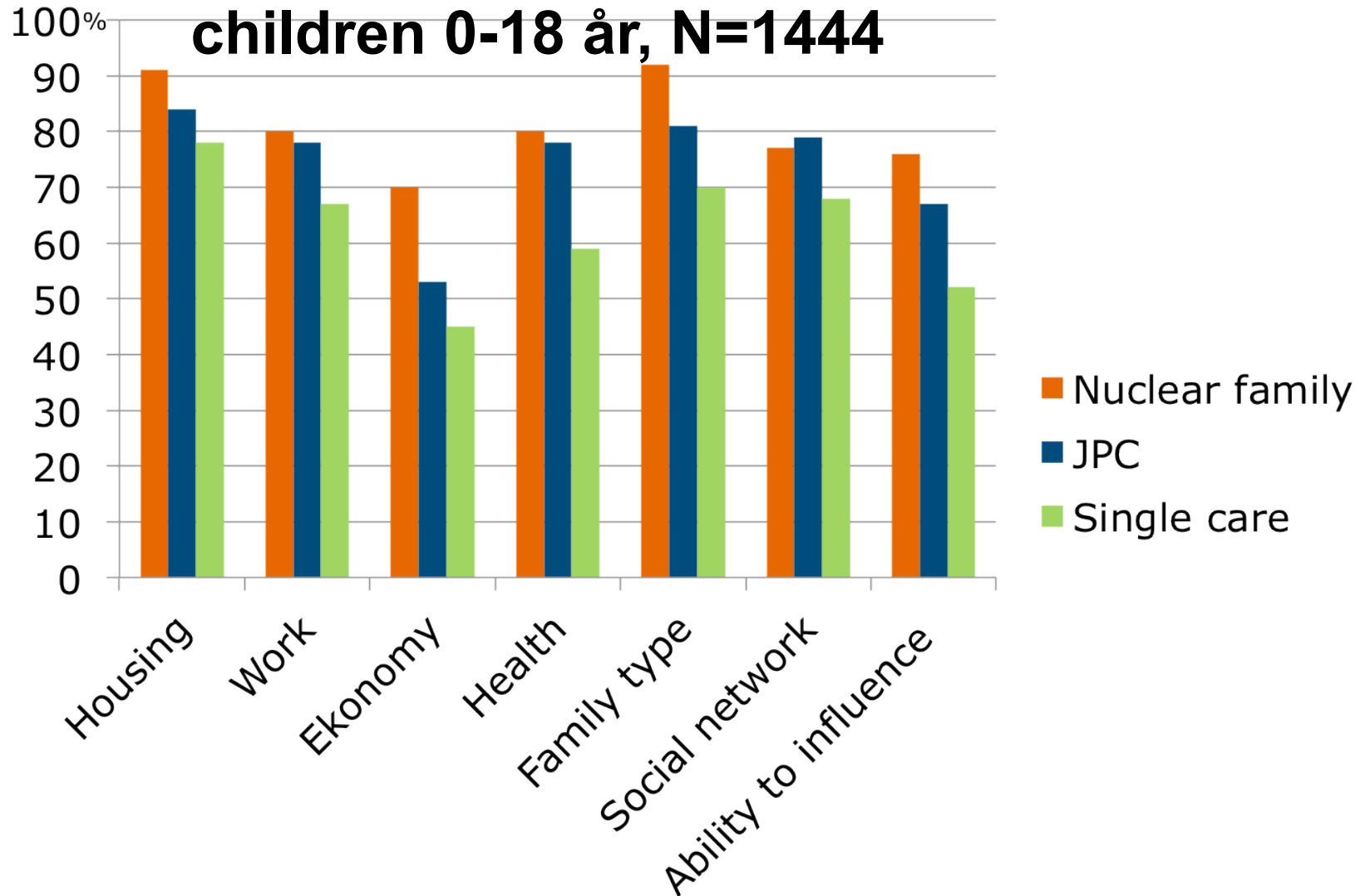
A majority lives with both parents



Proportion of Swedish children in shared parenting (50/50) after parent's separation 1984-2011



Satisfaction in Swedish parents with children 0-18 år, N=1444



Consistently positive results for SP



Sondre Aasen Nielsen, Norway, 2020

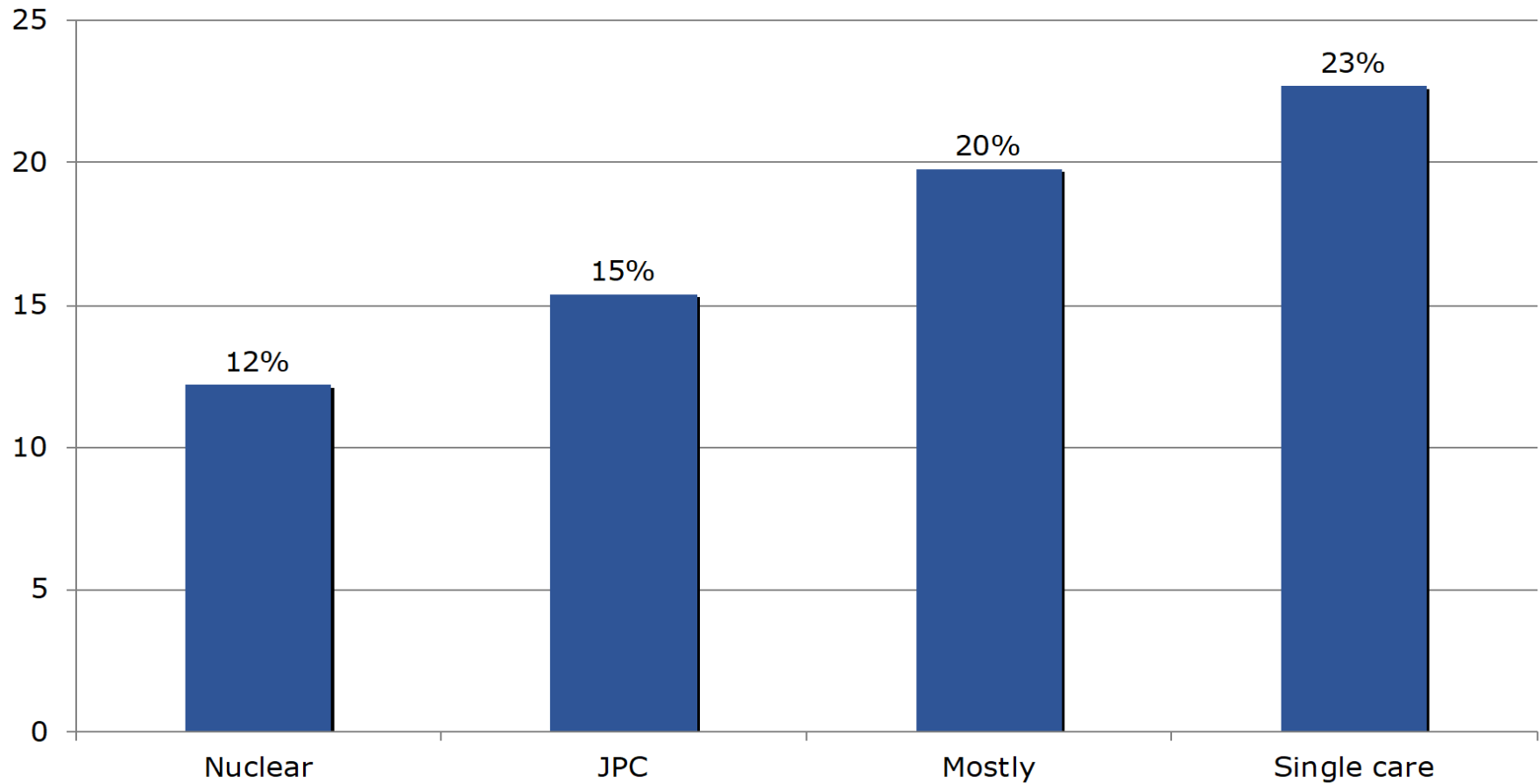
After the Divorce: Academic Achievement, Mental health, and Health Complaints in Adolescence

Adolescents in JPC have equal mental health problems and health complaints to their peers in nondivorced families, while those in in single-parent and stepfather families have more problems.

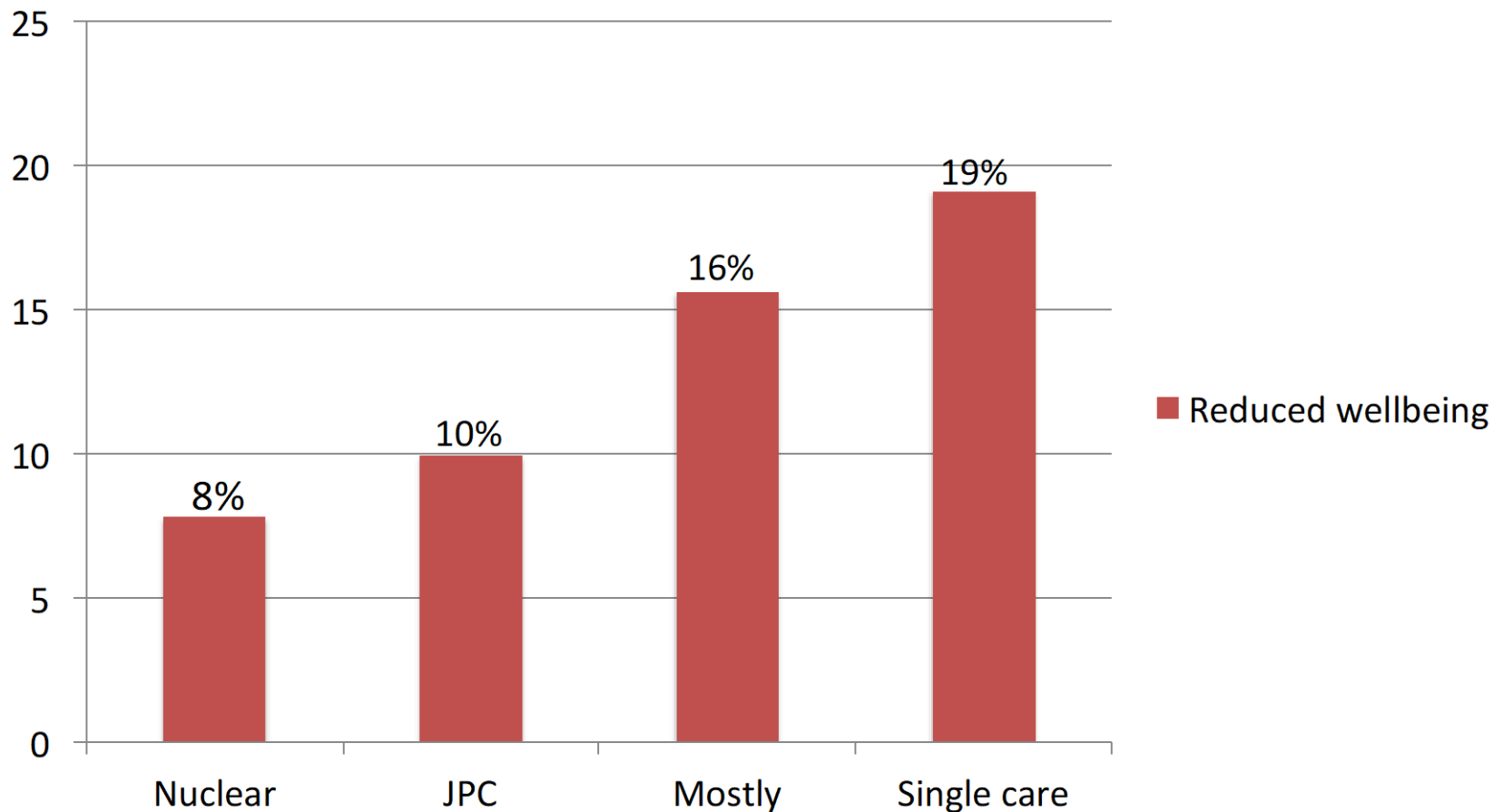
Three total population studies on >172 000 12- and 15-year olds



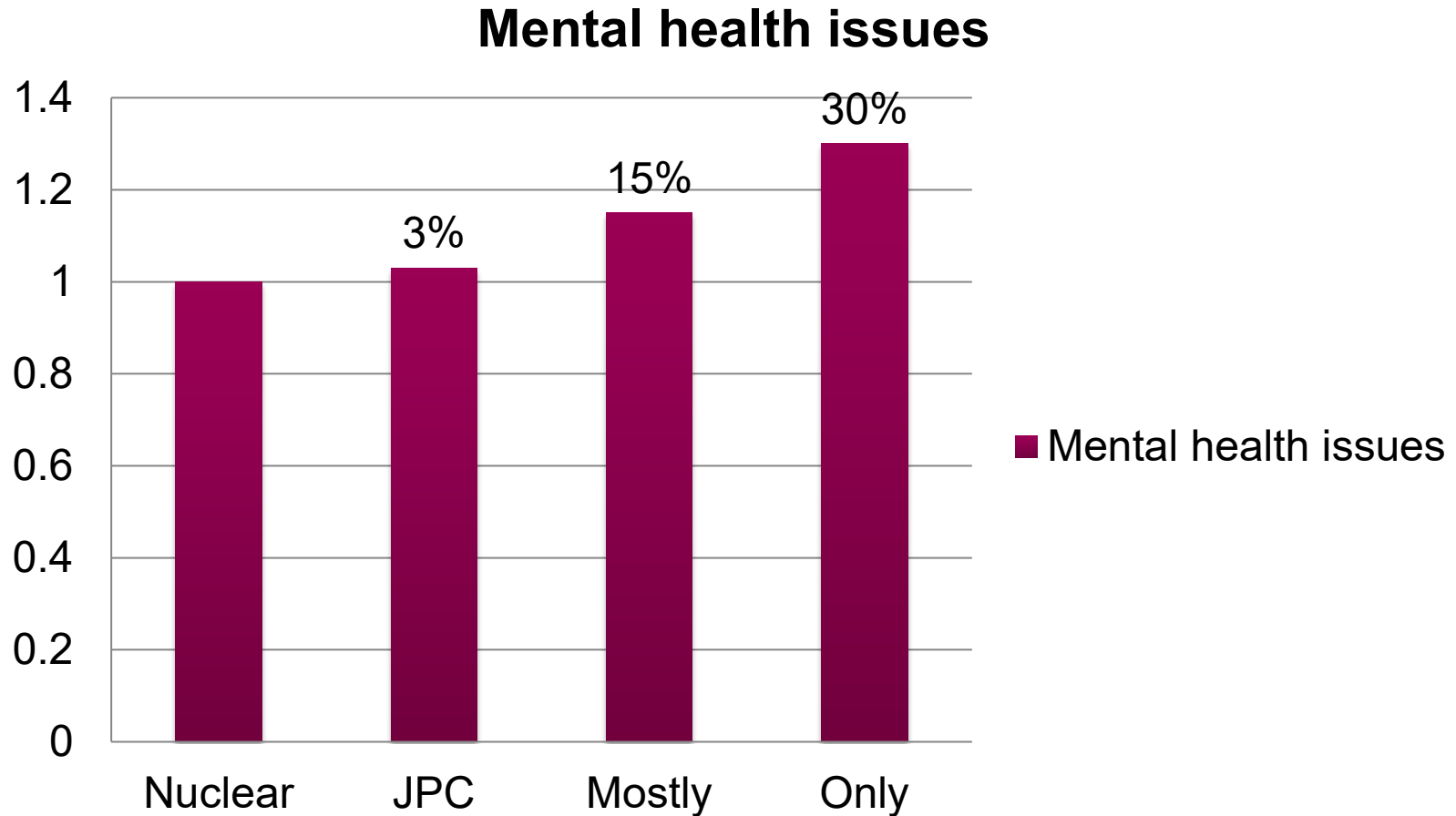
Stress/psychosomatic symptoms



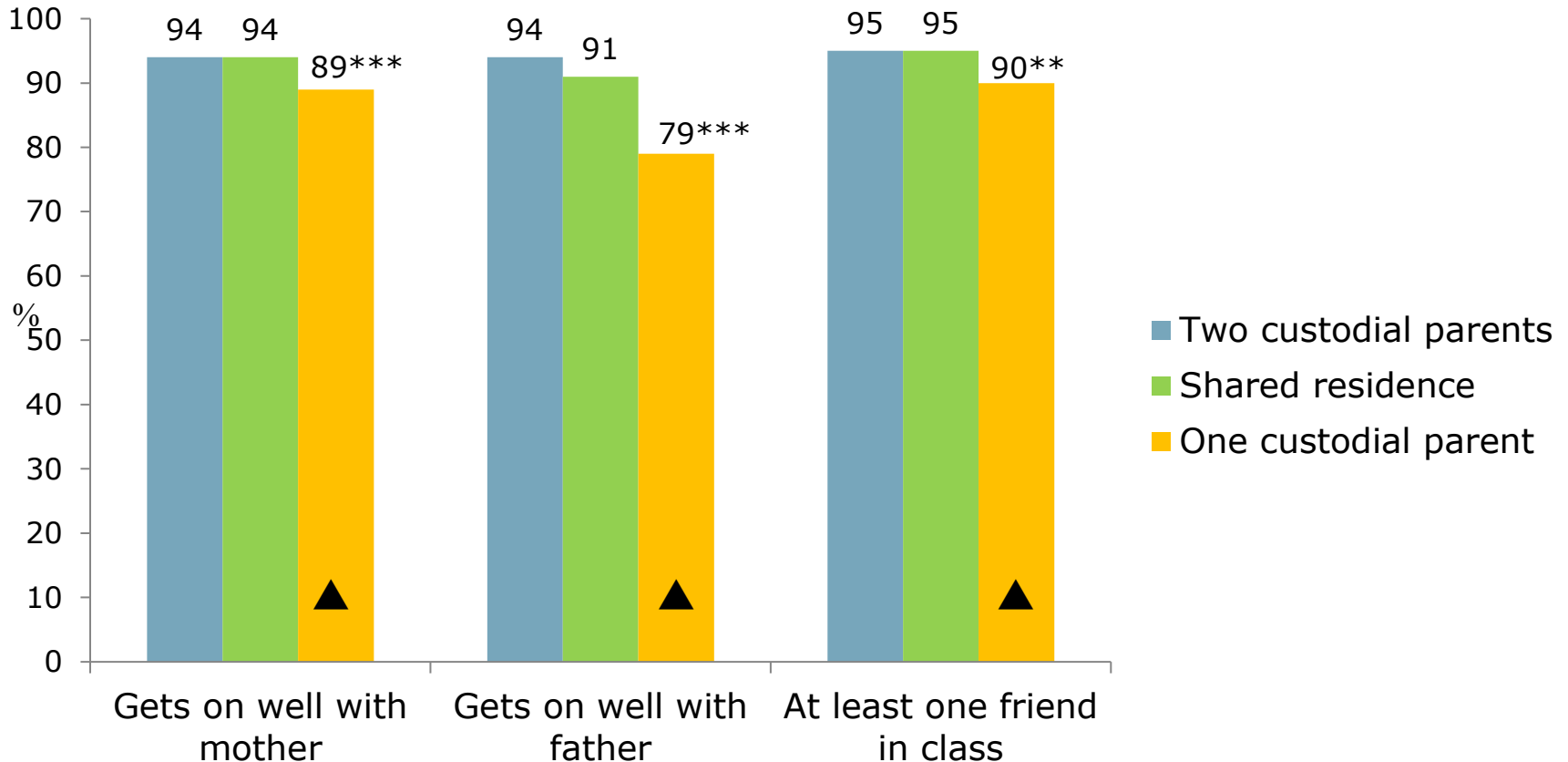
Low health related quality of life physical, psychological and social wellbeing



Risk increase in children with divorced parents compared to nuclear families



Family relations among 10-17 year olds



Three epidemiological studies on preschoolers

- < 3,000 Nordic 2-9 year olds
- > 3,500 Swedish 3-5 year olds
- < 13,000 Swedish 3 year olds

Children in shared parenting show better health than those who live mostly or only with one parent in all three studies

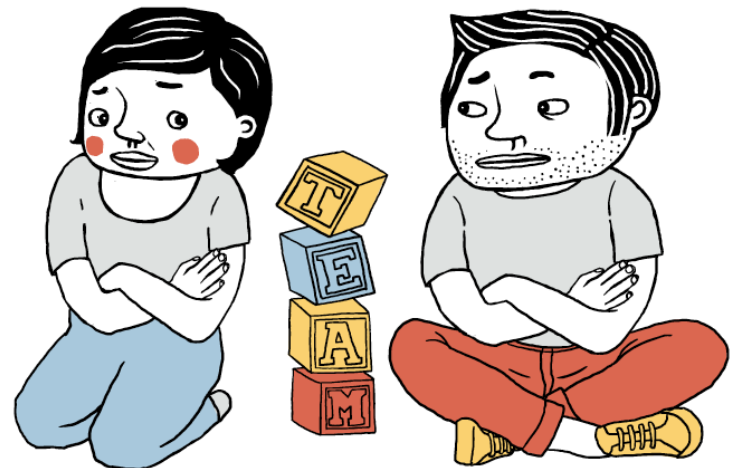
Not casual effects-associations

- Family SES
- Family relations
- Child problems before the divorce
- Parental malfunctioning



Coparenting

- Support or undermining each other's parenting
- Matching parental roles and views on raising children
- Distribution of household tasks and responsibility for the children
- Confidence in each other
- Handling of conflicts



High coparenting quality predicts shared parenting



Paternal engagement predicts coparenting quality

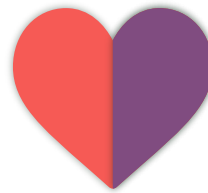


You are always a family



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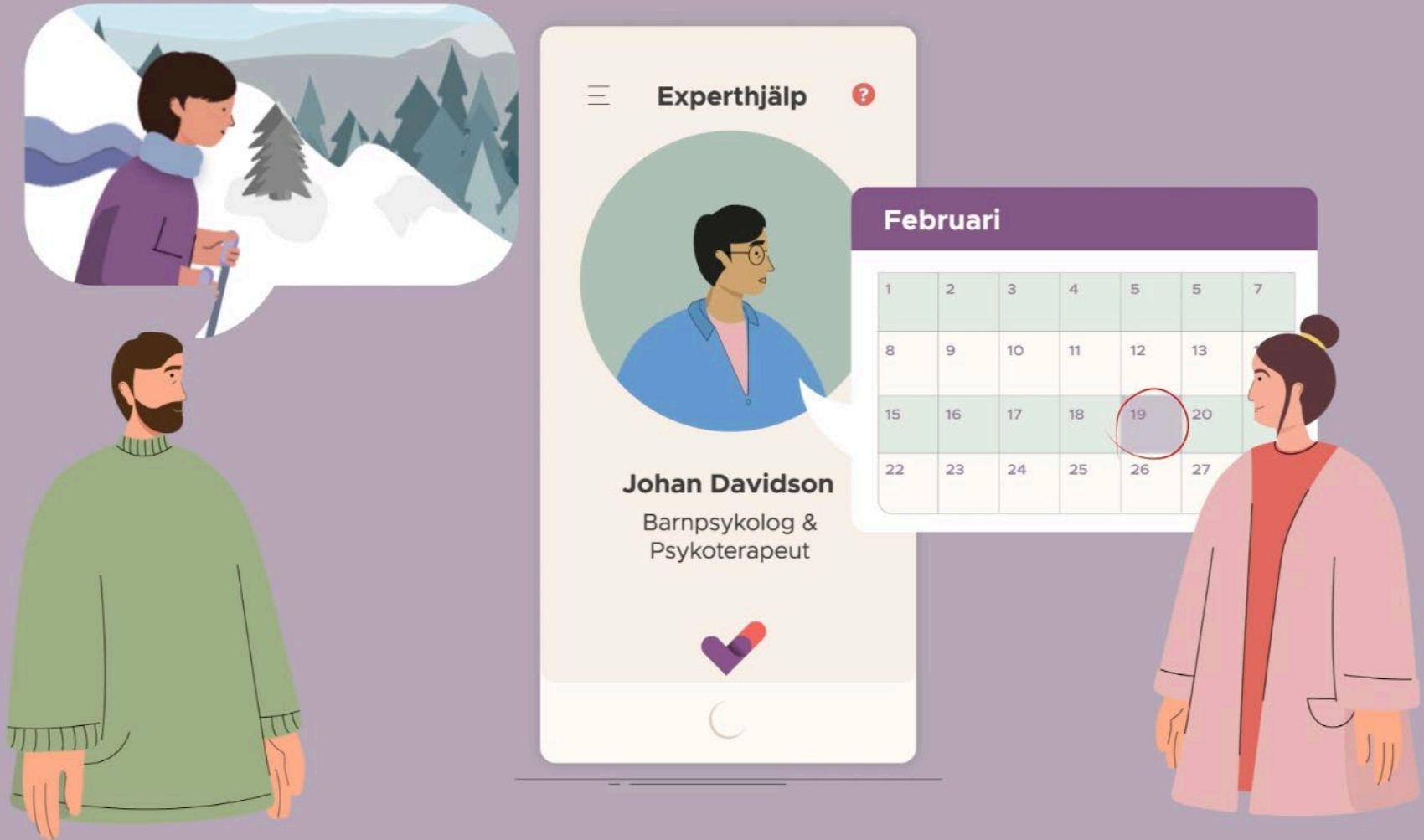
Support for separated parents in the app Varannan Vecka











Thanks!

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Consequences for children of parent's separations





