



Parental Burnout Is a Social Problem, Not a Personal Failure

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I'm a mom. And I've been exhausted for years. Not just from the physical **caregiving** work—though that's real—but also from the nonstop pressure to manage emotions and futures, with the uneasy sense that none of it is optional. **Parenting** today requires giving it all to our children: undivided **attention**, all our love, and loads of money. We build our entire lives around kids' schedules, racing from soccer to piano to tutoring, eating dinner in the car; no rest on weekends because there are games, recitals, tournaments, play dates, and birthday parties to fit into the overflowing calendar.

At the same time, **childcare costs** are through the roof, parents are financing mortgages to live in neighborhoods with top schools, and college costs saddle many parents with **more debt** than students themselves carry. And somehow this all comes wrapped in the feeling that we should probably be doing even more. I'm tired just writing about it.