

Framework of parental well-being

When it comes to the development of children, parents are critically important. They provide the child's basic needs to survive and to thrive in this world: food, shelter, love and support. The ability of a parent to provide the safe haven, to be the stepping stone, to maintain a social network in the community, to share parenting tasks with important adults in a child's life, is strongly connected to the well-being of this parent. When a parents' well-being is balanced, the child has a stable foundation. Well-being of parents consists of five pillars that are all connected to each other.



Disclaimer:
The well-being of parents is determined by different elements in their lives that together form one reality. The decisive factor for the well-being of parents is the balance between these different components. That balance is different for everyone and therefore the well-being of parents cannot simply be seen as a checklist. All parts are intertwined and as a whole have a place in the family, the community and the society.

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1

Affect and emotions

Positive and negative experiences in parent-child relationship

Emotional impact of parenthood

Psychological well-being as parent and as human

Physical well-being

Quality of sleep

Life satisfaction

Resilience and coping strategies



2

Friendship and relationships

Unconditional love of parent for child

Deep emotional connection with child

Partner relationship

Partnership in Parenting

Close friendships

Support (emotional, instrumental, information and norm setting)

Communication skills on parenting and parenting wishes



3

Accomplishments from parenting experiences

Parenting and parenthood experiences

Parenting skills

Parental confidence and satisfaction

Life skills

Dealing with norms of society



4

Perspective, reflection and insight

My child gives meaning to my life

Balance in well-being

Impactful life events

Reflection on parent(ing) role



5

Personal well-being and development

Personal development

Well-being of the individual person, not related to parenthood

Well-being related to work

Well-being related to life fulfilment