

Parents in Queensland: A statewide snapshot

Are Queensland parents stressed?

Of parents surveyed:

Around



said they have, at times, found it hard to cope with the stress of being a parent or caregiver. **53%**

Over



said they have, at some point, worried that they may not be able to do their best to keep their children healthy and safe. **28%**

What's stressing them out?

Of parents surveyed:



2/3

have experienced at least 1 stressful life event in the past 12 months. Events related to work and illness were the most common stressful life events. **67%**



Nearly **1/2** have experienced financial stress in the past year. **46%**

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

The most important sources of information about parenting for the parents surveyed were:

family members

not living with them

51%

doctors

46%

their partner

42%

friends

38%

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

Of the parents surveyed:

71%

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



13%

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

What about seeking support from professionals?

Of parents surveyed:

17%

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

Most who used a parenting support service or parenting education program felt that it made a positive difference for them. **93%**

Doctors, teachers and nurses/midwives were the most commonly used sources of formal support.

Do parents worry about being judged for using support services?

Of parents surveyed:

7 in 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.