

The health and wellbeing in children in shared parenting



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Aim of the Elvis project

To study parents' experiences and well-being, mental health and social situation in children in shared parenting arrangements.



The Elvis project

- Since 2011 studies on school children
- Since 2015 preschoolers
- Now longitudinal studies
- Now coparenting



Elvis' friends





13 articles

Two review

One book for parents
and professionals



Our definition

Shared parenting/shared residence/joint physical custody refers to children living alternatively and **equally much** with both parents after a parental separation or divorce

In Swedish studies shared parenting is defined as
50/50 shares

Consistently positive results for JPC



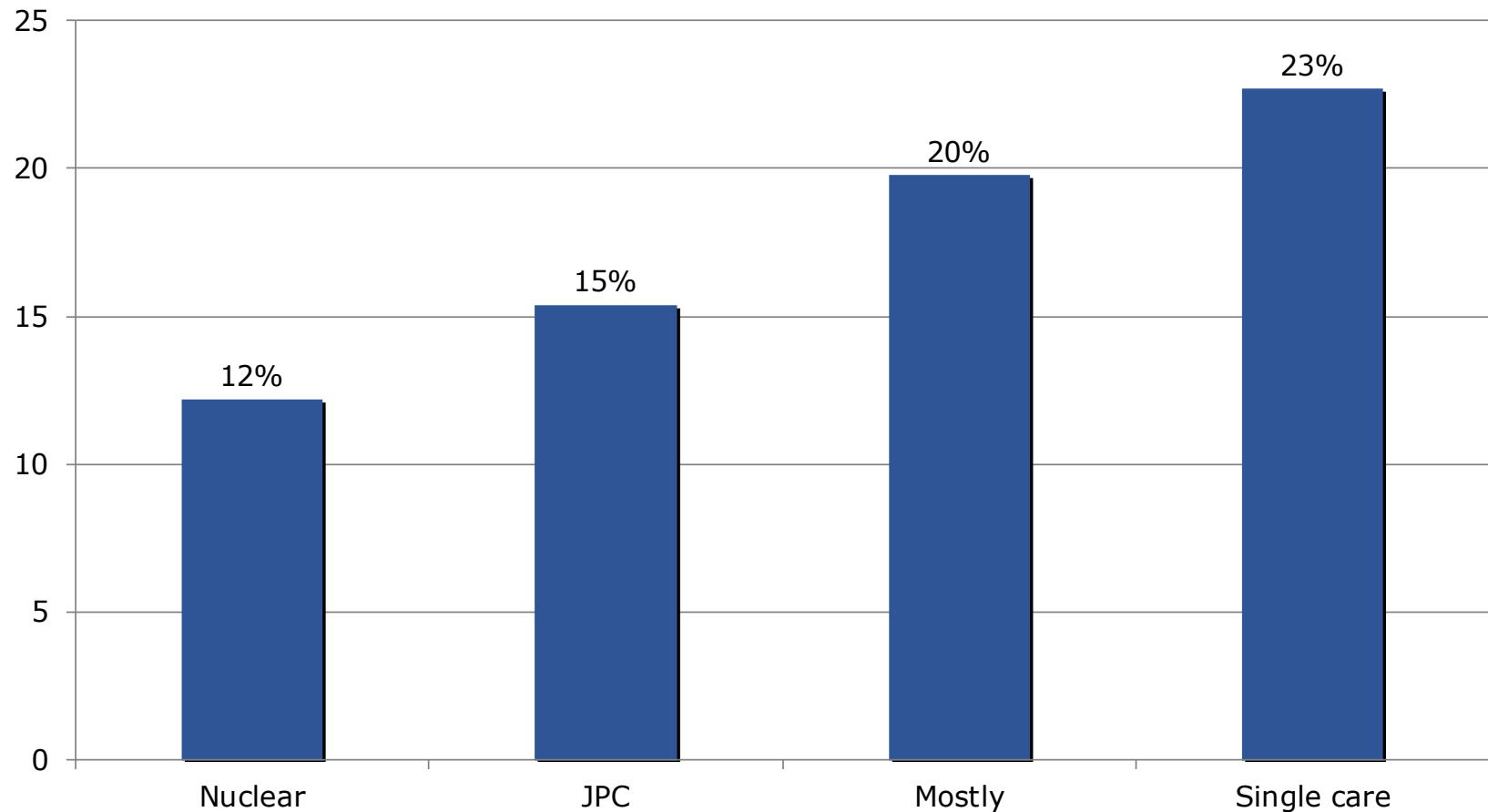
New stability after the whirlwind



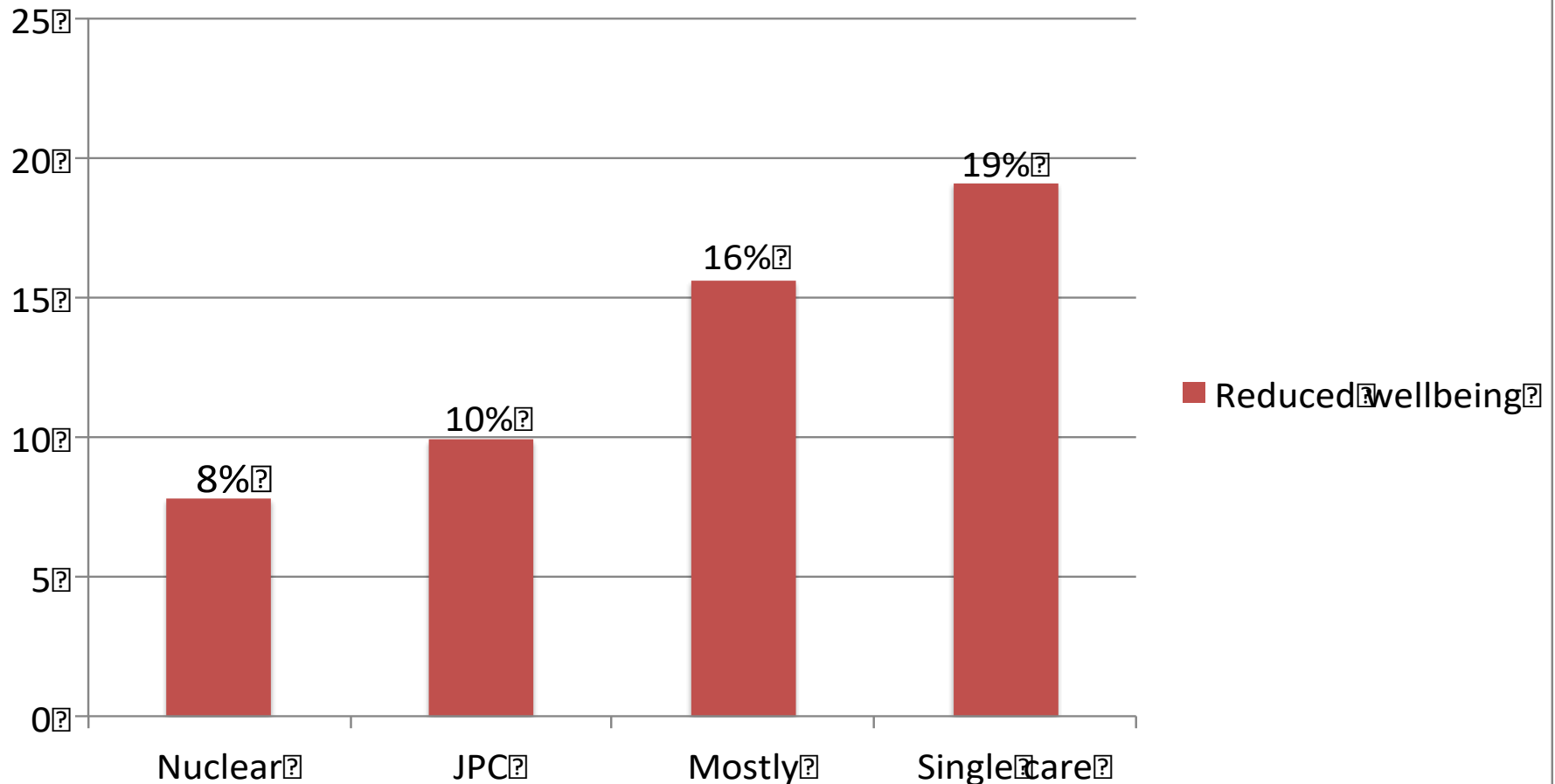
Three total population studies on >172 000 12- and 15-year olds



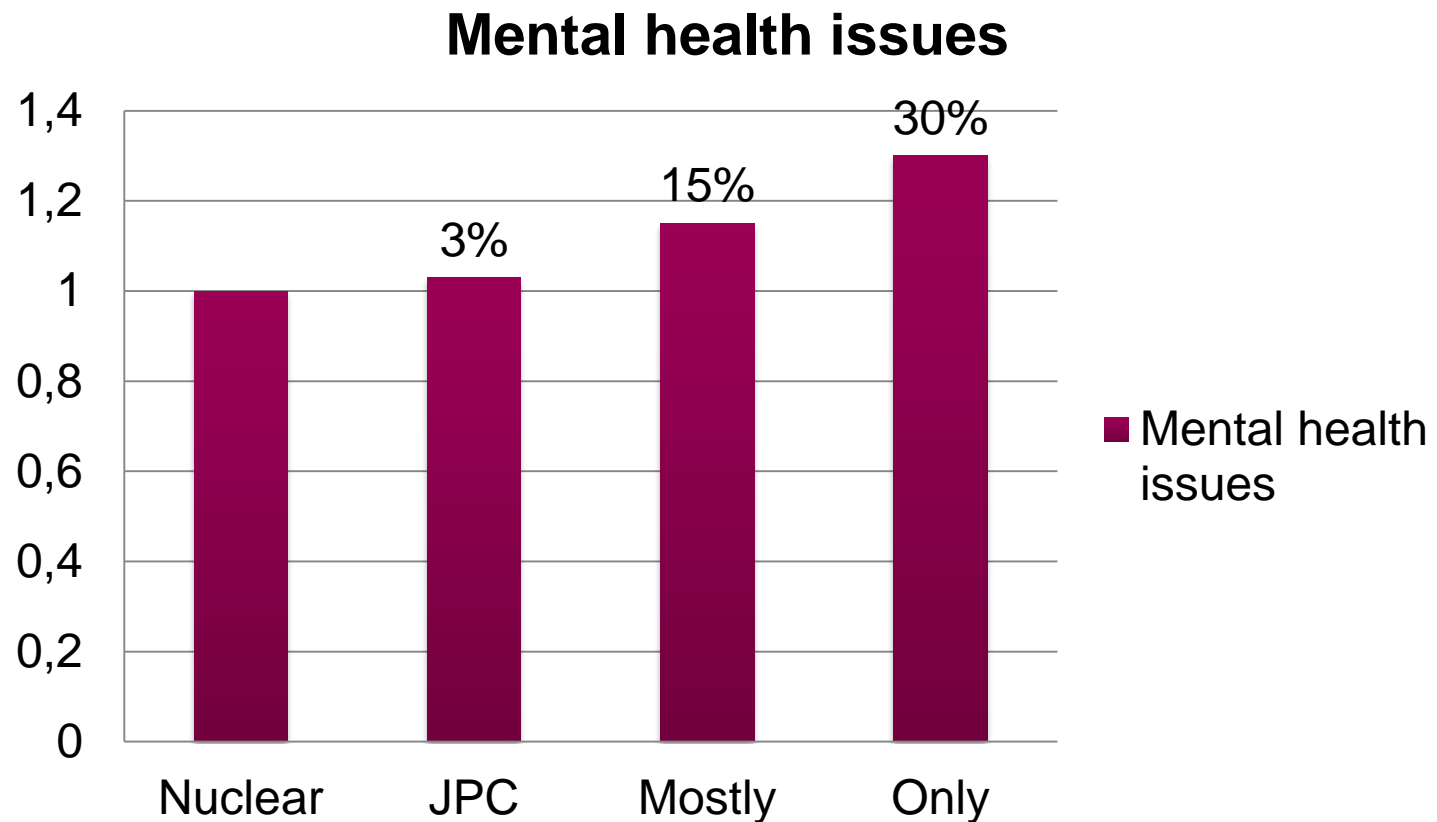
Stress/psychosomatic symptoms



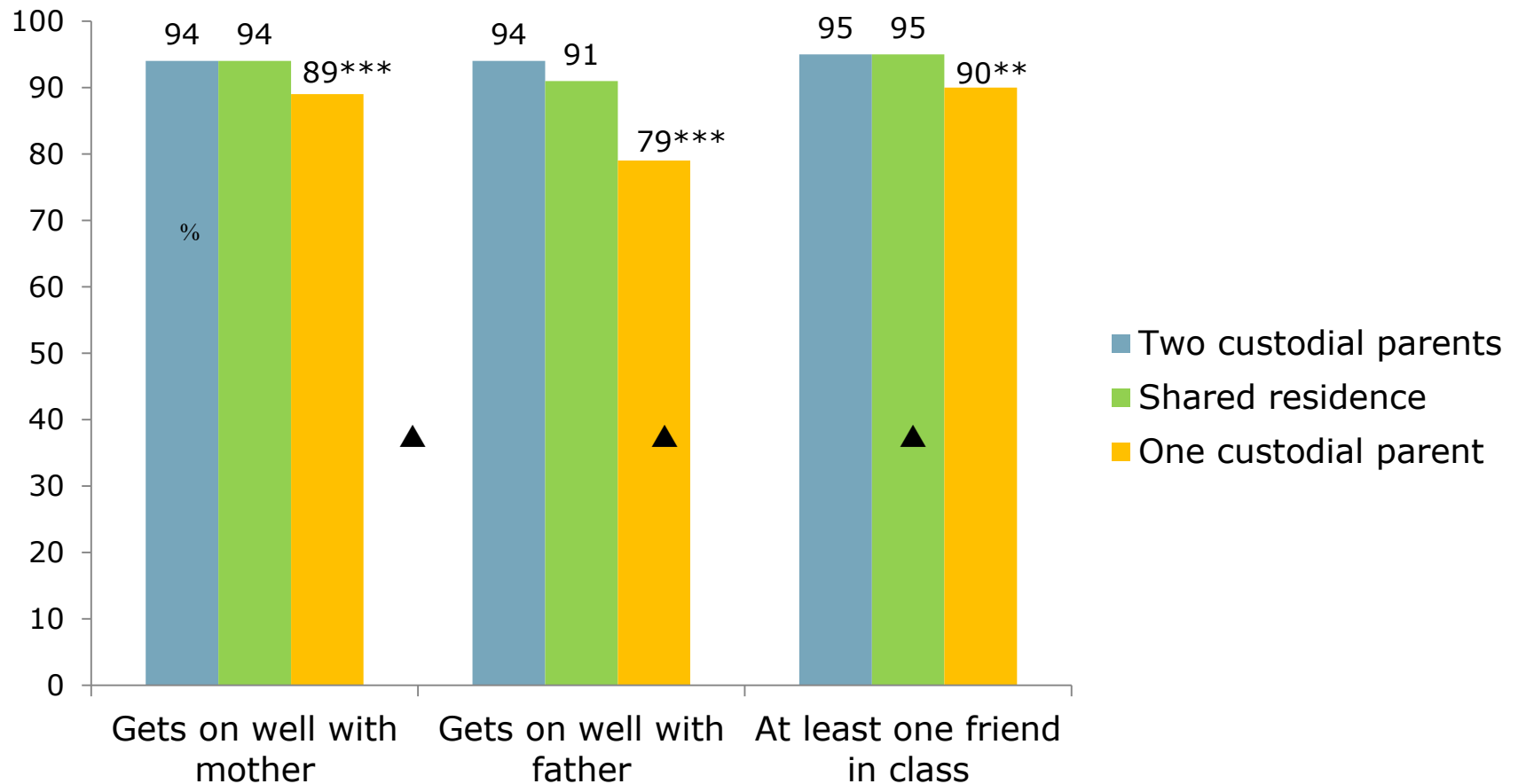
Low health related quality of life physical, psychological and social wellbeing



Risk increase in children with divorced parents



Family relations among 10-17 year olds



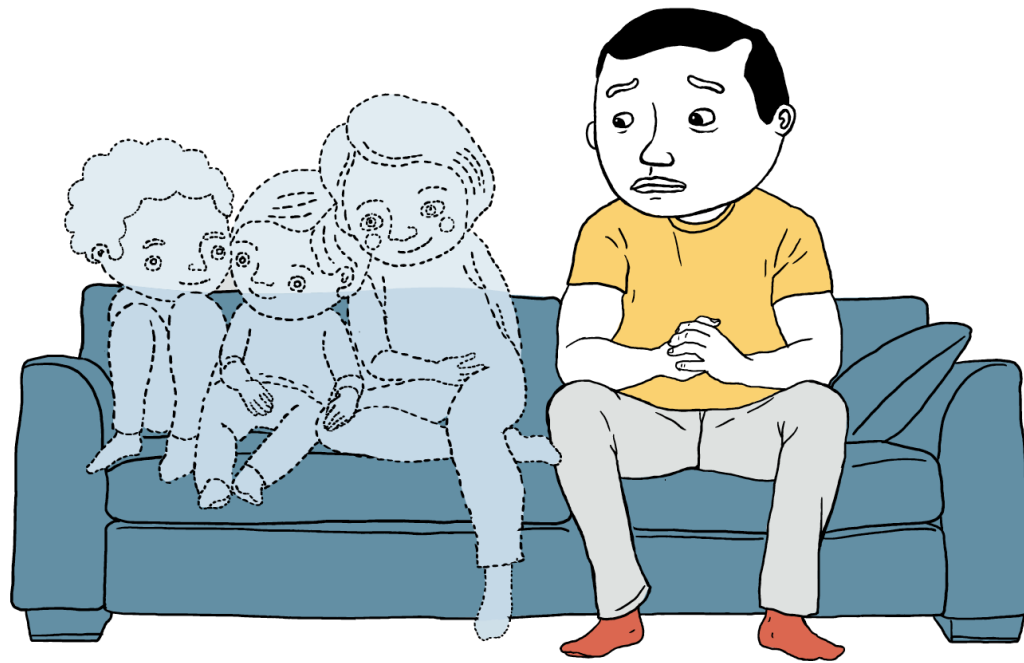




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Preschoolers in JPC



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

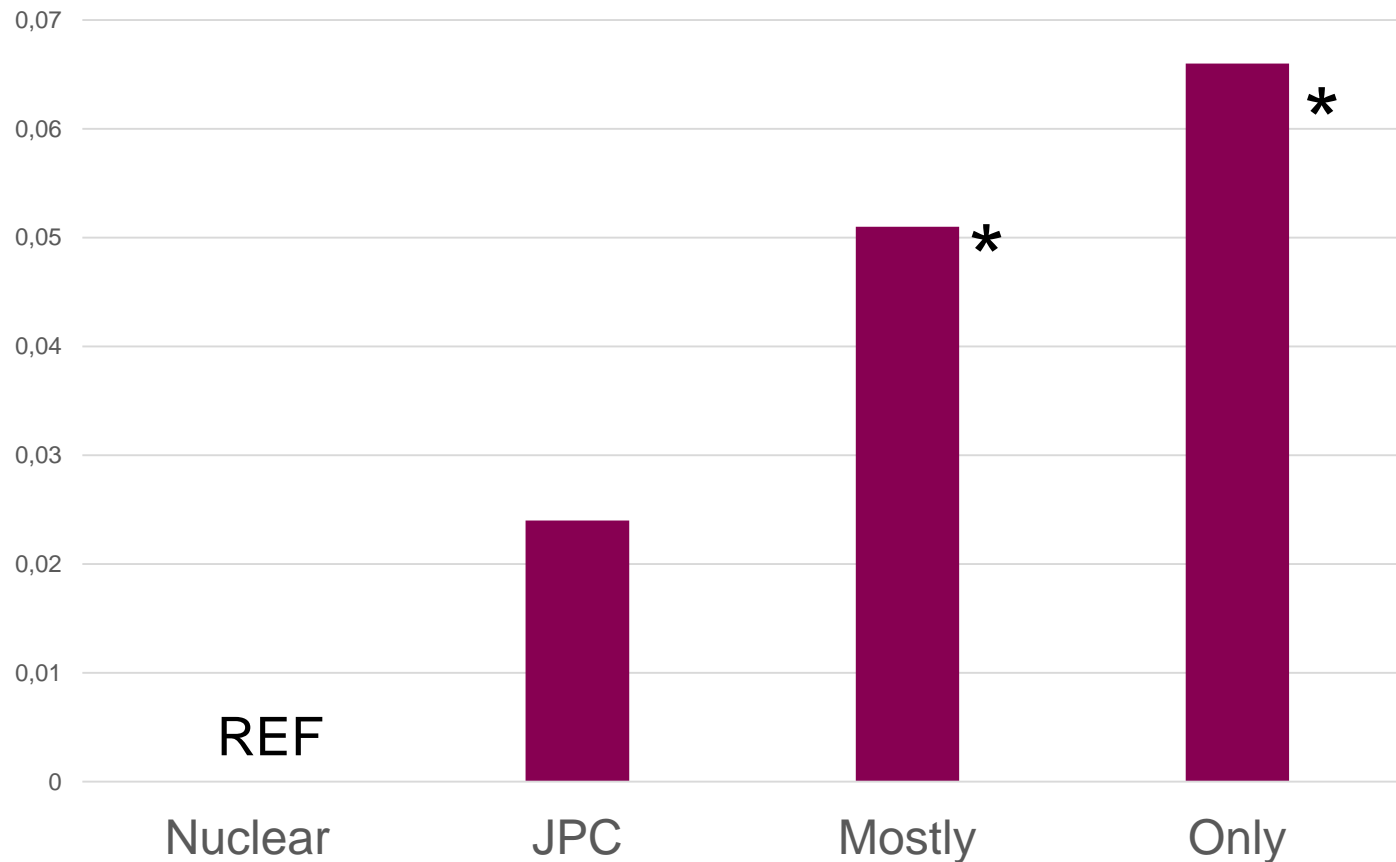
Children in shared parenting show better health than those who live mostly or only with one parent in all three studies



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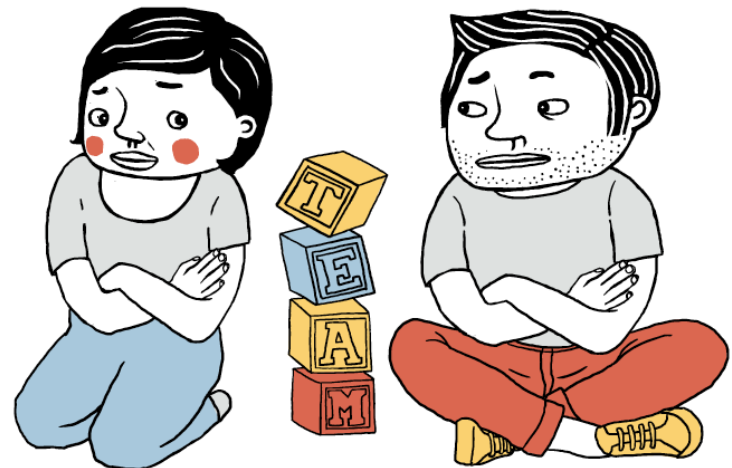
Crude analysis of Swedish 3-year-olds



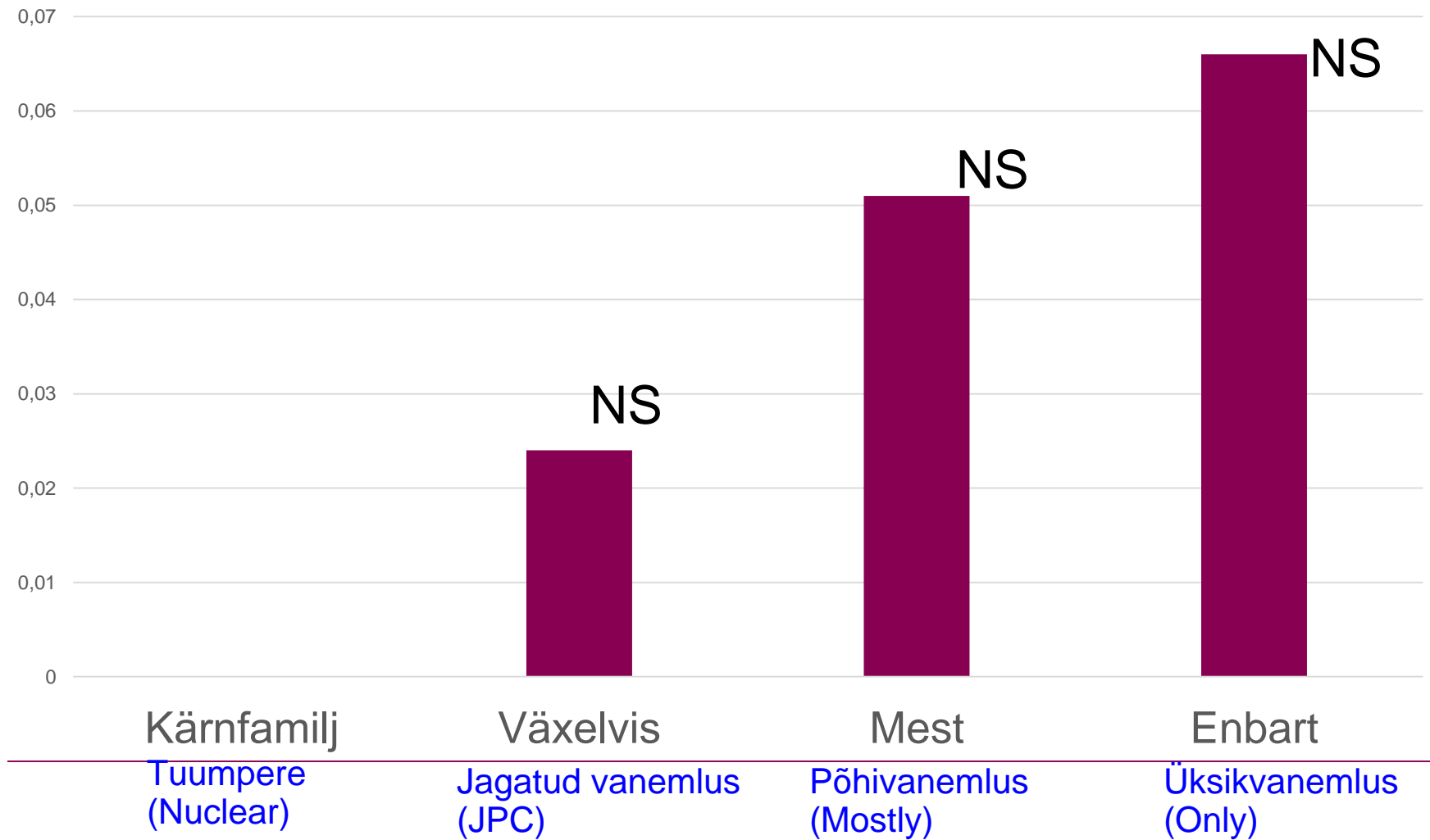


Coparenting

- 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



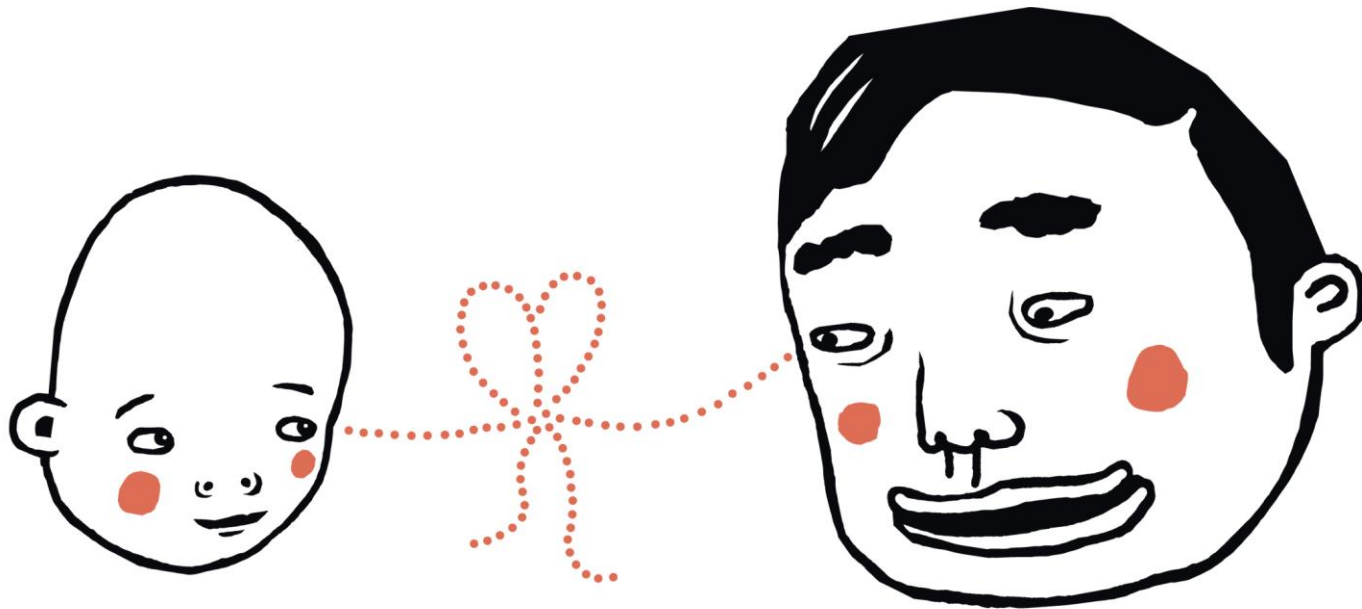
Adjusted analysis of 3 year olds



Paternal engagement predicts coparenting quality



Sensitivity starts when taking care



Common parenting or separate worlds?



Parental conflict ≠ shared parenting?

- Before the 1990ies association between family conflict and emotional difficulties
 - Few studies about parental conflict and children's living arrangements
 - Recent studies point at the importance of a participating father in children's lives
 - Today's studies on JPC point at the importance of everyday contact with both parents
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What is a conflict?





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Parallell parenting



KOMMUNIKATION



Send
pictures



Relations that need to be built?





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“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



Estonian questions

1. How stressful is it for children to constantly move between two homes?
 2. I am convinced that children will need to have one home, from where they can visit the other parent (same as going to grandparents'). I have arrived to this conclusion by my own experience via long work-time.
 2. What is the effect of shared parenting on children's psychology?
 3. What is the effect of shared parenting when parents don't get along at all?
 4. Which parental personality aspects lead to failed 50-50 parenting?
 5. When parents don't get along, is the shared parenting still in the interest of the child?
 6. I have seen in my work how difficult shared parenting is for a school-age children, when parents fail to cooperate
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You are always a family!

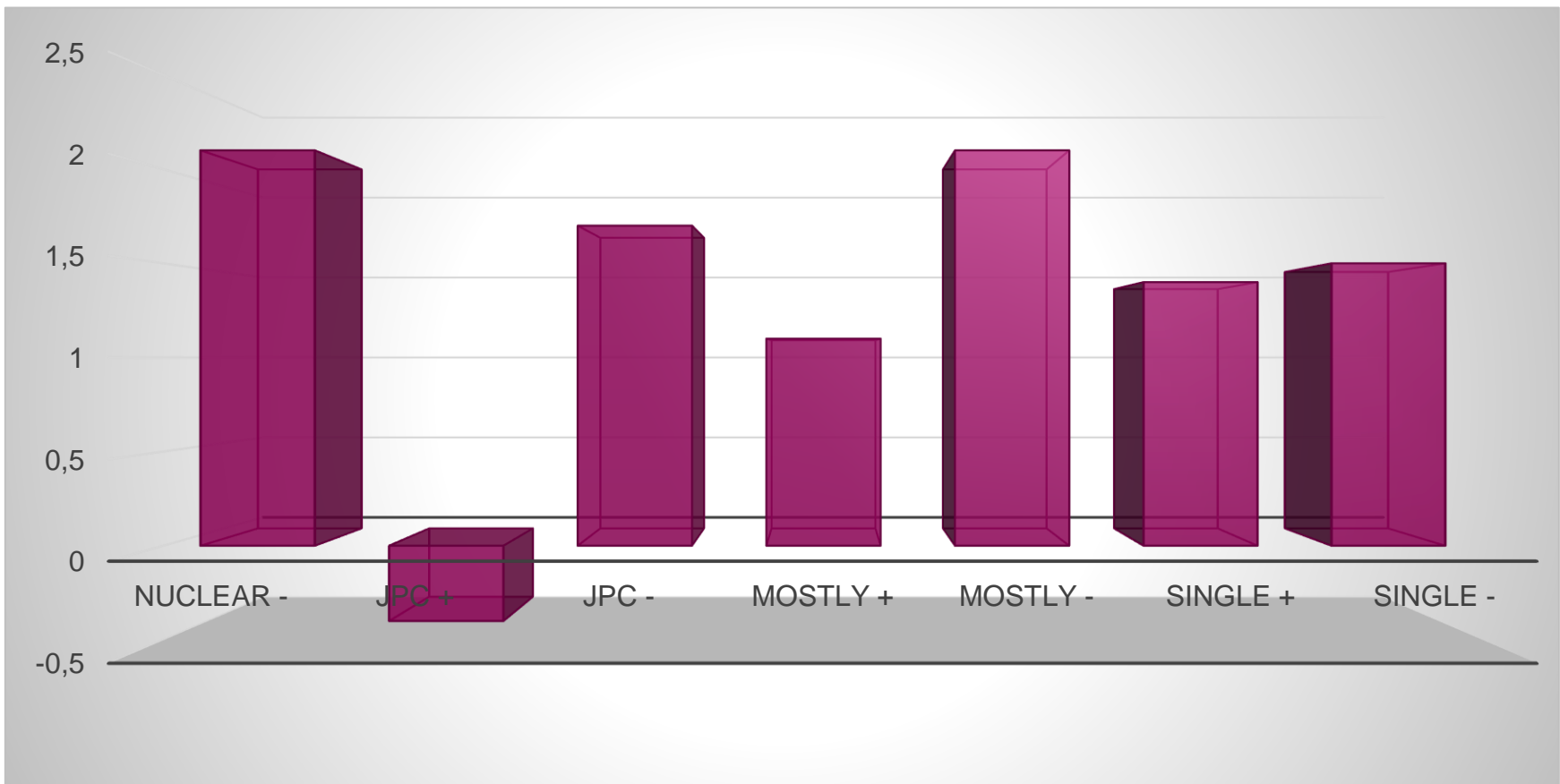


Thanks!

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3 year olds-is living arrangements or coparenting quality most important?



- Bergström, et al. (2018). **Children with two homes - Psychological problems in relation to living arrangements in Nordic 2-9 year olds** Scandinavian Journal of Public Health.
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 - Fransson et al. (2018). **The Living Conditions of Children with Shared Residence – the Swedish Example.** *Child Indicators Research*.
 - Låftman et al. (2017). **National data study showed that adolescents living in poorer households and with one parent were more likely to be bullied.** Acta Paediatrica.
 - Turunen et al. (2017). **Self-esteem in children in joint physical custody and other living arrangements.** Public health.
 - Fransson et al. (2015). **Psychological complaints among children in joint physical custody and other family types: Considering parental factors.** Scandinavian Journal of Public Health.
 - Bergström et al. (2015). **Fifty moves a year: is there an association between joint physical custody and psychosomatic problems in children?** Journal of Epidemiology and Community Health.
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 - Bergström et al. (2013). **Living in two homes-a Swedish national survey of wellbeing in 12 and 15 year olds with joint physical custody.** BMC Public Health
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