Bank of mum and dad running dry as two in three parents sacrifice financial security for adult children

- Almost all UK parents (95%) are financially supporting an adult child, with around two in five (43%) providing at least £1,500 a year and a further 17% giving more than £3,000
- Nearly two thirds (63%) have made financial sacrifices to continue supporting their children, including dipping into their own emergency savings or taking on more debt
- The wider family bank is stepping in, with almost one in five adult children also receiving support from grandparents

London, 18 November 2026 – The Bank of Mum and Dad is no longer reserved for just house deposits and financial emergencies. Faced with a rising cost of living, it has become a routine part of adult children's finances with almost all UK parents surveyed (95%) providing some level of financial support every year.

New research from bunq, Europe's second largest neobank, reveals that around two in five parents (43%) give an adult child at least £1,500 annually across rent, bills, savings and one-off help. One in six (17%) gives more than £3,000.
However, that support is taking a toll on parents' own finances.. Nearly two thirds (63%) have made at least one financial sacrifice to continue the financial support while almost half (49%) admit that doing so is adding to their own financial stress.

From the property ladder to supermarket till
Parental support now goes well beyond helping to children buy their first home. Six in ten parents (61%) admit to having to help cover groceries or food, while 42% still pay their adult child's phone bills.

Housing remains a significant expense. Three in ten parents (30%) contribute towards their child's rent or mortgage each month, while four in ten (40%) have covered all or part of a property deposit, including 14% who paid the full amount. For those who have not opened

their cheque book yet, 29% plan to contribute in the future, meaning around seven in ten (69%) have either helped with a deposit or expect to.

The pressure is also keeping families under one roof. Eight in ten respondents (82%) said at least one of their adult children currently lives with them, including those returning during university holidays or between jobs. For many, it is far from a temporary arrangement. Around 44% have had an adult child living at home continuously for at least three years after turning 18, including 17% for over a decade. Almost half (44%) receive no monthly contribution towards rent, bills or groceries.

This support is not limited to those just out of university. One in five adult children covered by the research was aged 27 or older, including 13% aged 30 or above.

Parents are paying the price

Over a third of parents (36%) have cut back on holidays or leisure spending to continue helping their child while 29% have dipped into emergency savings. One in seven (15%) have taken on debt or borrowing and 11% have had to reduce their retirement contributions.

There is no clear cut-off point. Close to four in ten (37%) parents say support will end only when their child reaches a milestone such as buying a home, getting married or securing a stable job. One in seven (15%) do not expect to stop supporting them financially at all.

The Bank of Mum and Dad opens new branches

Parents are not always carrying the cost alone. Grandparents are stepping in too, with 19% of parents saying their adult child receives regular support from them.

“Life doesn’t follow a neat timeline and neither does financial independence. Whether someone is saving for their first home or simply dealing with rising everyday costs, leaning on family has become a part of getting where they want to go,” says **Joe Wilson, Chief Evangelist at bunq**. *“Parents want only the best for their children. As that support becomes a part of family finances, talking openly about what is manageable can help both generations plan for what comes next.”*

Methodology

bunq surveyed 6,038 parents aged 35 or older with a child aged 18 or older about the financial support they give their children: UK (995), France (940), Germany (910), Ireland (764), Italy (718), the Netherlands (771) and Spain (940). The data collection was completed on 29th October 2026 via Pollfish. Not every respondent saw every question, because the survey had different routes. For example, questions about a child living at home were only shown to parents whose child lives at home. All percentages are calculated on the number of people who answered that question.

About bunq

bunq, Europe's second-largest neobank, has built the first user-centric bank. By developing a product rooted in its users' wants and needs, bunq makes life easy for location-independent people and businesses, starting from the way they manage money: how they spend, save, budget and invest. As the world's first GenAI-powered bank, bunq offers its users safe, secure and simple 24/7 financial support—user-centricity at scale.

Pioneering many things considered impossible, bunq was the first bank to get a greenfield European banking permit in over 35 years, raised the largest Series A round ever secured by a European fintech (€193 million), and was the first EU neobank to achieve structural profitability. As part of its mission to build the first global neobank, bunq has also received its U.S. broker-dealer license and applied for its Mexican banking license, with more global expansion to follow. Learn more: www.bunq.com.

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