

# Knowledge and confidence matter!

- The <u>more knowledgeable</u> parents were about child development,
- And the <u>more confident</u> they were in the parenting role,
- The <u>more positive</u>, <u>less negative</u> was their parenting behaviour.



# Is parenting related to support?

- 4 sources of support:
- Spouse/partner: primary source of support for the parenting role for most partnered parents.
- Own Parents: viewed as a source of support, even if they do not live close by
- 'Other' Family and Friends: also relied on by many
- Neighbourhood Community: expectations to provide warm and welcoming place to raise their child





# Own Parent Support Plays a critical role for their adult children. • Fathers: the <u>only other source of support</u> related to parenting. • High support → more positive, less negative parenting & more confidence in parenting. • Mothers: • High support → less negative parenting and more

knowledge about child development. Yet only 55% of Mothers and 46% of

Fathers report high support from their 11 own parents.

# 'Other' Family/Friend Support

## Fathers:

- Only 1/3 report high support.
- Not related to their parenting behaviour.

## Mothers:

- Only 50% report high support
- The <u>single most influential source of support</u> related to positive parenting.
- High support → <u>2 times</u> as likely to have sufficient levels of positive parenting.

# Neighbourhood Support Only 26% of Mothers and 27% of Fathers feel high support by their neighbourhood community! A critical support for Mothers: • High support → more knowledge about child development and more confidence in parenting.

# Too few parents feel highly supported *in their parenting role*

	MOTHERS % Highly Supported	FATHERS % Highly Supported
Spouse/Partner	43	44
Own Parents	55	46
Other' Family Friends	50	34
Neighbourhood Community	26	27

What about Programs, Services and Resources?

Most parents see the basket of programs, services and resources available to them as an important extension of their neighbourhood community

> -- a tangible demonstration of a supportive community





# Does "use" matter?

Yes!

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- High users (6+ resources/programs last year):
  More feel highly supported by their neighbourhood community than low users.
- Are 65 75% more likely than low users to have good levels of positive parenting.
- However -- no relationship to negative parenting
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# The Last Choices...

Parenting Workshops re: Behavioural Challenges 40% say are "very important" 15% "used" them

<u>General Parenting</u> <u>Improvement Sessions</u> 30% say are "very important" 15% "used" them

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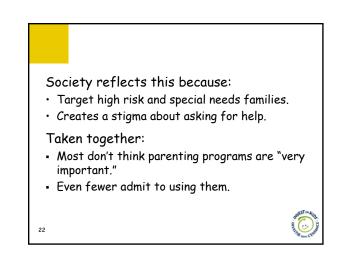


# The most popular resources

- Universal (not targeted or remedial)
- Informal and unstructured
- For "my child" not "for me."
- Non-judgmental

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Clearly there is an issue re Parenting Programs - Why? Parents feel parenting is supposed to be natural, intuitive. If there's a problem • "It's because I am failing at my most important job." • "Society expects me to fend for myself until my children reach school age."



# Re-cap

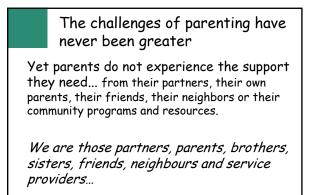
- 1. Parenting behaviour is strongly related to the support parents feel for their parenting role.
- 2. Too few parents feel highly supported by anyone.
  - Yet each source is critical to parents':
    - knowledge about child development
    - confidence in parenting
    - parenting behaviour.
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- 3. Volume of program use is important because it is linked to increased positive parenting.
- 4. Few parents use traditional parent education programs, or even think they are important.

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# The findings support Charles Pascal's message

- Every parent all parents can benefit from parenting supports.
- We need to normalize the challenges parents face, and remove the stigma that often comes with seeking parenting support.
- While it "takes a village to raise a child," we need our villages to be more effective.
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