

### Q36 - If you do not contribute equally to parenting activities, what are the reasons?

Category	Sub-category	#	Quotes	Father's Answer
Contributes more than the mother	Mother's depression	2	The mother of my children had depression	The <b>mother of my children had depression</b> , and I've been spending most of my time with my children since then.
			My wife had HELLP <b>syndrome and, subsequently, postpartum depression.</b>	I do my best to contribute equally to parenting activities and to support my wife. At the end of the pregnancy (which was risky), my wife had <b>HELLP syndrome and, subsequently, postpartum depression</b> , which demanded my attention for both (our son and her). Additionally, as she is also a professor in the same department where I work, I was also focused on ensuring working conditions for her return in 2023 (which was not trivial, given the absence of maternity support in the institution beyond what is legally required, which may reflect a department that, at the time of her leave, had only one woman active (my wife)). Because of this, my activities were compromised during that period, but I do not regret it and would do it all again. <b>In fact, it only made me dedicate more effort to advocating for better policies and monitoring actions related to diversity, inclusion, and equity in the academic environment.</b>
	He did not provide reasons why he contributes more	1	my parental activities to be just as frequent (and sometimes even more so) than hers.	Despite having a heavier workload than my wife, I consider <b>my parental activities to be just as frequent (and sometimes even more so) than hers.</b>
	Mother's workload is greater	1	Mom's working hours are longer than mine.	<b>Mom's working hours are longer than mine.</b>
	Almost complete custody of the child	1	I have almost full custody of my daughter.	I have almost full custody of my daughter.
	Mother's less dedication	1	Less dedication from the mother.	<b>Less dedication from the mother.</b>
			Reason for having 2 jobs	<b>lack of time. Reason for having 2 jobs.</b>
			Amount of work	<b>Amount of work</b> , more than one job
			Professional activities	<b>Professional activities</b>
			I end up having more professional activities than my wife.	<b>I end up having more professional activities than my wife.</b> About 80% of the family income comes from my activities.
			After having acquired more than one professional contract, working in more than one job, the overall working hours go through the three periods of the day	<b>After having acquired more than one professional contract, working in more than one job, the overall working hours go through the three periods of the day</b> , so this is an important factor for this reason. None the less, I stay awake during most of the night and at the dawn, after my last working shift, so my spouse can rest and I end having some time, exclusively, with the children.
			Due to the time I spend working, my son is generally more attached to his mother	<b>Due to the time I spend working, my son is generally more attached to his mother</b> , although there are moments and contexts when he prefers me. Therefore, she ends up spending more time with him even when we are both available.
			overload	Face-to-face work with an <b>overload</b>
			due to work.	Lack of time <b>due to work.</b>
			excessive activities.	Lack of time, <b>excessive activities.</b>
			workload	Heavy <b>workload</b>
			Work extended hours from Home	Hybrid work Model. <b>Work extended hours from Home</b>
			Work focus	<b>Work focus</b>
			I work, and she spends more time with our daughter.	I work, and <b>she spends more time with our daughter. That's her job.</b>
			I am working and my partner isn't	<b>I am working and my partner isn't</b>

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	Work activities / Workload	39	I am working and my wife left her job for the kids.	<b>I am working and my wife left her job for the kids.</b>
			I got three jobs and she is concerned on taking care of children	<b>I got three jobs and she is concerned on taking care of children.</b> Even though the amount of work I support my partner as much as I can
			Job activities	<b>Job activities</b>
			I would like to work less	I would like to work less <b>to have more time for my children.</b>
			I don't contribute as much because of work.	My wife contributes more because she doesn't work. <b>I don't contribute as much because of work.</b>
			More working hours	<b>More working hours</b>
			Need to work.	<b>Need to work.</b>
			because my wife had six months of maternity leave and I was working.	During the first six months after my son was born, I couldn't perform the parenting activities equally, <b>because my wife had six months of maternity leave and I was working.</b>
			Since my job in the Army requires full dedication, I have a set time to report to the barracks, but I don't have a set time to leave. Currently, my contribution amounts to only about 30% of the day.	Unfortunately, I'm not able to raise my 10-year-old twins as I would like and as I imagined before becoming a father, since <b>my job in the Army is full-time dedication. I have a set time to report to the barracks, but I don't have a set time to leave.</b> Currently, <b>my contribution is only about 30% of the day, with the remaining 70% being handled by my stay-at-home wife,</b> who takes care of most of the school tasks and the English course with them during the week. Typically, I only help with their studies on weekends and occasionally during the week.
			My managerial position takes up a lot of my time, but it pays well.	<b>My managerial position takes up a lot of my time, but it pays well.</b> Meanwhile, the time dedication in my wife's work doesn't affect her income. We made an agreement at home for her to spend more time with the children and to be able to take sick leave when necessary.
			I have lots of work responsibilities and I can't stay at home as long as I wish.	I wish I could have more time to spend with my child. <b>I have lots of work responsibilities and I can't stay at home as long as I wish.</b>
			I'm working all day	<b>I'm working all day,</b> so I can't help my wife with making breakfast, bathing, etc. I have some activities, like preparing lunch and taking it to school, which I do during my lunch break at work.
			Time in work	<b>Time in work</b>
			teaching activities require time outside the classro	I have two jobs, working in all three shifts, <b>and teaching activities require time outside the classroom.</b>
			I spend a lot of time away from home working	<b>I spend a lot of time away from home working.</b> Now, with remote work, I'm helping out a bit, but it's not usual.
			The work take more of my time	<b>The work take more of my time,</b> as well as other non work activities that I am responsible for.
			Work	Work
			While in work, I can't contribute much	<b>While in work, I can't contribute much</b>
			work	work
			work activities	<b>work activities</b> and studying
	work activities	<b>Work activities.</b> The mother is still in the maternity leave.		
	Work overload	<b>Work overload</b>		
	couldn't dedicate as much time to her and household chores because I was working	When my daughter was a newborn, I <b>couldn't dedicate as much time to her and household chores because I was working</b> and it was still in-person.		
	The extra workload that I have compared to my partner makes me less helpful	<b>The extra workload that I have compared to my partner makes me less helpful</b> in taking care of our child. Nevertheless, I also believe that a bit more proactivity is necessary regardless of the situation.		

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Contributes less than the mother	Mother was on maternity leave	2	There weren't enough time to contribute equally.	When I become a father, I used to work since early and, for sometime, to study at night. <b>There weren't enough time to contribute equally.</b>
			my wife had six months of maternity leave	During the first six months after my son was born, I couldn't perform the parenting activities equally, because <b>my wife had six months of maternity leave</b> and I was working.
			The mother is still in the maternity leave.	Work activities. <b>The mother is still in the maternity leave.</b>
	Lack of time	14	Lack of time	<b>Lack of time</b> due to work.
			Lack of time	<b>Lack of time</b> , excessive activities.
			Lack of time	<b>Lack of time</b>
			lack of [...] time	<b>lack of planning and time</b>
			Lack of time	<b>Lack of time</b>
			Less time	<b>Less time</b> at home
			I have less time	<b>I have less time</b> to dedicate to parenting when compared to my wife
			I would like to spend more time a day with my children.	<b>I would like to spend more time a day with my children.</b>
			The time I spend away for work.	<b>The time I spend</b> away for work.
			I wish I could have more time to spend with my child	<b>I wish I could have more time to spend with my child.</b> I have lots of work responsibilities and I can't stay at home as long as I wish.
			Time	Time
			Time	Time
			Time	<b>Time</b> in work
	lack of time for inparent leave	Time management, <b>lack of time for inparent leave.</b> Lack of skills with younger babies.		
	Less contribution when the child was younger	1	I believe my contribution with the children was less when they were under 2 years old.	<b>I believe my contribution with the children was less when they were under 2 years old.</b> After that, I think we split the caregiving tasks better.
	family income provider	5	About 80% of the family income comes from my activities.	I end up having more professional activities than my wife. <b>About 80% of the family income comes from my activities.</b>
			sole provider for the family.	For 12 years, I was the main and <b>sole provider for the family.</b>
I'm the only one with formal employment at the moment.			<b>I'm the only one with formal employment at the moment.</b>	
the time dedication in my wife's work doesn't affect her income			My managerial position takes up a lot of my time, but it pays well. <b>Meanwhile, the time dedication in my wife's work doesn't affect her income.</b> We made an agreement at home for her to spend more time with the children and to be able to take sick leave when necessary.	
Prioritize support.			<b>Prioritize family support.</b>	
		breastfeeding	certain activities, such as <b>breastfeeding</b> , are exclusive	
		I can not give milk	<b>I can not give milk</b>	

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	maternal activities	5	breastfeeding	During a certain period, I'm not as involved due to <b>breastfeeding</b> , so the child spends more time with the mother because of it.
			some activities that the mother or the nanny find easier	There are some activities that <b>the mother or the nanny find easier</b> , such as feeding. My son has dysphagia, and I have difficulty feeding him.
			Even though there are tasks that the father can perform, they are not capable of compensating for the overall dedication usually provided by the mother.	There are activities that only the mother can do. <b>Even though there are tasks that the father can perform, they are not capable of compensating for the overall dedication usually provided by the mother.</b>
	the child needs more maternal care / attachment to mother	6	Child focuses more on the mother.	<b>Child focuses more on the mother.</b>
			the child needs the mother more.	Naturally, <b>the child needs the mother more.</b>
			my daughter is still more attached to her mother.	For now, <b>my daughter is still more attached to her mother.</b>
			The mother's role is very strong.	I try to participate in everything with my daughter, especially since I work from home. However, in the end, my wife always spends more time with our daughter. <b>The mother's role is very strong.</b>
			child is more attached to the mother	<b>The child is more attached to the mother</b>
			Because when the child is very young, they naturally have a stronger bond with the mother.	<b>Because when the child is very young, they naturally have a stronger bond with the mother...</b> As they grow up, activities are better distributed, and both parents can equally share the responsibilities.
	Lack of skills with younger babies	1	Lack of skills with younger babies.	Time management, lack of time for inparent leave. <b>Lack of skills with younger babies.</b>
	contributes at alternative times (lunch, at night)	6	my contribution was more effective at night.	After finishing my paternity leave, <b>my contribution was more effective at night.</b>
			usually during lunchtime.	I contribute what I can, usually during lunchtime.
			but after work and during my lunch breaks, I actively contribute in proportions that are often larger than my wife's.	During office hours, I don't contribute as much as my partner, <b>but after work and during my lunch breaks, I actively contribute in proportions that are often larger than my wife's.</b>
			especially at night.	I used to be more involved in taking care of the child, <b>especially at night.</b>
			Typically, I only help with their studies on weekends and occasionally during the week.	Unfortunately, I'm not able to educate my 10-year-old twins as I would like and as I imagined before becoming a father, since my job in the Army is full-time dedication. I have a set time to report to the barracks, but I don't have a set time to leave. Currently, my contribution is only about 30% of the day, with the remaining 70% being handled by my stay-at-home wife, who takes care of most of the school tasks and the English course with them during the week. <b>Typically, I only help with their studies on weekends and occasionally during the week.</b>
			preparing lunch and taking it to school	I'm working all day, so I can't help my wife with making breakfast, bathing, etc. I have some activities, like <b>preparing lunch and taking it to school</b> , which I do during my lunch break at work.
	lives in a different city than the mother	4	I live in Brasília, and my ex-wife lives in Florianópolis.	I live in Brasília, and my ex-wife lives in Florianópolis.
			I live in other city th	<b>I live in other city that my child</b>
			for my work away from the family	oveseas <b>for my work away from the family</b>
			working far from the city	Due to <b>working far from the city where my son and wife live.</b>
he contributes less because of the		There was a lack of culture between the two	There was a <b>lack of culture between the two.</b> I think we sort of went on autopilot. But later on, we regretted having done that, even if it was unconsciously.	

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	<b>culture created between the couple or rooted in the country/place.</b>	2	habits of Portuguese mothers	<b>habits of Portuguese mothers</b>
	<b>Mother doesn't work out of home</b>	6	She has chosen take care of our children	<b>She has chosen take care of our children</b> and not work out of home.
			My partner has stopped working	<b>My partner has stopped working</b> to dedicate more time to childcare.
			with the remaining 70% being handled by my stay-at-home wife	Unfortunately, I'm not able to educate my 10-year-old twins as I would like and as I imagined before becoming a father, since my job in the Army is full-time dedication. I have a set time to report to the barracks, but I don't have a set time to leave. Currently, my contribution is only about 30% of the day, <b>with the remaining 70% being handled by my stay-at-home wife</b> , who takes care of most of the school tasks and the English course with them during the week. Typically, I only help with their studies on weekends and occasionally during the week.
			because she doesn't work	My wife contributes more <b>because she doesn't work</b> . I don't contribute as much because of work.
			my wife left her job for the kids.	I am working and <b>my wife left her job for the kids</b> .
			That's her job.	I work, and she spends more time with our daughter. <b>That's her job</b> .
	<b>Reasons not clear</b>	2	Lack of common interest.	<b>Lack of common interest.</b>
			Lack of confidence	<b>Lack of confidence</b>
				We contribute equally
				We contribute equally.
				We contribute equally.
				We divide the activities
				We divide the activities
				equally
				I contribute equally to childcare.
				I contribute equally.
				I contribute
				I contribute equally
				I contribute equally to parenting activities
				I contribute equally.
				I contributed equally
				I contributed equally.
				I do contribute equally
	I do contribute equally			

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Contributes equally	No reasons	37		i do contribute equally	
				I do.	
				I do.	
				We do it in a balanced way but I was no longer able to participate in meetings at school, for example because of work.	
				I think I contributed equally.	
				We share the care!	
				I think we contribute equally	
				We try to do the same	
				I try to take care of my son in the same way as my wife	
				They are equal	
				We already contribute equally and have a deal on these contributions	
				We contribute equally	
				We contribute equally parenting activities.	
				We do equally.	
				We do share equally	
				Because the child, while very young, is naturally more attached to the mother... As he grows up, activities are better distributed and both are able to share the responsibilities equally	
				We try to contribute equally, however since I'm still on parental leave, my partner tends to do a bit more when we're both free.	
				The son is mine too.	The son is mine too.
				I do my best to contribute equally to parenting activities and to support my wife	<b>I do my best to contribute equally to parenting activities and to support my wife.</b> At the end of the pregnancy (which was risky), my wife had HELLP syndrome and, subsequently, postpartum depression, which demanded my attention for both (our son and her). Additionally, as she is also a professor in the same department where I work, I was also focused on ensuring working conditions for her return in 2023 (which was not trivial, given the absence of maternity support in the institution beyond what is legally required, which may reflect a department that, at the time of her leave, had only one woman active (my wife)). Because of this, my activities were compromised during that period, but I do not regret it and would do it all again. In fact, it only made me dedicate more effort to advocating for better policies and monitoring actions related to diversity, inclusion, and equity in the academic environment.
		because we have 2 children (one is autistic)	We share as much as possible <b>because we have 2 children (one is autistic)</b> . Balance also varies according to required home activities to be done.		
	I have a flexible work schedule	<b>I have a flexible work schedule</b> , and tend to concentrate work after the children sleep. The mother works in a fixed schedule.			

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	Flexible work schedule / remote work	4	Remote work	<b>Remote work</b> allows me to spend more time and consequently take on more creative responsibilities (picking up school, feeding, providing guidance with homework and education)
			I can work more flexibly	<b>I can work more flexibly</b> and feel secure in my job.
			especially because I work at home.	I try to participate in everything my daughter does, <b>especially because I work at home</b> . However, in the end, my wife always spends more time with our daughter. The figure that the mother represents is very strong.
	one takes care of the housework and the other takes care of the children	3	take care of household chores	<b>I take care of household chores</b> , ensuring that the mother can dedicate herself to the child's routine tasks.
			I spend more time with the children and the mother spends more time in the kitchen	<b>I spend more time with the children and the mother spends more time in the kitchen.</b>
			I take on the majority of cleaning and cooking tasks, while my wife ends up taking care of our child while I'm engaged in these activities.	We chose not to have a nanny or maid, except for a cleaning lady once a week. We opted for 3 days of full-time school for our young child (3 years old). During the social distancing phase in the pandemic, we alternated between home, work, childcare, and household chores. <b>I take on the majority of cleaning and cooking tasks, while my wife ends up taking care of our child while I'm engaged in these activities.</b>
Contributes partially	No reasons	5		I believe that my contribution to the children was smaller when they were under 2 years old. <b>After that, I believe we divided care tasks better.</b>
				No, reason
				No
				No. I contribute as much as I can, exchanging schedules with my wife.
	contribute more to other family activities	2	Most of the time these are transport activities	<b>Most of the time these are transport activities</b> (driver), carrying things, security of the house and where you go, paying attention to things outside the house
			contribute more to other family activities	Usually I <b>contribute more to other family activities</b> (shop, car, trips, outside activities)
	Different abilities	2	Different task	<b>Different task</b> , different person - each one with its own ability
Specific skills			Specific skills	
Not applicable	-	8		N/A
				N/A
				N/D
				Na
				NA
				NA
				Na
				not aplicable
Invalid answer	-	1		Opportunity