

COVID-19 Isolation:
How parents and carers
are coping with kids at home

Women's
AGENDA



This period of isolation has created unique challenges for parents and carers.

Parents have had to quickly adapt to supervising remote learning, to keeping kids of all ages entertained, and to often juggling work at the same time.

So how have parents been coping and families getting by?

We aimed to find out, through an online survey of 1257 parents and carers, conducted over a two-week period in mid-April 2020.

These are our key findings.

Angela Priestley & Tarla Lambert

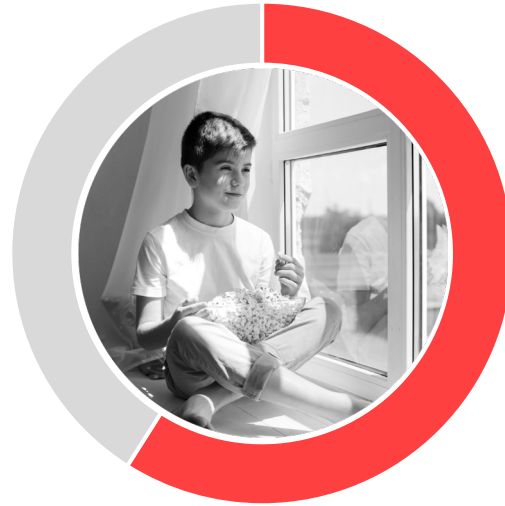


Key findings: The Good

Of 1257 parents & carers:



48% agree they are playing more **offline games** as a family than they were before



59% agree their kids are 'mostly **enjoying** being at home'



58% say they have been able to maintain or start some form of **exercise** during this period



30% say they have a **co-parenting partner** who is helping out more now than they were previously, (although **32%** disagreed with this statement)

Key Concerns



64% say they are feeling more overwhelmed with the 'juggle' than I was prior to isolation



82% agree they have internet access that's mostly uninterrupted during the day. But **9** per cent disagree and **9** per cent are neutral



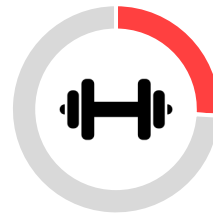
64% of parents says they are personally 'feeling more exhausted' than prior to isolation



Just **41%** said they were feeling optimistic about what's to come following this current period of isolation, with **23%** disagreeing and **35%** neutral on the issue.



57% said their mental health has been affected as a result of isolation



One quarter (**26%**) disagreed that they have been able to maintain or start some form of exercise during this period

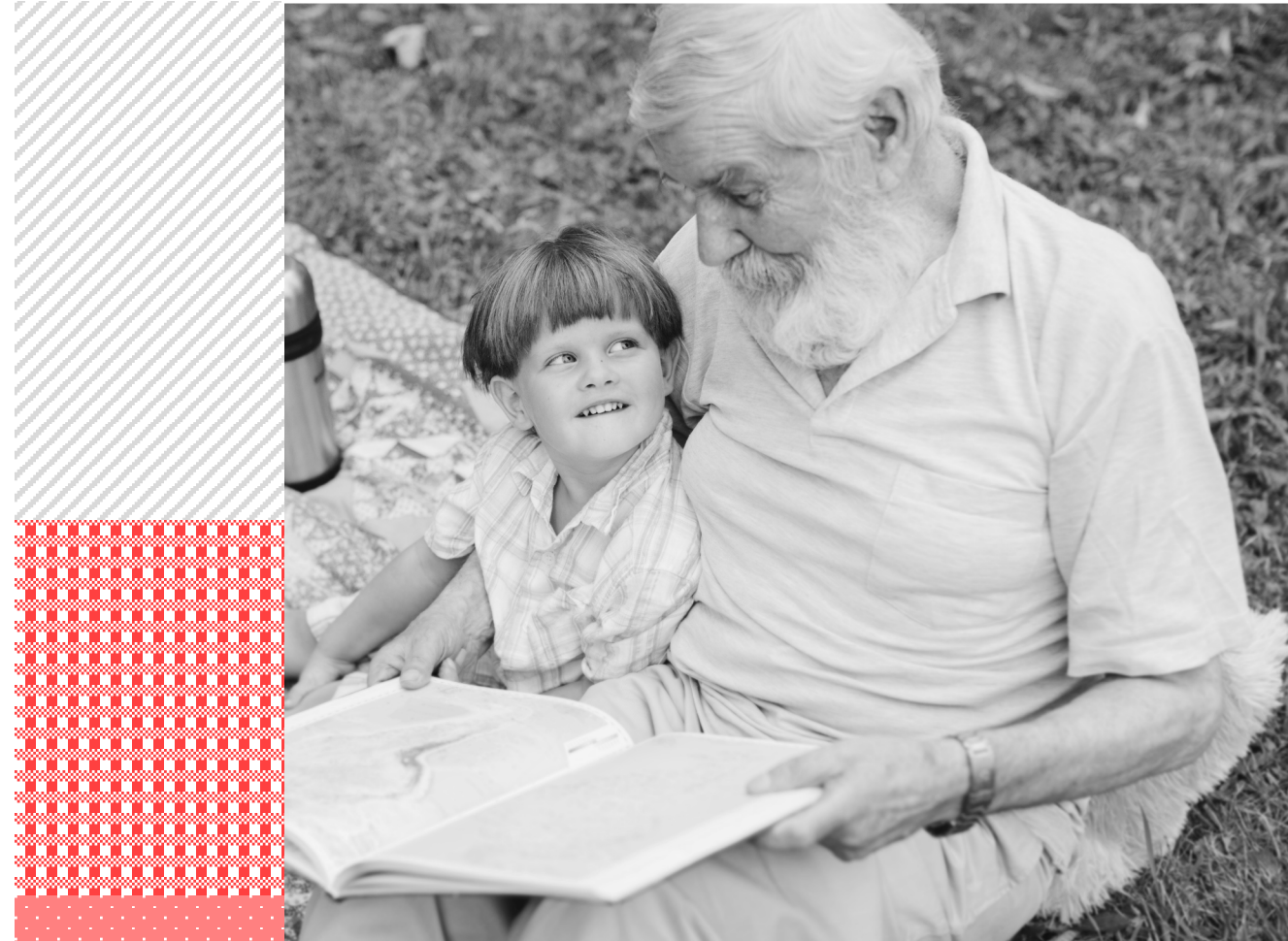


40% say they have concerns for the mental health of their children that they didn't have prior to isolation

The role of grandparents

This period has proved just how vital grandparent care is for parents across Australia.

According to our respondents



What's one key thing you're doing now as a family that you weren't doing prior to isolation?

We received more than 1200 responses to this question, and have highlighted some of the key trends to emerge:

Family walks

Playing games

Eating meals together

Board games

Exercising together

Home schooling

Going for walks

Watching movies

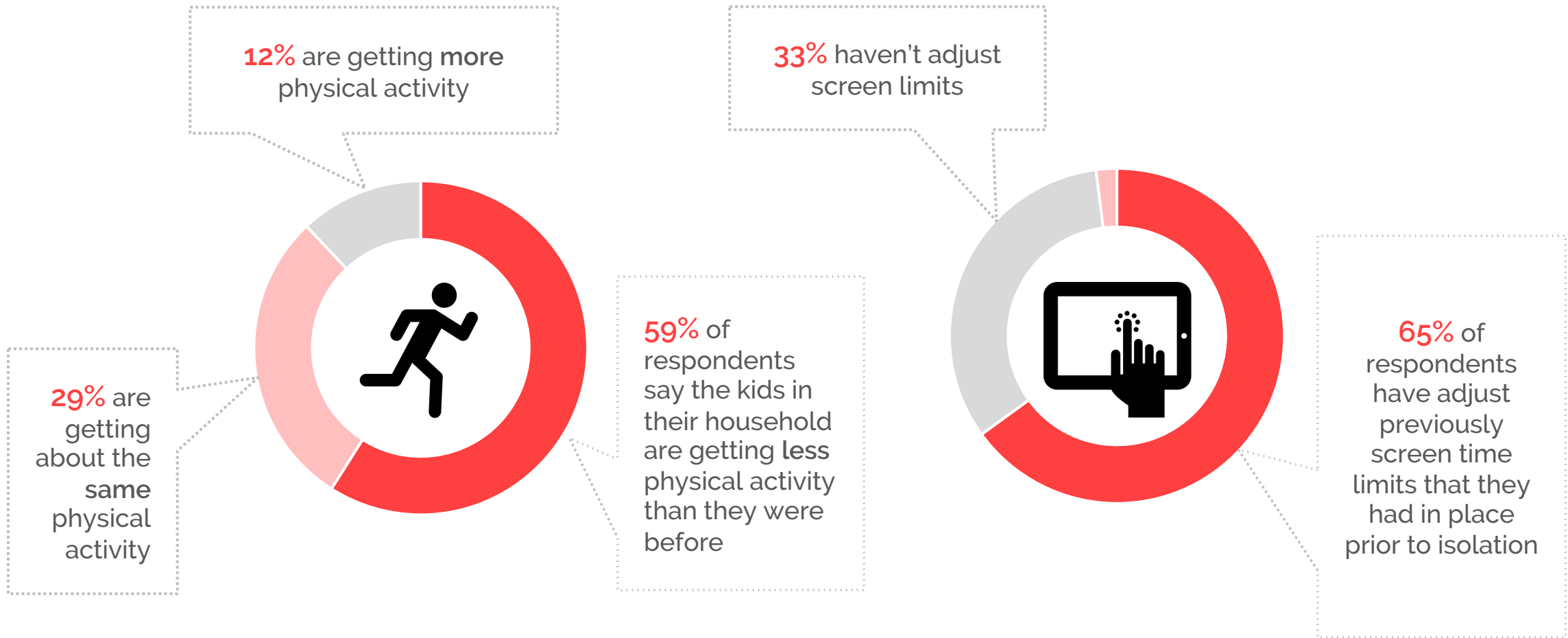
Playing in the backyard

Riding bikes and scooters

Watching TV



Screen time and physical activity



Tips & Tricks!

Our respondents shared more than 1000 tricks and tips they've learnt during this period. Many of which we'll be sharing on Women's Agenda.

According to data analysis some of the key responses included:

- ✓ Lowering expectations
- ✓ Adjusting screen times
- ✓ Playing as much as possible
- ✓ Structuring the day and creating routines
- ✓ Regular exercise



Tips & Tricks!

*“ Don’t stress the small stuff.
If the kids need a break from
schoolwork, take it.
Don’t push through.”*

*“ Don’t feel like you have to be
the perfect educator/teacher.”*

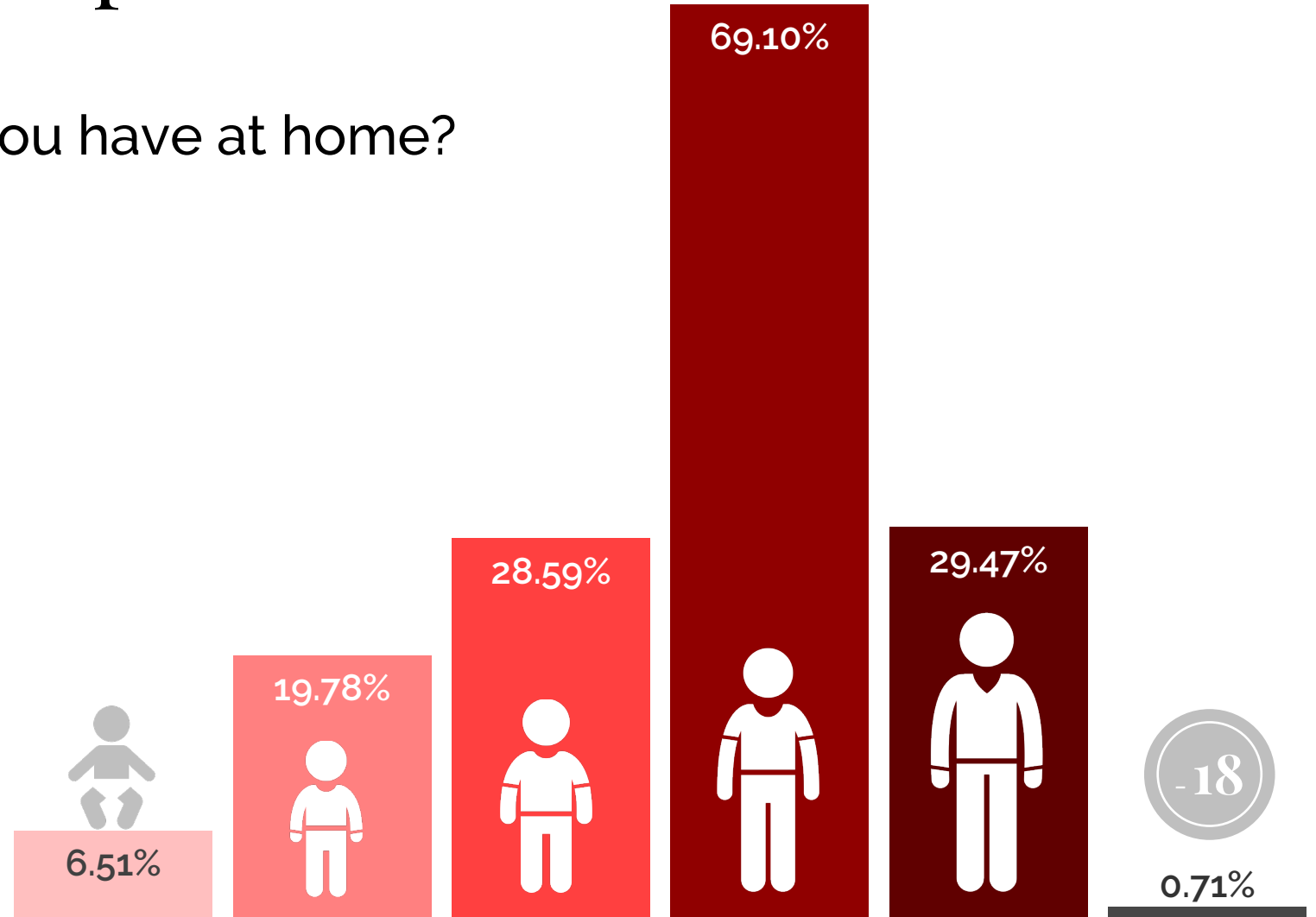
*“ Accept that your productivity
levels will be lower.”*

*“ Agree to the boundaries
and stick to them.”*

Breakdown of respondents

What status of kids do you have at home?

- Baby (less than 12 months)
- Toddler (12 to 36 months)
- Pre-schooler
- Primary school
- High school
- Recently left school, but under 18



Breakdown of respondents

How would you best describe yourself as a parent/carer?

