



Tyranny of the Shoulds podcast

Episode 4: To have or not to have

Psychoanalyst Karen Horney coined the phrase in the 1950s, yet we still struggle with “shoulds” today. “Shoulds” come from our families, friends, society and sometimes from ourselves. The tyranny is that we struggle to be our ideal self yet it’s something we will never reach.

In this episode we talked about children – the shoulds about becoming a parent and why some choose to be child-free, and all the expectations and shoulds that go along with raising kids.

BBC news article, 2018 - The mothers who regret having children
<https://www.bbc.co.uk/news/education-43555736>

Gloria Steinem: *‘I’m completely happy not having children. I mean, everybody does not have to live in the same way. And as somebody said, “Everybody with a womb doesn’t have to have a child any more than everybody with vocal cords has to be an opera singer.”*

United Nations report 2020

https://www.un.org/development/desa/pd/sites/www.un.org.development.desa.pd/files/files/documents/2020/Aug/un_2020_worldfertilityfamilyplanning_highlights.pdf

Total fertility has fallen markedly over recent decades in many countries - lifetime fertility is below 2.1 live births per woman. This is roughly the level required for populations with low mortality to have a growth rate of zero in the long run. The global fertility rate declined from 3.2 live births per woman in 1990 to 2.5 in 2019

Paying women to have babies

<https://www.bbc.co.uk/news/world-57112631>

Russia was facing a steep population decline (population shrinking 750,000 people each year). In 2006 Putin proposed a new programme Maternity Capital which entitled mothers who have given birth to a 2nd/3rd child to receive in-kind services for an c. \$10,000.

South Korea has one of the lowest fertility rates in the world and has spent more than \$130bn (£92bn) on incentives for families. In Japan families get baby bonuses and children allowances but it also costs half the national average to send a child to nursery.

Childrearing advice

Unwanted childrearing advice on Google - 489,000 results

<https://parenting.kars4kids.org/why-do-random-strangers-offer-parents-their-unsolicited-advice/>

Parenting getting more complicated

<https://ifstudies.org/blog/why-parenting-has-gotten-more-difficult/>