



**Be a
team**

**SO THE WHOLE
FAMILY WINS**

Semaine Québécoise
DE LA Paternité

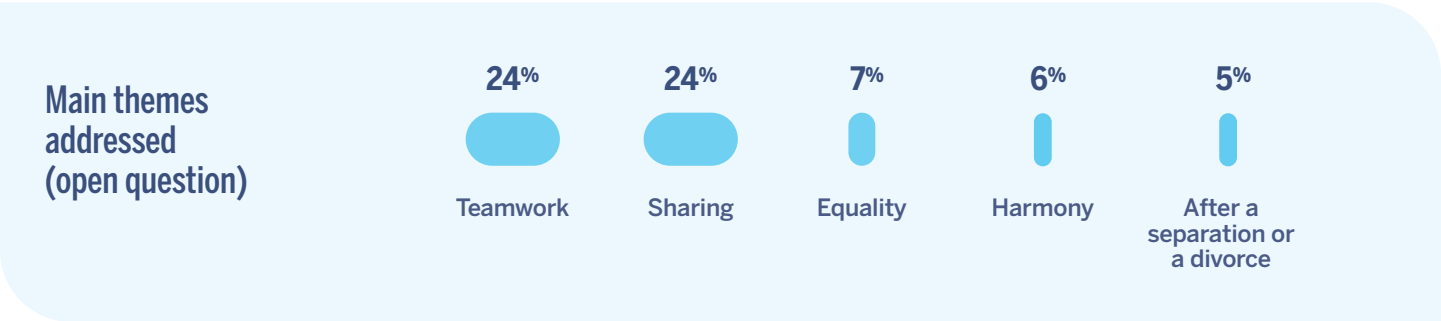
APPENDIX 1

Appendix 1
HIGHLIGHTS OF THE SOM SURVEY OF QUEBEC ENGLISH-SPEAKING COPARENTS

FINDING 1

Coparenting is associated with both its operational dimension (working as a team, sharing tasks) and in its relational dimension (harmony, equality).

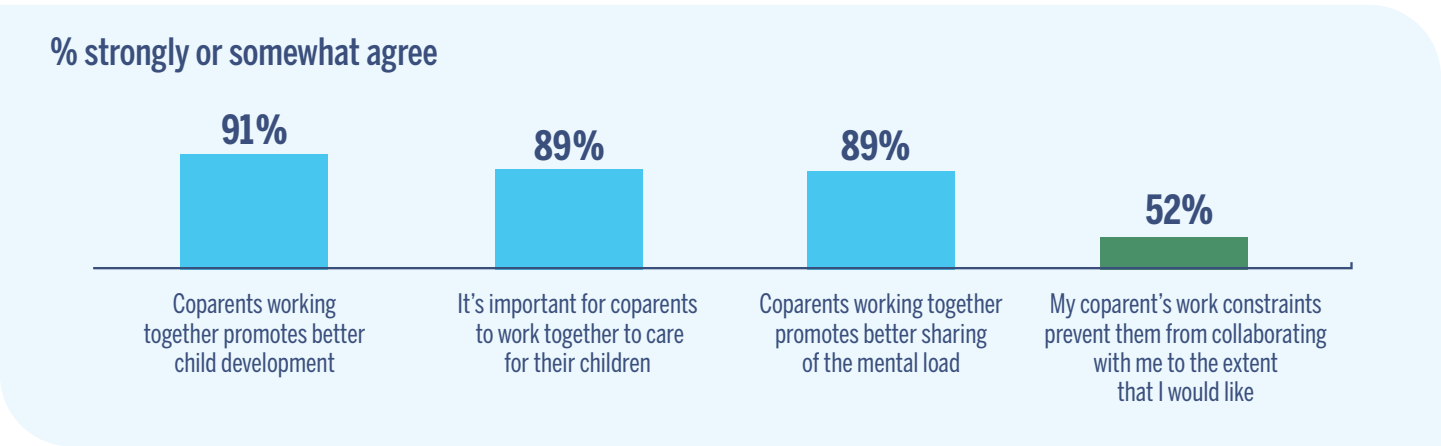
These two dimensions are probably interrelated.



FINDING 2

The importance of coparenting is largely recognized.

The main challenge lies in implementation.



FINDING3

Coparents trust each other, consult each other and feel respected by each other to the extent that they feel that the complementarity of their strengths is recognized, that they are listened to or that they offer each other help.

Principles are easier to adopt than actions.



FINDING 4

Coparents have the most difficulty with sharing household chores.

In comparison, coparents have less difficulty with sharing the tasks of caring for and raising children.

% very or somewhat easy

82% Communicating effectively about our children

79% Having a shared vision for caring for and raising our children

82% Sharing the tasks involved in caring for and raising our children

76% Sharing household chores

81% Recognizing each other's strengths as parents

Coparental collaboration index

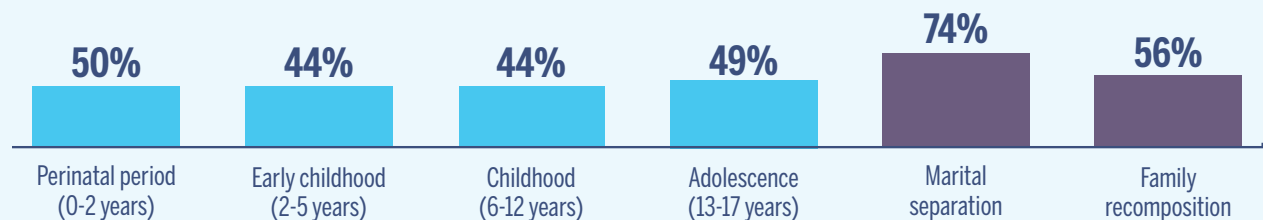
• **13%** Very easy • **43%** Somewhat easy • **39%** Variable • **5%** Difficult

FINDING 5

Coparenting poses its share of challenges at every stage of a family's development.

But it's during a marital separation that these challenges are at their highest degree.

Challenges posed by working with the coparent (% major challenge or moderate challenge)

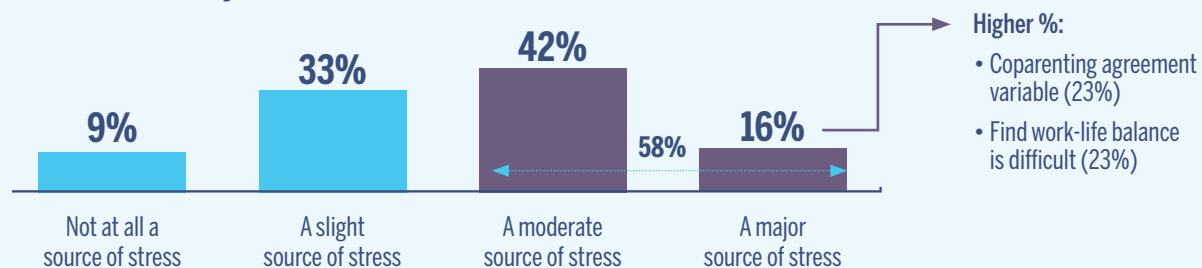


FINDING 6

More than half of coparents find that fulfilling their parental responsibilities is a source of stress.

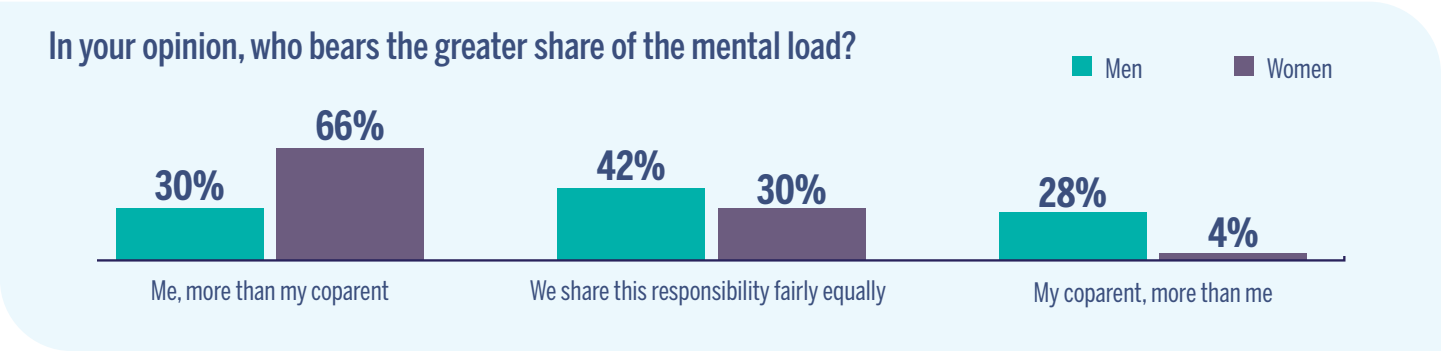
For one in seven coparents, it is a major source of stress.

To what extent is fulfilling your parental responsibilities a source of stress in your life?



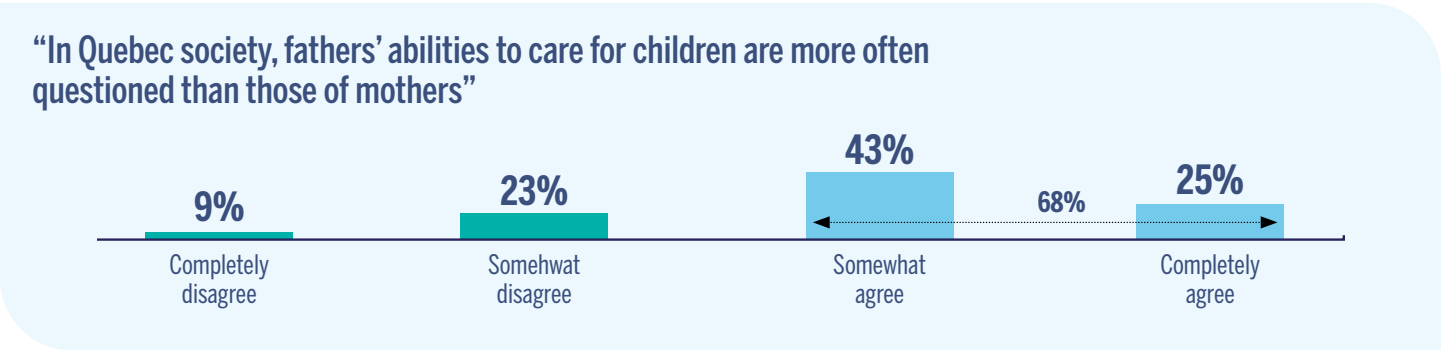
FINDING 7

Two out of three mothers feel they bear more of the mental load.
In comparison, 28% of fathers claim to carry a greater share of this load.



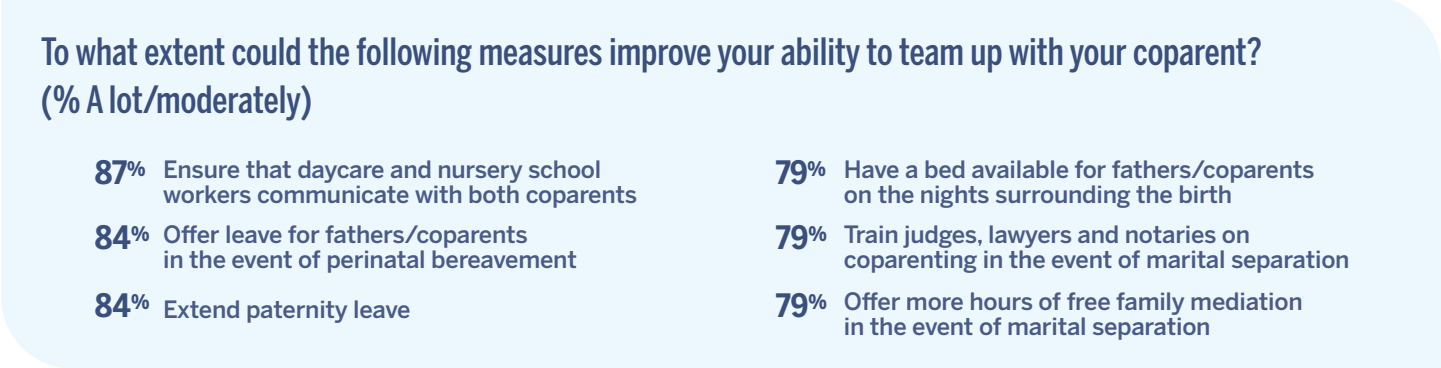
FINDING 8

Two out of three coparents believe that, in Quebec society, the ability of fathers to care for children is called into question more than that of mothers.
Promoting father engagement is undoubtedly a driver for improving coparenting in society as a whole.



FINDING 9

There are four priorities for improving public services and policies to better support coparenting: enhanced parental leave, a greater role for the coparent in the perinatal experience, systematic communication with both coparents, improved intervention in the event of marital separation.



SURVEY METHODOLOGY

SOM conducted a survey of 801 Quebec English-speaking parents who have a coparent and who are living with at least one minor child: 401 mothers and 400 fathers. Data was collected online Jan. 29 to Feb.12, 2026 and weighted to ensure adequate representation of the target population according to age, gender, education level and region.