



Study shows 65% of mothers see children as greatest source of joy

UP to 20% of Irish mothers find motherhood difficult according to a new study. A revelatory new study has provided a snapshot of the trials of modern motherhood in this country. However despite one in five mothers citing the role as "very difficult", up to 65% of mothers cite children as their greatest source of joy.

A total of 87% of mothers regard Ireland as a good place to raise children. However due to the demands of modern living, less than one in four families dine together in the evening. Despite greater equity of

the sexes the survey found mums continue to shoulder large majority of domestic responsibilities

The findings come from a study conducted on motherhood by family-owned organic dairy Glenisk. The research involved interviews with mothers of children aged up to 20 years, from all over Ireland.

Unsurprisingly 91% of respondents believe that motherhood had changed them – with 29% stating that it had changed them completely.

Participants were asked to list their top three issues of concern – 73%

listed healthcare as one of their biggest concerns, 60% listed safety while 56% listed education in their top three. The majority of mothers believe that Ireland is a good or very good place to bring up children with 40% describing it as 'very good'.

Overall, mothers are satisfied with their children's diet – 89% believe their children consume sufficient dairy produce; 94% believe their children consume enough protein and 80% believe they eat sufficient fruit and vegetables. Almost half (48%) felt their children eat too many sweets.