

Legal & General's Value of a Parent research calculates the value of a Mum in 2009 at £32,812 a year and the value of Dad at £23,296 a year.

The value of a Parent

Being a Parent and raising a child can be very expensive. Spending money on your child's food, clothes, childcare, school fees and other essential items all adds up. Legal & General's latest Value of a Parent research shows that over 18 years Parents spend on average £123,552 raising children.

The value of Parents averages to £28,054. This is higher than the figure for average national earnings which is currently £24,538.

The value of housework

As well as raising children a great deal of time is spent on household tasks. Looking after a family and keeping the family home in order takes time, but when it comes to housework do you know how much you are worth?


The average weekly value of a Mum and Dad across the UK

Region	Weekly value(£)	
	Mum	Dad
Great Britain	631	448
England	640	430
Scotland	600	476
Wales	606	494
London	624	403
South East	625	385
South West	642	380
East Anglia	632	413
East Midlands	616	427
West Midlands	680	436
Yorkshire/Humberside	699	524
North East	627	449
North West	617	458

What if the worst happened?

Have you ever wondered what would happen if you or your partner were to become too ill to work or were to die? Who would do the household chores and look after the children? Would you have enough money to cope?

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What is the Value of a Parent?
 Realistic scenarios of three families based on our 2009 research

Value of a Parent 2009





A single Mum of two – Elizabeth’s story

If Elizabeth were to get a critical illness and was unable to work and care for the boys, it would cost £32,812 to cover all she does for her family in a year.

Elizabeth is a single Mum, she has two boys (11 and 14) and raises them on her own while working part time as a beauty therapist. On a salary of £14,500 she manages her bills and even has a little left over for computer games the boys always seem to need. Her sister is a great emotional support, but as they live in different towns Elizabeth mostly manages the day to day household chores on her own.

Elizabeth spends 3 hours a week driving the boys to football and tennis, 8 hours a week preparing meals and 4 hours a week cleaning the house. It seems her work never ends.

Mum’s spend:

An average of 416 hours a year cooking

3,848 hours taking care of the family, this is the equivalent of 23 full weeks

On average only 5 hours a week on themselves which is less than 1 hour per day.



First time Parents – Luke and Jodie’s story

If Luke were to die or suffer an illness and be unable to work, it would cost £23,296 each year to replace what he does for the family.

Luke is a photographer for a local newspaper and his wife Jodie is a doctor. He and Jodie have a 3 year old daughter, Marissa, and plan for a second in the near future. They do try to share the household chores but as Jodie’s hours tend to be longer than Luke’s, he primarily manages driving Marissa to nursery, preparing her meals and light cleaning of the house most evenings.

If Luke were to become ill or die, and Jodie was unable to leave her job she would need help picking up the chores Luke used to manage. If Jodie were to pay somebody to do these chores it would be surprisingly expensive, and very difficult to manage for a one income family.

The value of a Dad is equal to:

£2,912 for a cleaner for 8 hours per week

£1,196 for a taxi for 3 hours per week

£2,808 for a cook for 6 hours per week.



A family of five – Kerryn and Jack’s story

It would cost £32,812 a year to replace the work Kerryn does around the home. It would cost a further £23,296 to replace Jack’s job in the home.

Kerryn is a full time Mum to her 15 year old daughter and 7 year old twins. Her husband Jack is a builder who works over 60 hours a week.

When the twins were born Jack got some financial advice. He put income protection and life assurance in place for himself. He knows if he were to get too ill to work, then the bills, the mortgage and everyday expenses could be taken care of.

At the time they didnt feel that Kerryn needed any cover. They hadn’t realised it could cost £32.812 a year to pay someone to do all the jobs she takes on each day.

Each year parents spend:

£3,016 on their children’s food

1,508 hours caring for their children

£6,864 on their children and on day to day costs.