

Parents are struggling to manage routines and their children's behaviour and moods.

Specific questions were asked regarding parents' concerns about their children and the demands of parenting during the lockdown. **One-half of all parents also reported moderate to high levels of concern for managing their children's remote learning (48%), screen time (54%), and managing their child's anxiety and stress (48%) and behaviour (31%).** Many concerns were related to parent's managing their own time, with moderate to high levels of concerns expressed by 49 per cent of participants, and balancing work and caregiving (47%), and maintaining household routines, organization, and meals (48%). A third of parents (32%) reported needing assistance with their children's mood and/or behaviour during the pandemic.

57%
of caregivers
reported elevated
depressive symptoms.



Parents/caregivers reported moderate to high levels of concern for:



48%

Managing their children's remote learning.



54%

Managing their children's screen time.



48%

Managing their child's anxiety and stress.



31%

Managing their child's behaviour.



48%

Managing household routines, organization and meals.