

Parents in Queensland: Aboriginal and/or Torres Strait Islander snapshot

Are Queensland parents stressed?

Of the Aboriginal and/or Torres Strait Islander parents surveyed:
Almost



said they have, at times, found it hard to cope with the stress of being a parent or caregiver.

47%

Around



said they have, at some point, worried that they may not be able to do their best to keep their children healthy and safe.

26%

What's stressing them out?

Of the Aboriginal and/or Torres Strait Islander parents surveyed:



Nearly



have experienced at least 1 stressful life event in the past 12 months.

74%

The most common life stressors were the death of a close family member or friend, overcrowding at home and alcohol-related problems.



3/4 of Aboriginal and/or Torres Strait Islander parents surveyed have experienced financial stress in the past year.

76%

Where do Queensland parents go for advice on caring for their children?

The most important sources of information about parenting for the Aboriginal and/or Torres Strait Islander parents surveyed were:

family members
not living
with them

doctors

friends

partner

57%

35%

34%

29%

Are parents okay at asking for help when they need it?

Of the Aboriginal and/or Torres Strait Islander parents surveyed:

74%

have received help or support from friends, family or neighbours and would ask for help again.



20%

said they would never ask for help or support from family, friends or neighbours.

What about seeking support from professionals?

Of the Aboriginal and/or Torres Strait Islander parents surveyed:

17%

have used a parenting support service or attended a parenting education program.

Almost all parents who used a parenting support service or parenting education program felt that it made a positive difference for them.

99%

Doctors, Aboriginal and/or Torres Strait Islander health clinics and Aboriginal and/or Torres Strait Islander-owned or run community/welfare organisations were the most commonly used sources of formal support.

Do parents worry about being judged for using support services?

Of the Aboriginal and/or Torres Strait Islander parents surveyed:

7 out of 10



worry that they will be judged negatively if they struggle with parenting.

Are the broader community happy to support struggling parents?

YES



Over

80%

of Queenslanders surveyed have offered to help or support friends, family or neighbours.

Only

6%

of non-parents and 8% of parents surveyed would never offer help or support.

About the research

The Queensland Family and Child Commission engaged Ipsos Public Affairs to undertake a large-scale baseline survey of 4,261 Queensland parents and non-parents between November 2015 and January 2016. The results of this research will assist the QFCC to develop community education programs designed to increase knowledge about and encourage use of the early intervention services available to support Queensland families.