

# The Perinatal Experience of Quebec Parents

The perinatal period is a particularly sensitive time for parents' mental health

**1/3**

of parents report having experienced **symptoms of depression (31%)** or **anxiety that affected their daily activities (37%)** during the perinatal period.

**1 in 2 parents** say they have felt their **mental health has been fragile** since their child was born.



**56%**

of parents have felt **pressure regarding their parenting choices.**

## Little-known resources

**12%**

of parents say they **received support from a community organization** or a perinatal resources centre (CRP in the French acronym), while **30% say they did not access or were unable to find these services**, even though they needed them.

**28%**

of parents say they **received support from health care professionals** (such as social workers and psychologists), while 17% did not access or were unable to find these services, even though they needed them.

In comparison, **more than 1 in 3 parents (35%)** say they found **support online** (such as on forums and social media).

## Everyday challenges: Fatigue, adjustment and isolation

These are **the main challenges identified by parents** since their baby was born:

- Fatigue and sleep deprivation (69%)
- Adjusting to their new role as a parent (32%)
- Breastfeeding (25%)
- Social isolation (20%)



**1 in 5 fathers** say they **have experienced these concerns** since their baby was born:

- A sense of helplessness
- Feeling like a bystander
- Uncertainty about their ability to bond with baby
- The pressure of always having to be "strong"
- Fear of not having the skills needed to care for baby

**1 in 2 parents** say they have felt lonely since their child was born.

**35%**

**of parents** say they struggle to work as a strong parenting team with their partner.



## Parents have mixed experience of preparing for childbirth

### For mothers who gave birth:

**38%**  
felt  
ready

**54%**  
felt  
somewhat  
ready

**8%**  
did not feel  
ready at all

### For fathers and co-parents:

**40%**  
felt  
ready

**49%**  
felt  
somewhat  
ready

**11%**  
did not feel  
ready at all

## Pregnancy and childbirth are an overall positive experience

Most **mothers** report a positive experience:

**83 %**  
for pregnancy

**75 %**  
for childbirth

The reasons cited by a quarter (26%) of parents with a negative experience include:

- Emergency C-section
- Complications or high-risk pregnancy
- Baby's health problems
- Major pain, long labour
- Dissatisfaction with the services received

Most **fathers and co-parents (84%)** also report a positive childbirth experience.

## Methodology and respondent profile

Online survey conducted with **515 Quebec parents** of children aged 4 or younger, **between December 16, 2025, and January 5, 2026**. The sample is non-probabilistic.

Respondent profile:

- Parents of a child under age 2: 49%
- Parents of a child aged 2 to 4: 51%
- Mothers who gave birth: 79%
- Fathers or co-parents: 21 %



## About the RCRPQ

The RCRPQ **brings together, supports and represents the 31 perinatal resource centres (CRPs in the French acronym) across Quebec**. CRPs are community organizations that specialize in providing expectant and new parents with support, throughout pregnancy and during the first two years of their child's life. The work of CRPs is a prevention-focused approach rooted in promoting family well-being.

[www.rcrpq.com](http://www.rcrpq.com)

