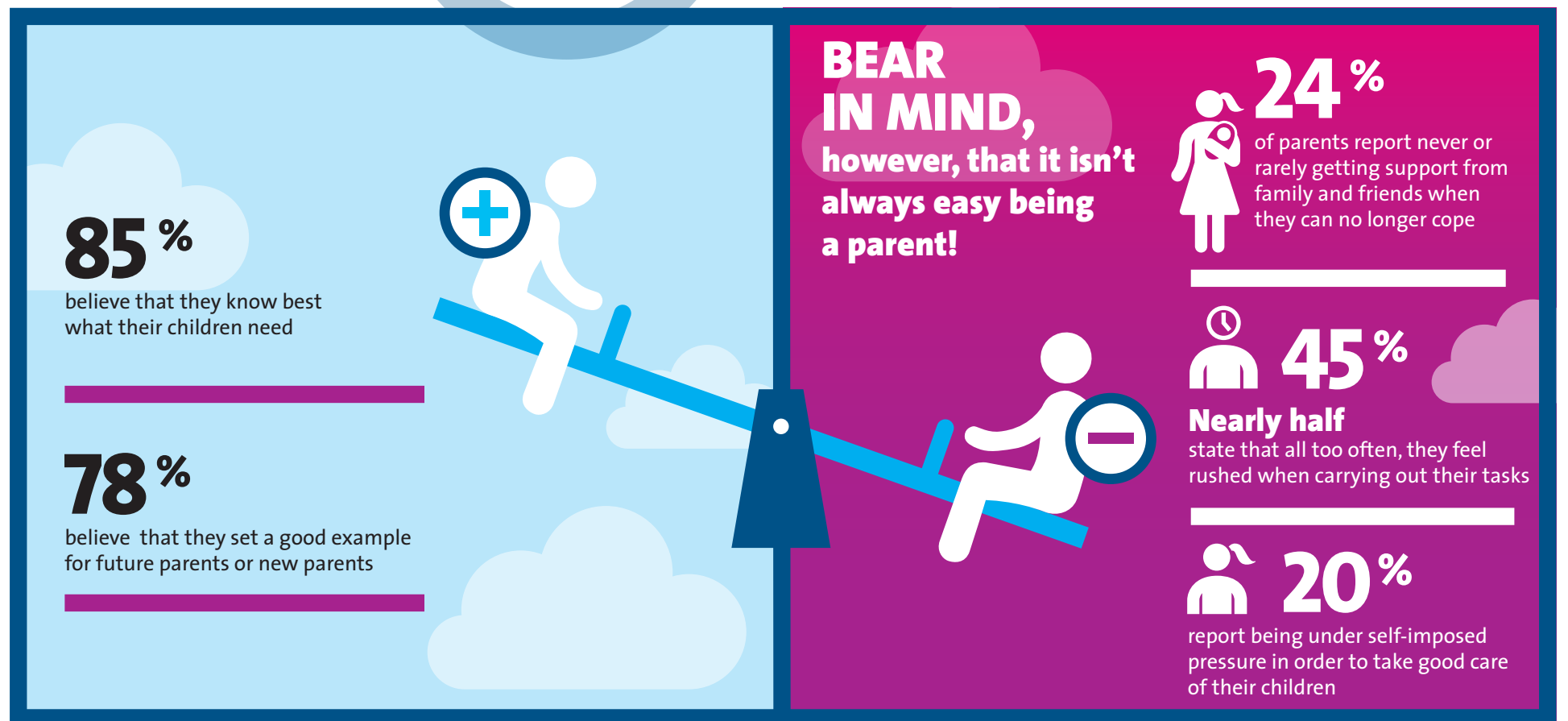
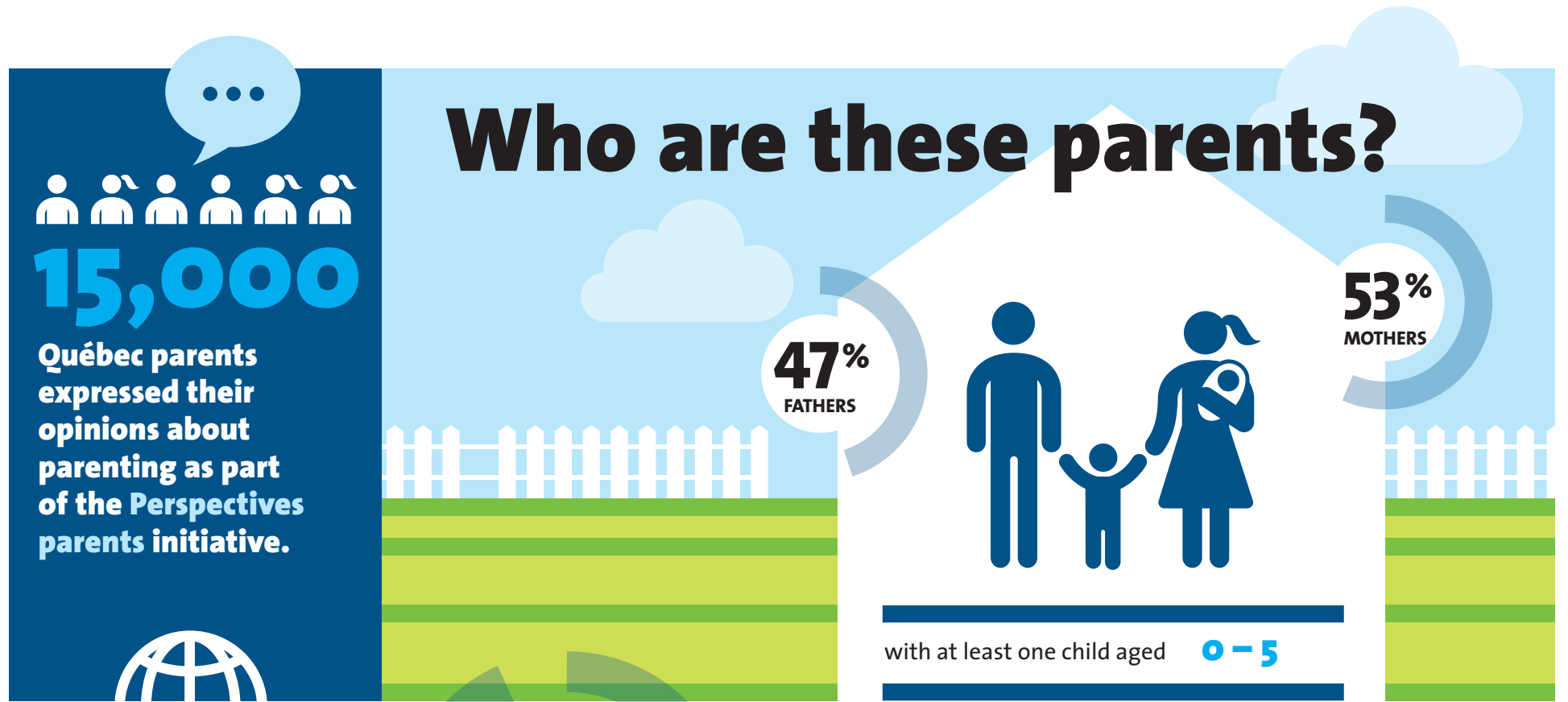


HOW ARE OUR PARENTS DOING?

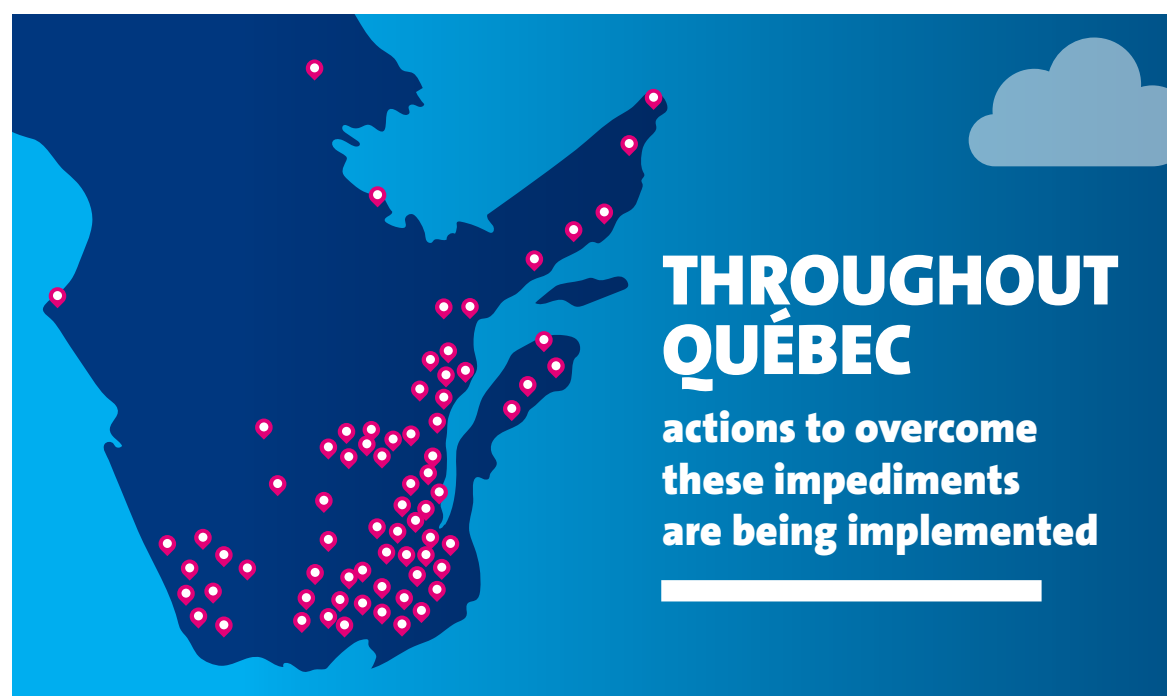
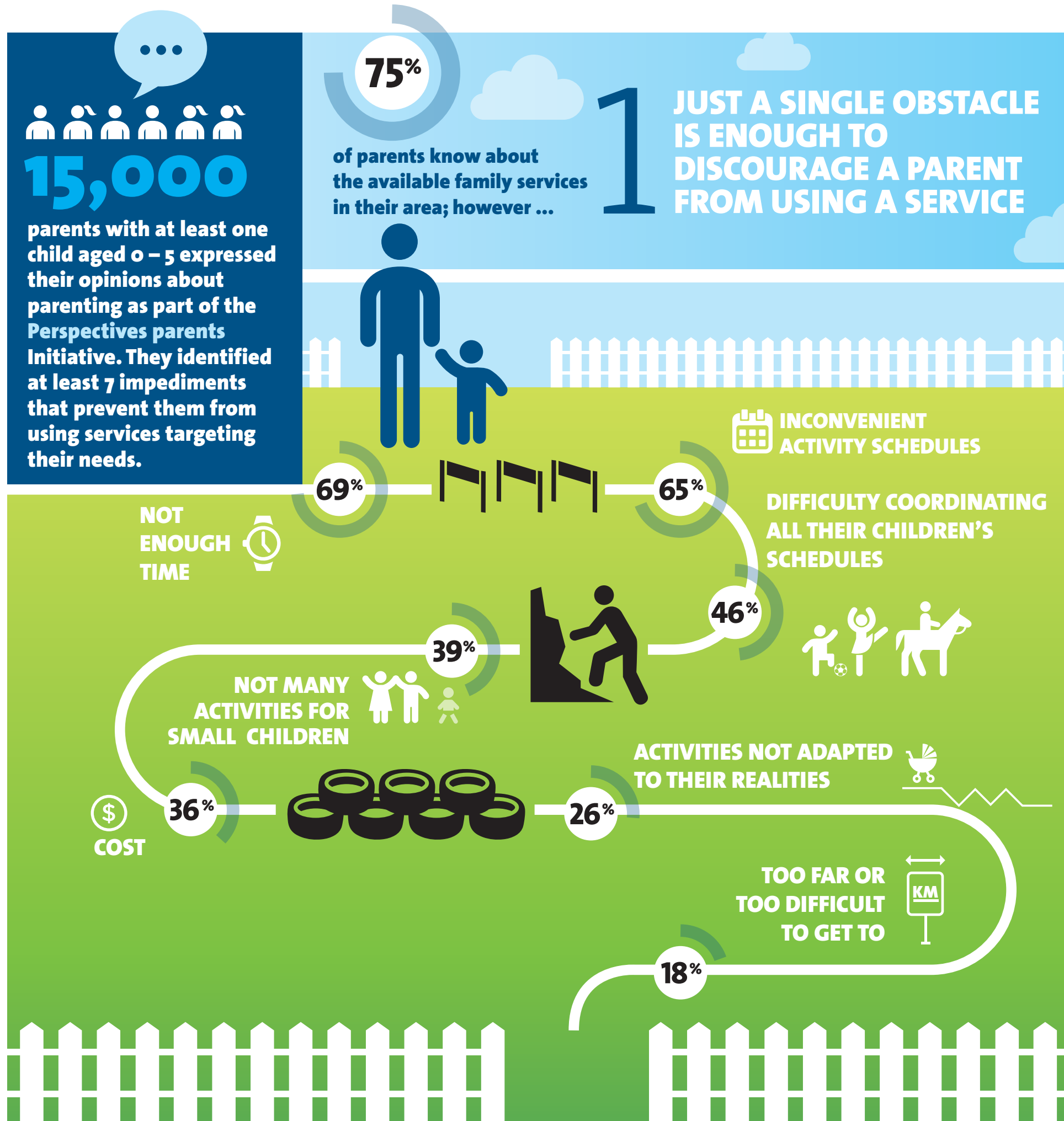


BEING SUPPORTIVE OF PARENTS CONTRIBUTES TO THE DEVELOPMENT OF OUR YOUNG CHILDREN



FAMILY SERVICES:

AN OBSTACLE COURSE?

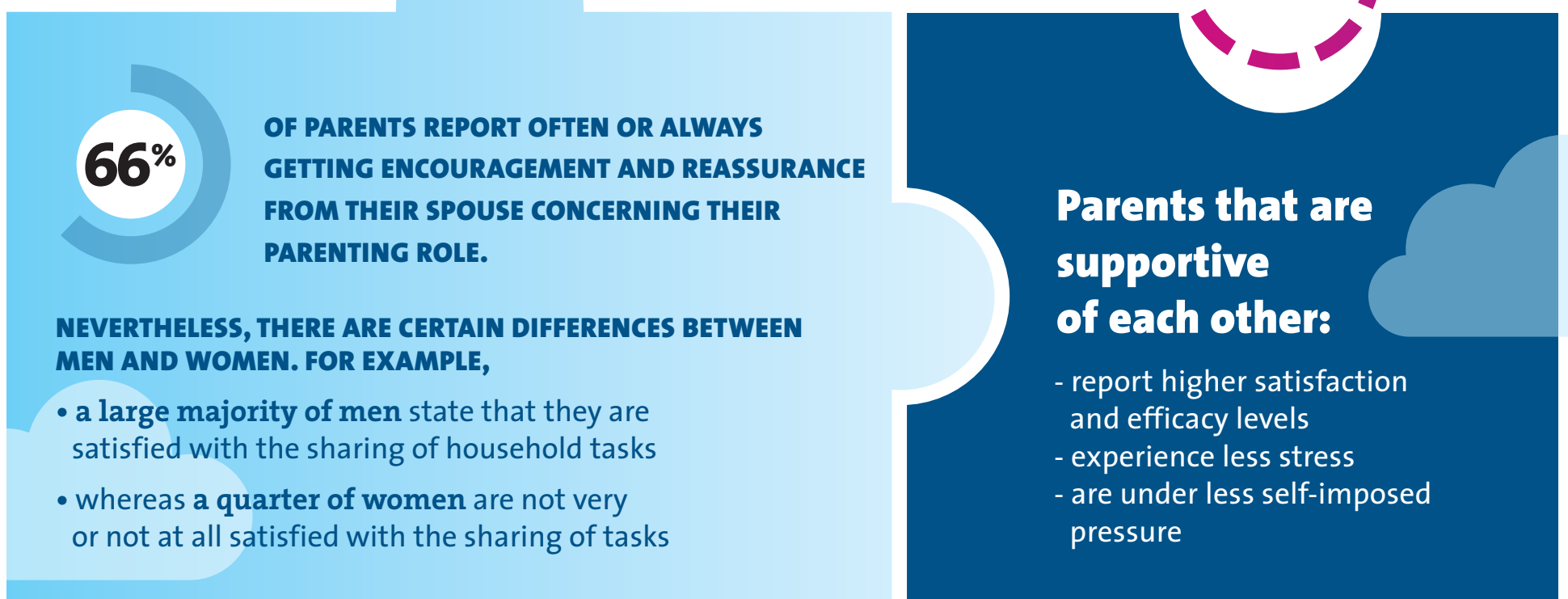
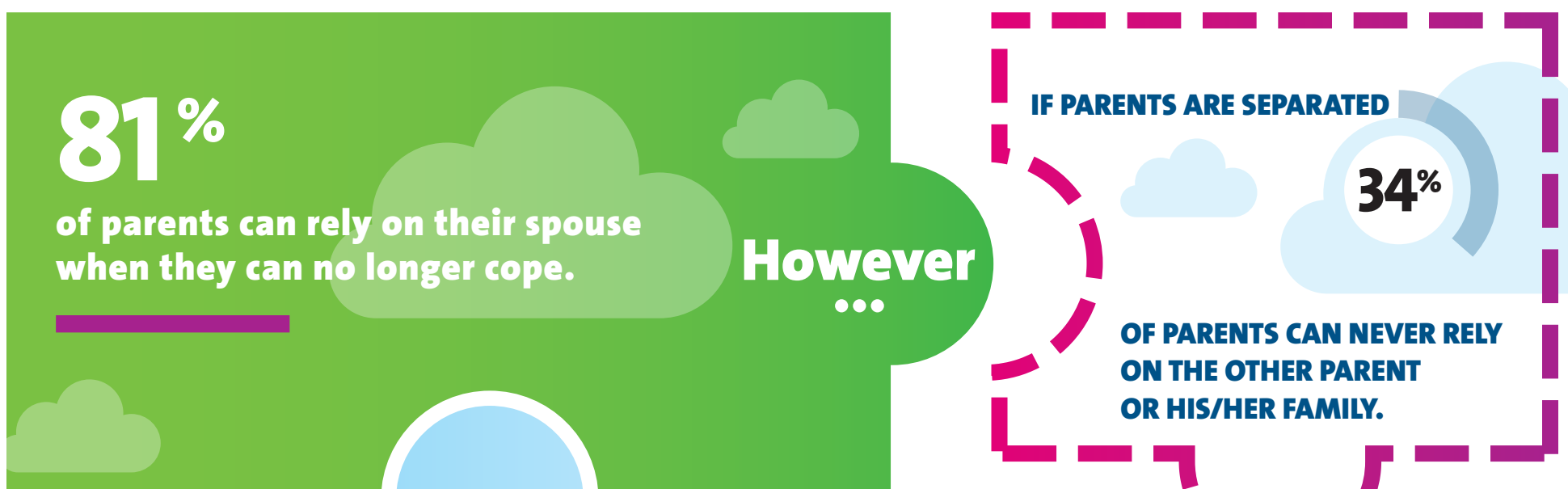
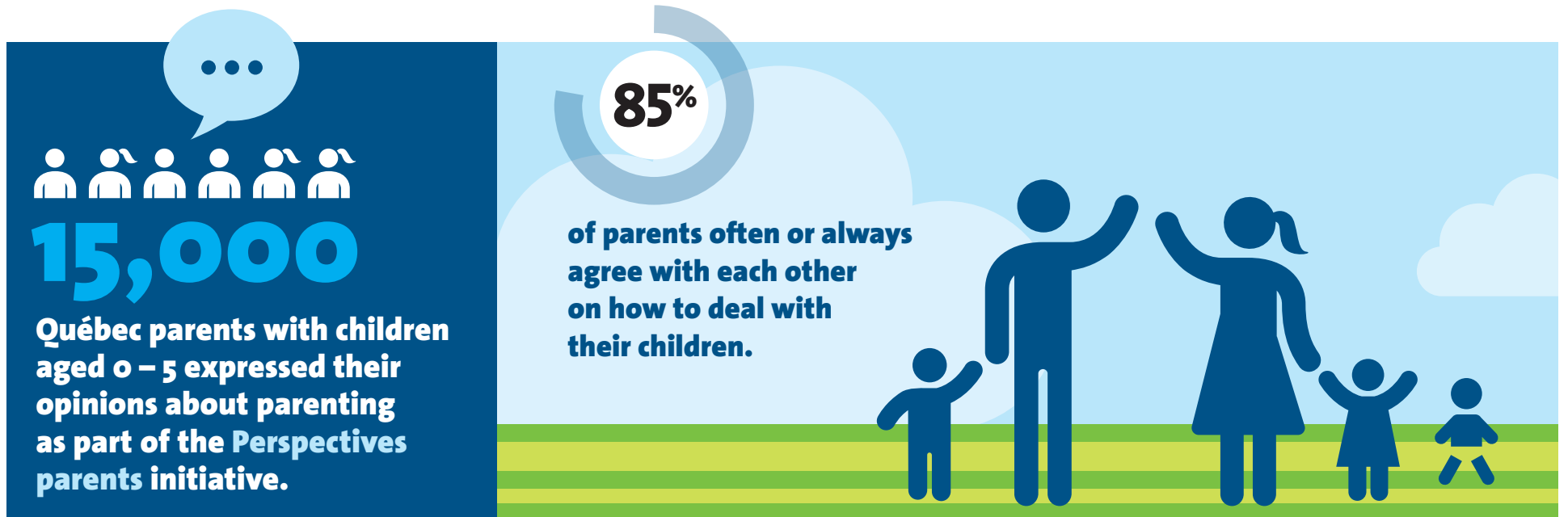


WANT TO FIND OUT MORE ABOUT THESE ACTIONS? VISIT avenirdenfants.org/parents



AVENIR D'ENFANTS
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PARENTING PARTNERSHIP: A WINNING RELATIONSHIP

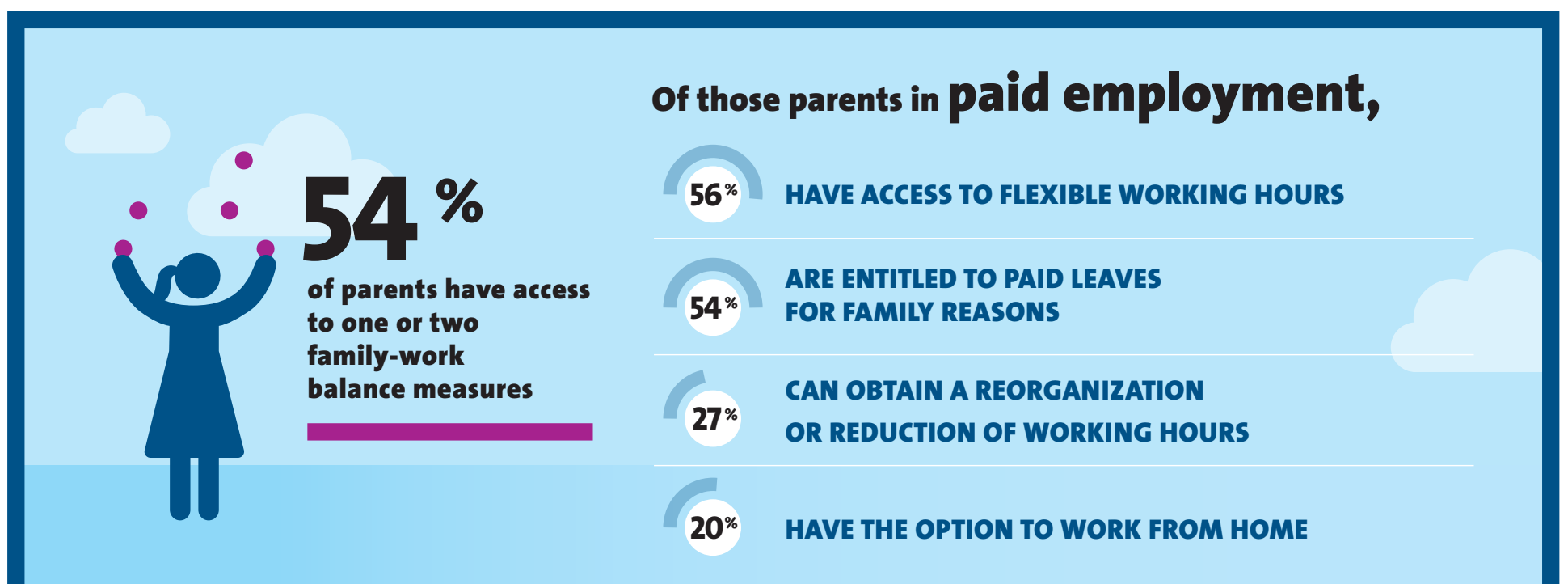


**PARENTS THAT ARE SUPPORTIVE OF EACH OTHER
CONTRIBUTE TO THE DEVELOPMENT OF OUR
YOUNG CHILDREN**

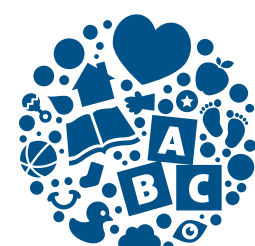
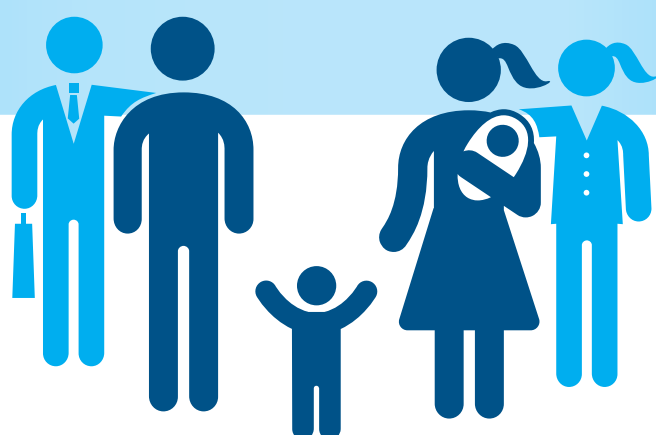
Illustration of a family silhouette (father, mother, and child) standing on a grassy field under a blue sky with clouds.



FAMILY-WORK BALANCE: A TRICKY BALANCING ACT?





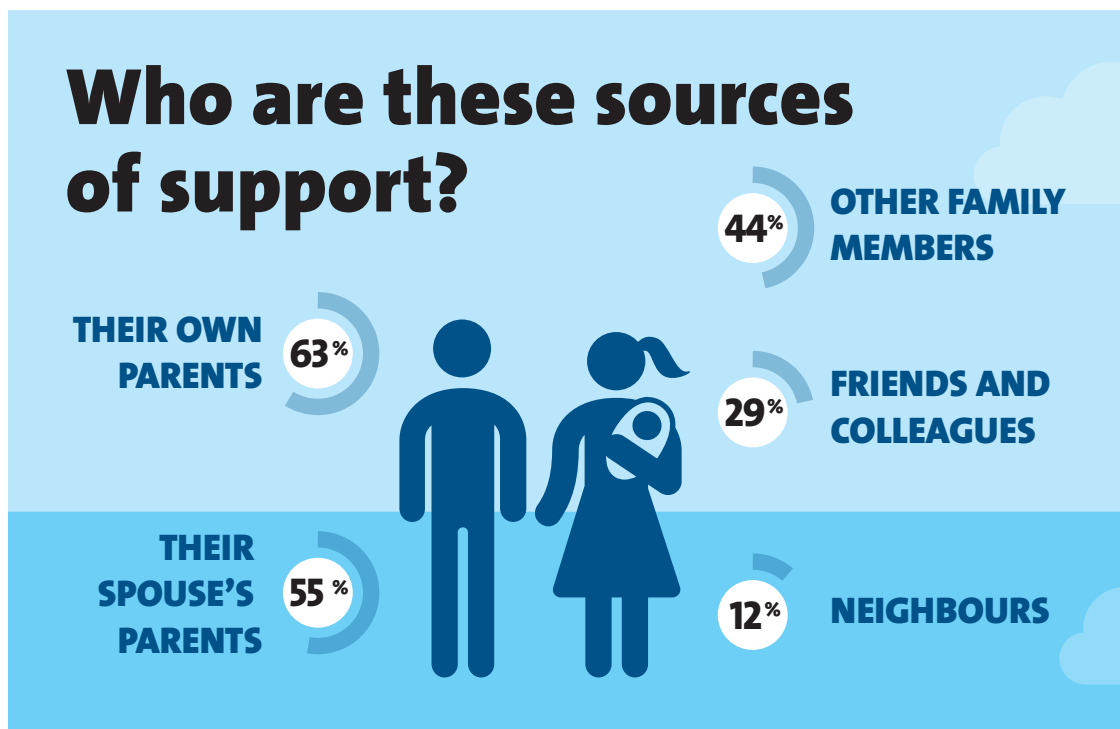
EMPLOYERS THAT ARE SUPPORTIVE OF PARENTS ALSO CONTRIBUTE TO THE DEVELOPMENT OF OUR YOUNG CHILDREN



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IMPORTANCE THAT PARENTS HAVE A RELIABLE SOCIAL NETWORK



15,000
 Québec parents with children aged 0 – 5 expressed their opinions about parenting as part of the Perspectives parents initiative



BEAR IN MIND, however, that **24%** OF PARENTS CAN RARELY OR NEVER RELY ON SUPPORT FROM THEIR FAMILY AND FRIENDS WHEN THEY CAN NO LONGER COPE.

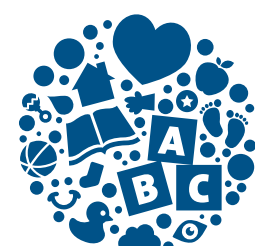
THIS RATE IS LOWER (20%) AMONG SINGLE-PARENT FAMILIES.




Parents that can frequently rely on four or five sources of support:

- REPORT HIGHER SATISFACTION AND EFFICACY LEVELS
- EXPERIENCE LESS STRESS
- ARE UNDER LESS SELF-IMPOSED PRESSURE

FAMILIES, FRIENDS, COLLEAGUES AND NEIGHBOURS THAT ARE SUPPORTIVE OF PARENTS CONTRIBUTE TO THE DEVELOPMENT OF OUR YOUNG CHILDREN



INFORMATION FLOW TO PARENTS: TOO MUCH OR NOT ENOUGH?


15,000
Québec parents expressed their opinions about parenting as part of the Perspectives parents initiative

1 IN 4 PARENTS HAVE ELEVATED INFORMATION NEEDS

They are more likely to be:

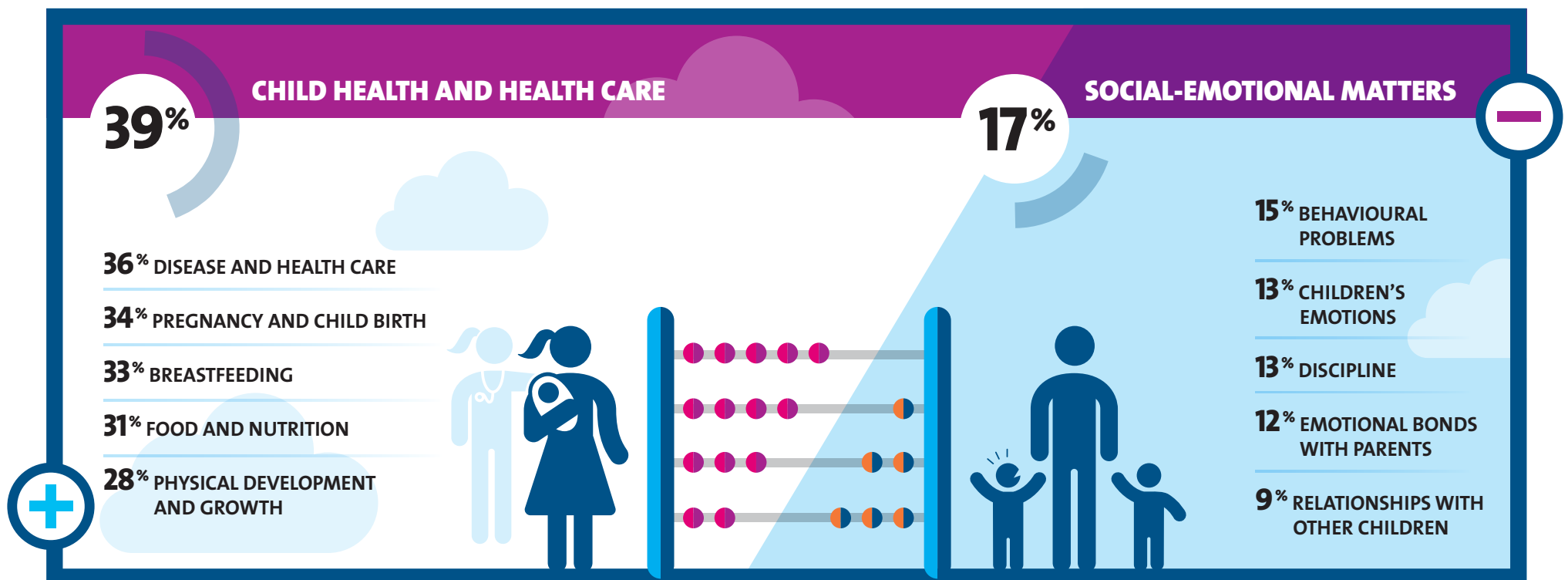
- mothers
- parents with higher levels of education
- born outside Canada
- aged 40 and over

1 IN 4 PARENTS ARE UNABLE TO FIND THE INFORMATION THEY NEED

They are more likely to be:

- living in a low-income household
- without any educational qualifications

Parents' information needs

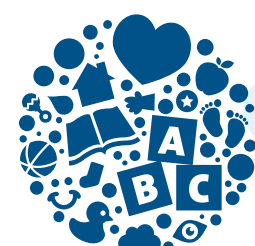


Their information sources




WHAT ARE THE IMPEDIMENTS TO ACCESSING INFORMATION?

HOW CAN WE ADJUST OUR COMMUNICATIONS TO BETTER MEET PARENTS' SPECIFIC INFORMATION NEEDS?



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PARENTS WITH AN IMMIGRANT BACKGROUND: REALITIES that need to be taken into account

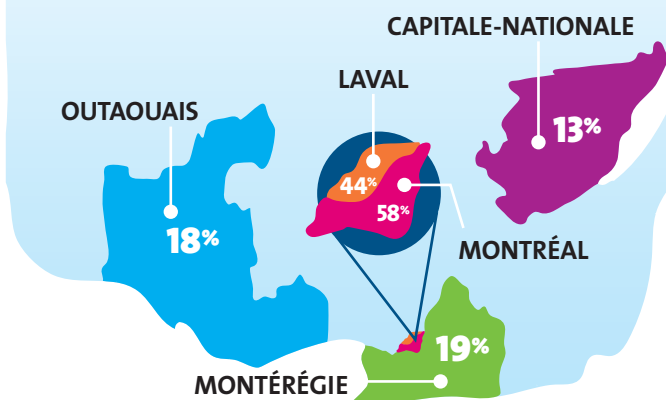


15,000

Québec parents expressed their opinions about parenting as part of the Perspectives parents initiative

25% OF THE PARENTS SURVEYED WERE BORN OUTSIDE CANADA

The greatest numbers of them can be found in the following regions:



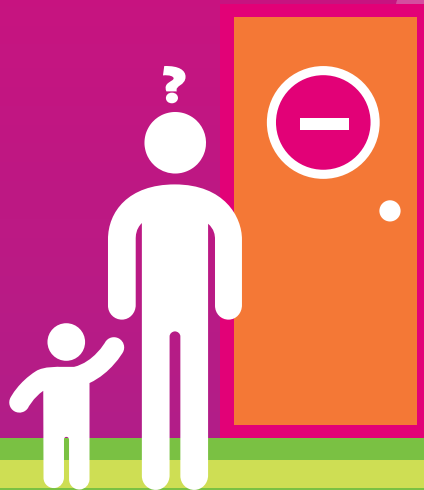
They also:

- are generally better educated: **58% have a university degree**
- report in greater numbers **having substantial information needs relating to children's health and health care and social-emotional matters**

Formal and informal support

Greater numbers of them:

- don't know where to find the information they need
- don't have access to a family physician or pediatrician
- don't take prenatal classes
- often don't have any sources of support available among family and friends



- use the services available at CLSC and community-based family organizations
- consult professionals, social workers and teachers for information
- often make use of support services such as:
 - drop-in daycare or respite centres
 - toy lending libraries and family thrift stores
 - community kitchens



WHAT DO WE KNOW ABOUT THE REALITY OF PARENTS WITH AN IMMIGRANT BACKGROUND LIVING IN OUR COMMUNITY?

HOW CAN WE ADAPT TO THEIR REALITIES?



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PARENTS LIVING IN UNDERPRIVILEGED CIRCUMSTANCES



15,000

children aged 0 – 5 expressed their opinions about parenting as part of the Perspectives parents initiative.

Who are they?

Parents that **live** in low-income households or that **consider** their incomes inadequate for meeting the basic needs of their families (housing, food, clothing)

They are more likely to be:

- mothers
- individuals born outside Canada
- individuals without educational qualifications
- individuals heading a single-parent family
- individuals heading a family with 3 or more children

Parents that **consider** their incomes inadequate report higher rates of experiencing stress and being under a lot of self-imposed pressure





Support services



GREATER NUMBERS OF THEM:

- consult professionals and social workers when they need information
- use support services such as:
 - toy lending libraries and family thrift stores
 - drop-in daycare or respite centres
 - individual, marriage or family counselling



SMALLER NUMBERS OF THEM:

- can rely on various sources of support among family and friends
- participate in parent-child activities and sports activities

Impediments

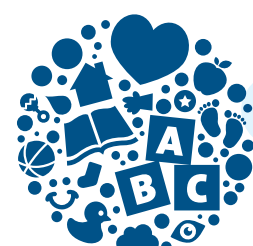
THEY PRIMARILY STRUGGLE WITH THE FOLLOWING IMPEDIMENTS AFFECTING THE USE OF AVAILABLE SERVICES:

- cost of activities and services
- lack of information about services
- too far or complicated to get to
- not many activities for small children
- difficulty arranging for child care



WHAT ARE THE REALITIES OF PARENTS LIVING IN UNDERPRIVILEGED CIRCUMSTANCES IN OUR COMMUNITY?

HOW CAN WE BE MORE SUPPORTIVE OF THEM?



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