



Do Now

Parenthood: what do I need to consider and what are the costs?



BELONG CARE ASPIRE SUCCEED

Adrian and Lin had Rocko when they were 30. They love him dearly, but they both work and are struggling with childcare costs. They pay £14,000 a year for Rocko's nursery fees, which is over half of Adrian's wages. They both want a sibling for him but the costs are making them think twice.

Discuss: Why do you think the couple had a baby in the first place? Why do they want a sibling for Rocko?



The UK birth rate is falling and has been for decades. Why do you think this is?

I think the UK birth rate might be falling because...

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Learning outcomes:

Describe the roles and responsibilities of parents, carers and children in families and explain why some people choose not to have children.



Birth rate / fertility rate:

The number of live births per thousand of population in a country, or globally, per year.

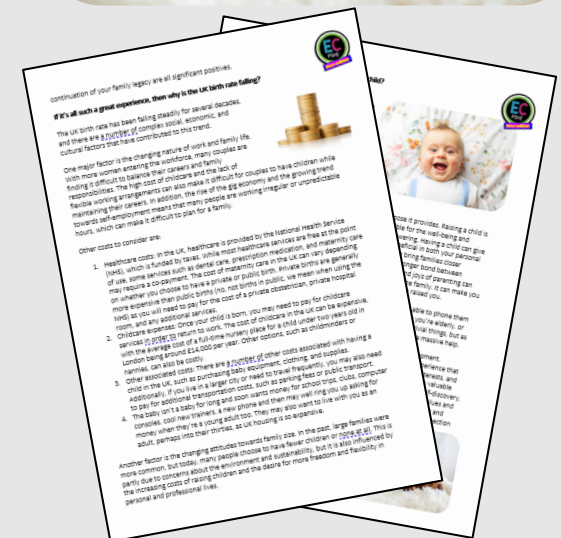
Parenthood: what do I need to consider and what are the costs?



We will now find out more about the considerations couples and single people have to think about when deciding whether or not to have a child.

THORNDEN THREE READING!

Listen carefully to the text in your booklet that is being read to you





What are the positive aspects of having a child?

Having a child can be one of the most joyful and life-changing experiences. Many parents describe the love they feel for their child as unconditional — seeing them grow, learn and achieve brings enormous pride and happiness. Watching a child take their first steps, say their first words, or succeed at school can be incredibly fulfilling.

Having a child can also give life new meaning and purpose. Knowing you are responsible for another person's wellbeing can make you more focused, motivated and caring. It often brings families closer together too, as parents, grandparents and siblings unite to support and enjoy the new arrival.

Parenting can also lead to personal growth. It teaches patience, empathy and resilience, and helps you discover what really matters to you. Many parents say raising a child helps them understand their own parents better and strengthens family traditions. Later in life, children can also provide companionship and support, from helping with small jobs to offering emotional connection and care.



What are the positive aspects of having a child?

Why is the UK birth rate falling?

Despite all these positives, fewer people in the UK are choosing to have children. This is due to several social and financial reasons. Many adults are focused on careers, and balancing work and family life can be difficult. Childcare is expensive, flexible working isn't always available, and housing costs are high.

Other costs quickly add up too — baby equipment, clothes, healthcare extras, and later on, school trips, clubs, phones, and university or housing support. Some young adults now live at home well into their twenties or thirties because rent and mortgages are so expensive.

Attitudes have also changed. People often want smaller families, worry about the environment, or prefer freedom to travel and focus on themselves. Social media and technology also mean there are more ways to socialise and build a life without starting a family.

Finally, many people are waiting longer before having children. With women focusing on education and careers, families often start later, but fertility naturally declines with age, making it harder to conceive.

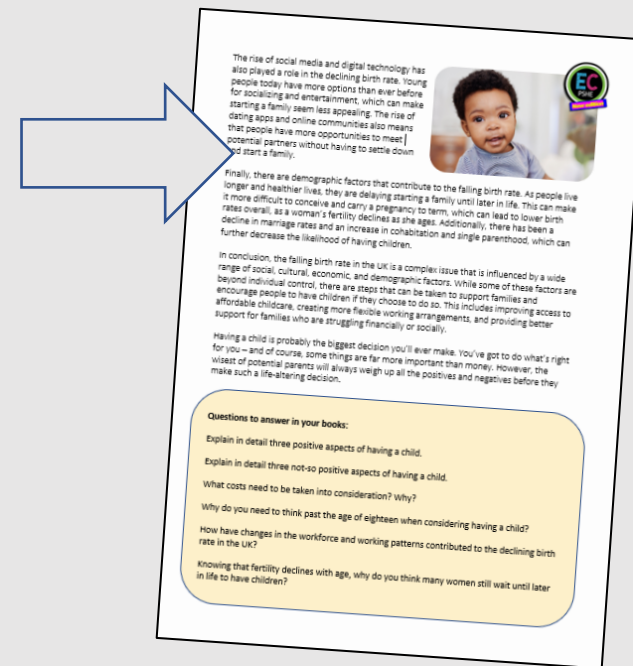
In short, while having a child can be a wonderful experience, it also requires careful thought about finances, work–life balance and long-term plans.

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Now complete the questions in your booklet:

1. Explain in detail three positive aspects of having a child.
2. Explain in detail three not-so positive aspects of having a child.
3. What costs need to be taken into consideration? Why?
4. Why do you need to think past the age of eighteen when considering having a child?
5. How have changes in the workforce and working patterns contributed to the declining birth rate in the UK?
6. Knowing that fertility declines with age, why do you think many women still wait until later in life to have children?



Why is the falling birth rate a problem and what are the UK government going to do about this? Watch the clip and answer the questions in your booklet.

<https://www.youtube.com/watch?v=bDMjOq4AizM>



- 1. How many women in England and Wales are childless at 30 in 2023?**
- 2. When did the UK's fertility rate start to decline?**
- 3. Why is this worrying?**
- 4. What is the main barrier to having children in the UK?**
- 5. How much of a couple's wage does childcare take up in the UK?**
- 6. What do the government say they are going to do to change the situation?**
- 7. Why are the government acting now?**



Why is the falling birth rate a problem and what are the UK government going to do about this? Watch the clip and answer the questions on your sheet.

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- 1. How many women in England and Wales are childless at 30 in 2023?**
 - 1. 50%**
- 2. When did the UK's fertility rate start to decline?**
 - 1. The mid 1960s**
- 3. Why is this worrying?**
 - 1. We need younger workers to pay for the older populations' healthcare and pensions through their taxes.**
- 4. What is the main barrier to having children in the UK?**
 - 1. The cost is too high**
- 5. How much of a couple's wage does childcare take up in the UK?**
 - 1. About 29%**
- 6. What do the government say they are going to do to change the situation?**
 - 1. Provide extra childcare by increasing the free hours parents can apply for. They will also raise the hourly rate of childcare providers.**
- 7. Why are the government acting now?**
 - 1. As on top of this, there is a cost-of-living crisis, the government think it will help there be more Conservative voters.**





Useful helplines and charities:

[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

[Pregnant? | Pregnancy Crisis Helpline](#) Website specifically for those with crisis pregnancies

[Brook](#) – visit your nearest Brook service for free confidential advice if you're under 25, or use the [Ask Brook](#) online service

[Family Lives](#) – visit the website or call 0808 800 2222 for support for families, including young parents

[Tommy's](#) – visit this website led by midwives for the latest information for parents-to-be



Reporting a Concern at Thornden School

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know



How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

Need Support? You're Not Alone



If anything in today's lesson has affected you, or you want to talk to someone, there is help available.

Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>