In her book, "Motherhood, Russian Style," American writer Tanja Maier explores these and other peculiar methods for raising children. It helps pregnant women calmly prepare for the birth of their babies; usually, future mothers stop working in the seventh month of pregnancy. Many women return to work when the child is one, or 18 months old. In fact, they are paid a part of their salaries until their child turns one-and-a-half. The cost of motherhood fell for most of the 20th century because of inventions like dishwashers, formula and the birth control pill. But that’s no longer the case, according to data cited in the paper. The cost of child care has increased by 65 percent since the early 1980s. Claire Cain Miller writes about gender, families and the future of work for The Upshot. She joined The Times in 2008 and was part of a team that won a Pulitzer Prize in 2018 for public service for reporting on workplace sexual harassment issues. @clairecmFacebook. A version of this article appears in print on Aug. 20, 2018, on Page B 1 of the New York edition with the headline: Costs of Motherhood Rise, Catching Women Off-Guard. Order Reprints | Today’s Paper | Subscribe.