

# BUILDING BRAINS TOGETHER PARENT ISOLATION SURVEY SUMMARY

TOTAL RESPONSES: 463

AVERAGE PARENTAL AGE: 38

TOTAL CHILDREN REPRESENTED: 950

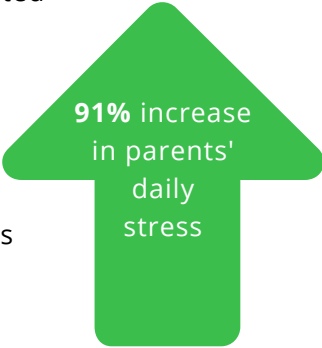
## STRESS

4/5 rate daily stress at a 7 out of 10 or higher

1/2 have had their household employment impacted

### TOP STRESSORS:

- Children's education
- Parenting
- Social isolation
- Health of family members
- Access to food and medication



91% increase  
in parents'  
daily  
stress

## HEALTH

2/3 have lost access to counselling and/or support groups

3/4 have lost access to some type of health service

1/5 families with someone who is immunocompromised and/or has a chronic illness



66%  
decrease  
in  
personal  
and family  
physical  
activity

## RESILIENCE

2/3 families have established a daily routine

3/4 families are having positive experiences together

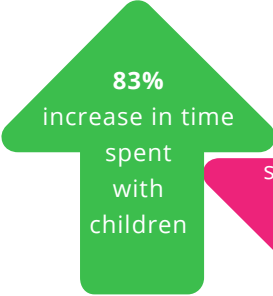
1/2 families feel that they have control over what is happening in their lives

4/5 families know what they need to be healthy, but only 1/2 feel they can access these things

4/5 families believe that they will be okay throughout isolation

## SOCIAL

2/3 believe they are able to maintain strong relationships while 1/2 are concerned that their children are unable to do so



83%  
increase in time  
spent  
with  
children



88%  
decrease  
in  
socialization  
outside  
the home



70%  
increase in time  
spent  
playing  
together

### MOST SIGNIFICANT SOCIAL IMPACTS:

- Loss of kids' activities
- Loss of socialization
- Loss of formal and informal childcare
- Loss of access to medications

## WHAT HAS BEEN THE MOST CHALLENGING?

- Schooling of children (4/5 families of school-age children are attempting schooling from home)
- Personal isolation and isolation of children
- Finding balance between trying to help kids with school, working, parenting, etc

## WHAT HAS BEEN THE MOST REWARDING?

TIME: time to be outside, time with family, time for creativity, time for play, time for hobbies and interests, time to be together



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