Lockman, Darcy. (2019). All the Rage: Mothers, Fathers and the Myth of Equal Partnership. New York: Harper Collins Publishers.

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Darcy Lockman's book "All the Rage", depicts the equality struggle within marriages that occur primarily after childbirth. Modern ideologies attempt to emphasize the equality of women within society, however, this text poses the question: Why are women still carrying the weight of the family on their back? This non-fiction text delves into various reasons to explain the shift in the division of labour within the household once a child arrives and why women are forced into the role of primary caregiver. Lockman indicates that this phenomenon occurs due to the preconceived notions of what the role of the father is versus the reality of their involvement. Additionally, arguments as to why women consistently fall into the caregiver role, levels of satisfaction, as well as societal influences play into the prescribed roles women subconsciously take on when raising an infant. Lockman also speaks on the biological traits and sacrifices women must make to be the primary caregiver, whether they be financial or a loss to their physical and mental wellbeing. She uses many anecdotes from real women, which makes this book approachable. Lockman joined a women's support group to speak to those attending regarding their experiences in their household life, interviewed fifty women she met through a mother's Facebook group and referenced many studies taken over the years that have already been completed

regarding these issues. The text flows effortlessly and is divided into chapters which support the concerns Lockman is addressing.

Lockman points out that there is no known human society in which males are the primary caregivers to children (p. 30). Historically, fathers are the primary breadwinners of the family, which left very little time to interact with their family, and even less time was spent on household chores, which was predominantly the mother's responsibility. Between the years 1980 and 2000, there was a significant increase of women entering the workforce. With this increase of women working full-time, many men considered themselves to be taking on more household duties and the division of labour to be equalling out. Through a self-reporting study, many men stated that their responsibilities have increased (p. 30). In 1980, men reported they contributed to thirty-eight percent of the household duties while women said they believed the men only did about thirty-one percent. In 2000, men believed themselves to be doing forty-two percent, while the mothers disagreed and said it was about thirty-two percent of chores (p. 30). Today, seventy-one percent of mothers with one child and sixty-two percent with two or more children are employed outside of the home, while men are still doing twenty-five percent fewer household responsibilities and time spent with their children than mothers (p. 31). As the pressures of being the economic provider have decreased for men, the traditional pressures for a woman to be putting the child's needs above hers and keeping the house, have not (p. 185). Self-report measures are often plagued with inaccuracy and biases due to our innate desires to conform to socially acceptable standards, however, data collected through such means is still an excellent gateway into drawing correlations for further research.

Currently, most men believe that childcare and household duties are equally divided between both parents (p. 11). Lockman refers to a study in which researchers examined a group of expectant fathers and asked how they predicted chores would be divided once the new child arrived. Most admitted that their wives would initially be doing more due to nursing obligations, however, they would increase involvement in other areas to equalize the burden (p. 29). Nevertheless, six months after the child's birth, most men have reported that their wives are doing more while they are doing less than they expected (p. 29). While men seem eager to entertain the idea of equality, some continually fall short when it comes time for action. Generally, this is not done with malicious intent. It is more so a lack of awareness. It is not necessarily that the fathers are lazy or do not care about the child's wellbeing; they are often ignorant of the infant's unspoken needs. They have limited attention spans and may perform specific duties in a less than ideal way or forget them altogether. This is a display of power imbalance. Men are stating nonverbally that these duties are unimportant to them, and they are exercising their right to underperform (p. 206). These duties must be completed - thus, it eventually falls onto the mother to provide the care needed (pp. 205-206). Fathers have become more involved in their children's lives and share more housework than fathers of the past, however, there is still much work to be done.

As we see, the division of labour is still currently unequal for most, which could be linked to the concept of "gate keeping" from the mothers. Lockman introduces the idea that depending on the type of personality the mother has, she may micromanage on many tasks and lash out when these tasks are not done to her specifications. This produces a question of whether the father is doing a lousy job, because he rejects doing this type of caretaking, or because the mother is

continuously hovering and undermining him, which creates resistance and the desire to not perform these duties. If a father tries to care for the child but does something that is not up to the mother's standards, she may criticize him, which leads him to feel disempowered and not wanting to participate in that activity again (pp. 190-191). In return, the mother feels like she is better off doing everything herself, which intensifies the situation. This leaves the mother to believe that she has created more problems for herself by asking for help instead of doing everything herself (p. 206). This conflict and feeling of isolation may bring to light other marital issues and strain the relationship.

In the first three years of the birth of the first child, marriage satisfaction decreases while marriage conflict increases dramatically (p. 31). Satisfaction is highest around the time of the wedding but quickly starts to decline --- deterioration rates are double for parents than nonparents. Furthermore, as the family grows and more children are added to the household, satisfaction rates continue to drop (p. 31). Dissatisfaction within the marriage can lead to separation, infidelity, and depression. Infidelity in females has risen forty percent in the last thirty years, with many stating that the main reason for their indiscretion is "the desire to break free from their caregiving role"; they are looking to find another version of themselves (p. 41). The division of chores is another factor that plays into marital satisfaction. "Women who reported that they do more childcare than their husbands are forty-five percent less likely to describe their marriage as 'very happy' than women who say responsibilities are shared" (p. 40). Alternatively, those households where fathers do more than one-third of the chores have more sex where there is usually a decline of occurrence (p. 40). Levels of decline in marital satisfaction are lower in couples where the father behaves like

both parties are equal and is more involved. When the father is the primary caregiver, the mother experiences an increase in satisfaction before the child's birth (p. 43). This is evidence that the imbalance of the division of labour increases the conflict in a relationship with the possibility of destruction of the marriage.

Lockman's intended readers are those interested in family science, and possibly cultural anthropologists, since this text displays gender inequality across many generations, cultures, and societies. This book is easy to digest for the reader who may not be on a scholarly level of academia. The language is straightforward to comprehend, while at the same time, gets the statistics and facts across clearly.

In my opinion, I believe that both men and women should read this text if they are considering starting a family as it offers excellent insight and can perhaps shed light on the reasons why fathers seem to be lacking in specific household departments. I question some of the self-reporting figures, as they are all guesses as to how much work each party is actually doing, and I can see how some men will read this and consider it an attack on their gender. I would recommend this to anyone who is struggling to find the balance between work, family life, and the guilt that goes along with it. Overall, I found "All the Rage" well thought out, straightforward to read, and gave me a different perspective on why there is still gender inequality within the household.