

RAISING A FAMILY

# The Contributions of a Stay-At-Home Parent

Your family's life insurance protection should take into account the essential services provided by a stay-at-home parent every day.

Life insurance for your family's breadwinner may seem like a no-brainer to cover lost income, but what about for a stay-at-home parent? Here are five everyday tasks that are contributed by a stay-at-home parent and should be considered when identifying your family's life insurance coverage needs.

## 1. CHILD CARE

On average, a stay-at-home parent spends 755 hours annually caring for and helping a child under the age of 6.<sup>1</sup> Professional child care is often an enormous expense. Nationally, the average cost of full-time care at a child care center for all children ages 0-4 is \$9,589 per year.<sup>2</sup>

## 2. LAUNDRY

The average American family does an average of 4.5 loads of laundry per week.<sup>3</sup> That's an estimated annual cost of \$311 for energy and water.<sup>4,5</sup> Costs can vary greatly depending on your location, but the average price to pay a laundry service to wash, dry and fold clothes can range anywhere from \$0.90 to \$3 a pound.<sup>6</sup>

## 3. CLEANING AND HOUSEWORK

Buildup of dirt, dust, mold and other allergens may contribute to an unhealthy living environment. On average, a married stay-at-home parent spends between 4.69 to 10.85 hours per week doing housework.<sup>1</sup> Cleaning service professionals would earn more than \$4,600 for a similar amount of work per year.<sup>7</sup>

## 4. MEAL PREPARATION AND COOKING

Food preparation and cleanup accounts for an average of eight hours of an American household's week.<sup>1</sup> The average family spends \$124.03 per week at the grocery store.<sup>8</sup> A private cook performing the same tasks for a family would cost nearly \$48,670 per year.<sup>7</sup>

## 5. TRANSPORTATION

U.S. drivers spend an average of 294 hours of driving annually,<sup>9</sup> with a typical married couple spending an estimated \$1,900 annually on transportation costs for their young children.<sup>10</sup>

On average, a stay-at-home mom (parent) juggles over 90 hours of work per week which is equivalent to earning a median salary of \$143,102.<sup>11</sup> Taking the value of the services a stay-at-home parent provides into consideration can help ensure you have adequate life insurance protection for your family today and in the future.

<sup>1</sup> American Time Use Survey, Bureau of Labor Statistics, 2016.

<sup>2</sup> The New America Care Report, Better Life Lab, New America, 2016.

<sup>3</sup> Energy Use at Home, 2015 Residential Energy Consumption Survey, U.S. Energy Information Administration, 2015.

<sup>4</sup> Estimating Appliance and Home Electronic Energy Use, Energy Saver, U.S. Department of Energy, 2017.

<sup>5</sup> Indoor Water Use: Clothes Washer, Home Water Works, Alliance for Water Efficiency, 2017.

<sup>6</sup> Home Laundry Service: Don't Do Your Own Laundry, Angie's List, 2016.

<sup>7</sup> Occupational Employment and Wages, May 2016, Bureau of Labor Statistics, 2016.

<sup>8</sup> National Household Food Acquisition and Purchase Survey, USDA, 2017.

<sup>9</sup> American Driving Survey: 2014-2015, AAA Foundation for Traffic Safety, 2016.

<sup>10</sup> Expenditures on Children by Families, 2015, USDA, 2017.

<sup>11</sup> 2016 Stay-at-Home Mom Salary, Salary.com, 2016.