

Kindergarten Parent Survey Highlights

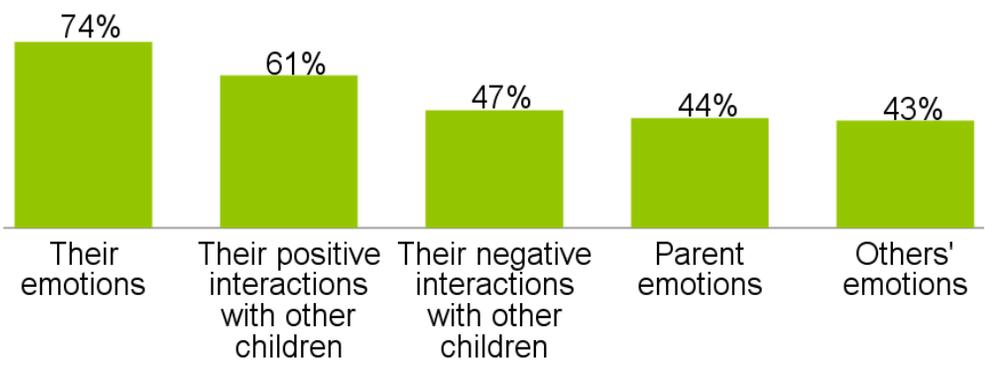


184 parents and guardians of Northumberland County Kindergartners took part in the 2018 Kindergarten Parent Survey. Findings provide insight on local factors that may influence a child's developmental health.

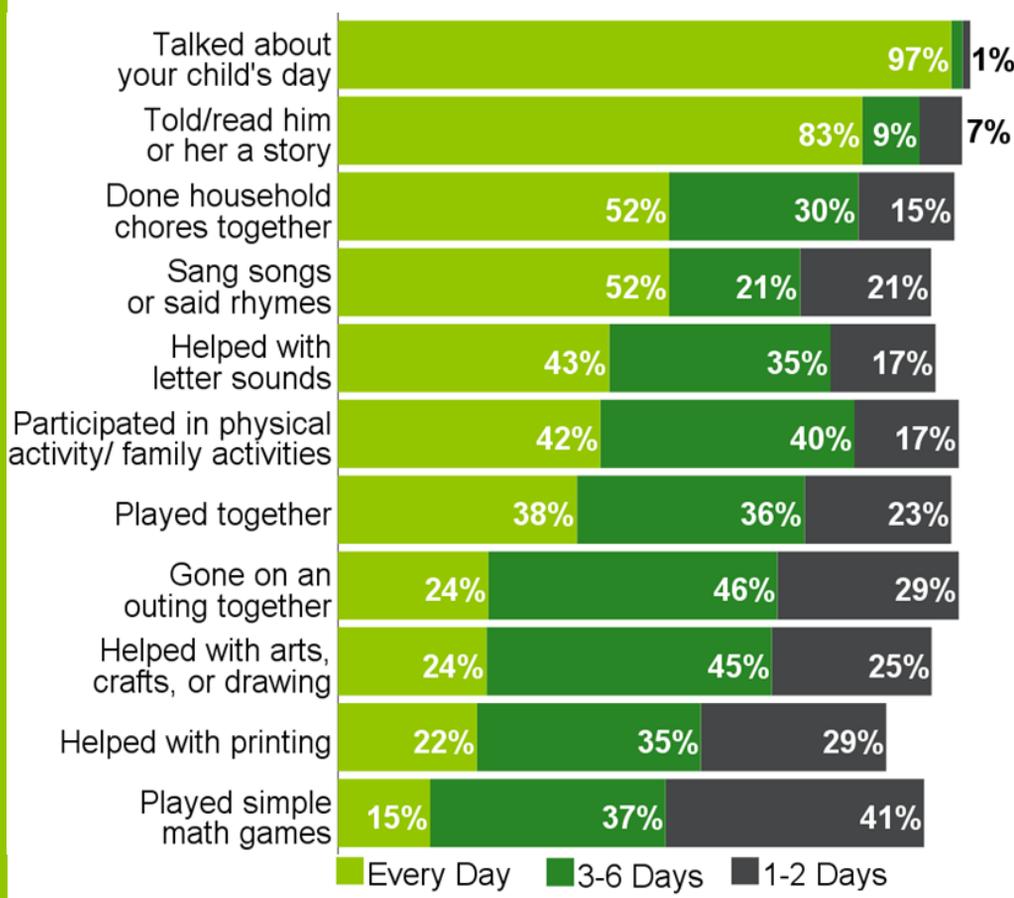
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% of respondents who talk to their children about:

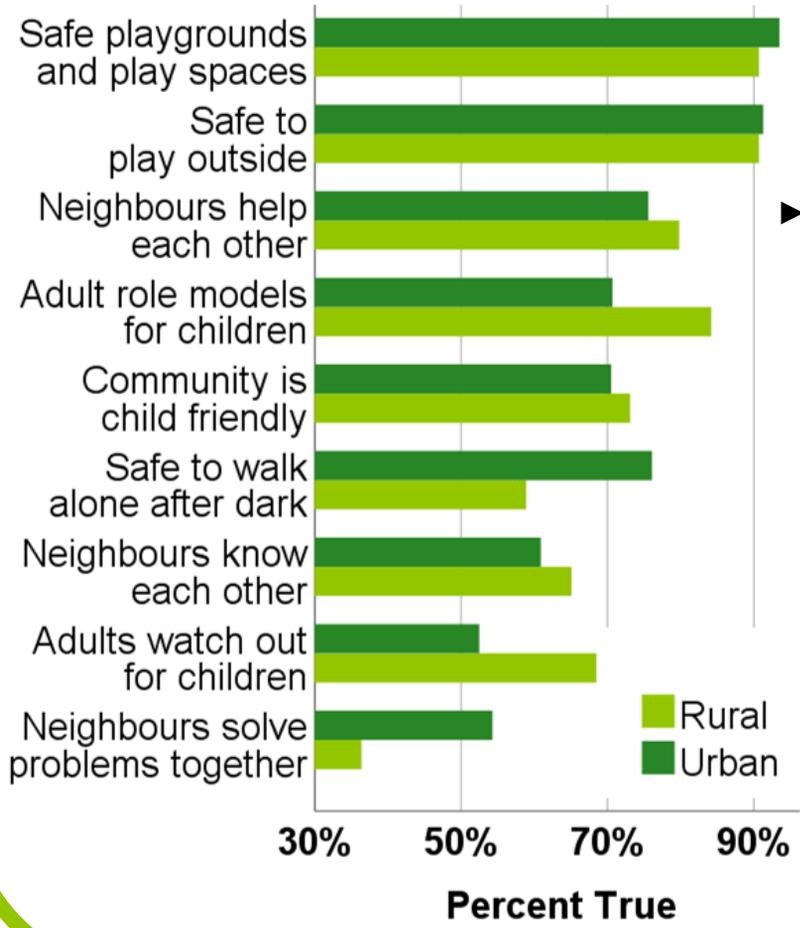


% of Families Participating in Activities that Support Healthy Development:



► **Parental Leave:** 82% of families had one parent take a parental leave when their child was born and 13% of families had both parents take a leave. Only 5% of families do not take a leave (83% of which were low-income families).

Indicators of Supportive Neighbourhoods:



► **Neighbourhoods:** 93% of parents/ guardians report that there are safe parks, playgrounds, and play spaces in their communities, and 79% of respondents believe that there are adults in their community that children can look up to.

► **Sleep:** The Canadian Pediatric Society guidelines (2017) recommend that children 3-5 years old receive 10-13 hours of sleep every day. Northumberland children average 10.5 hours of sleep every day, with only 11% of children sleeping less than the minimum recommended 10 hours. 93% of children go to bed at the same time every day.

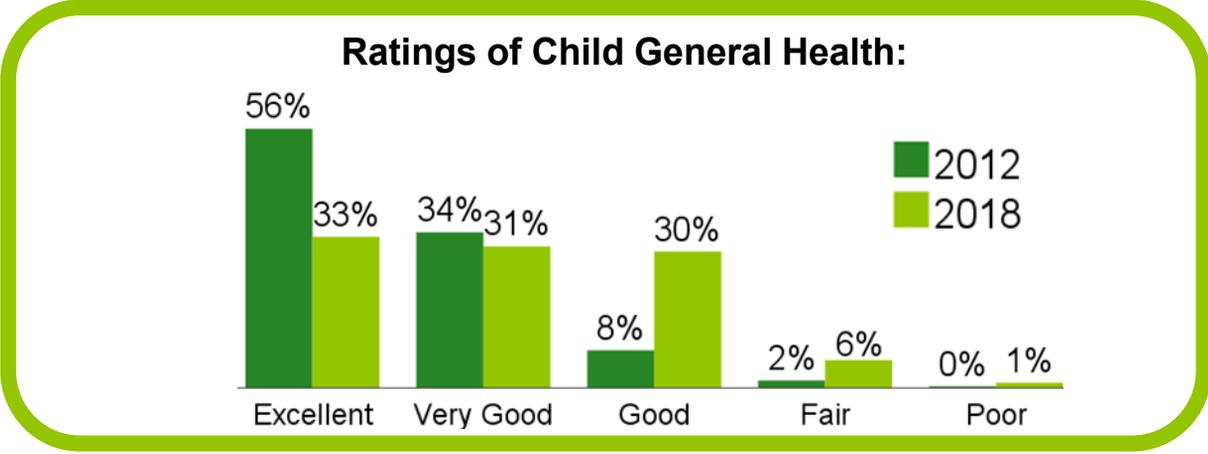
83% of families eat meals together daily and 15% eat together several times a week.



96% of parents/guardians agree or strongly agree that their child is excited about learning

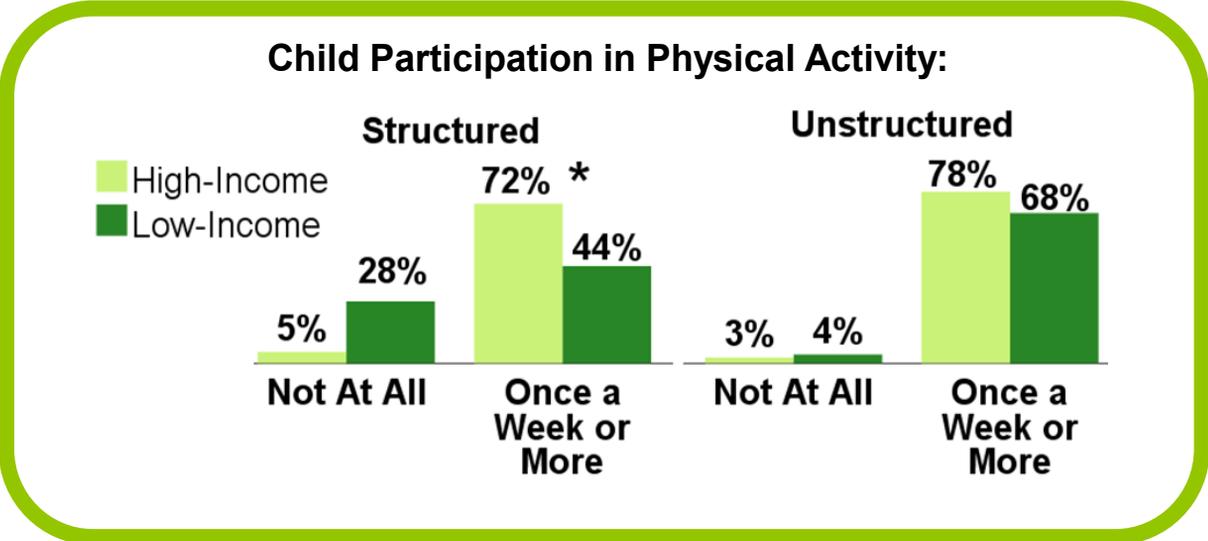
Opportunities for Northumberland to Support Healthy Child Development

► **General Health:** Most respondents rated their child’s health as good, very good, or excellent, although 7% rated their child’s health as poor or fair over the last year. There has been a significant decline in ratings of health over the past 6 years.



13% of families reported that, within the last year, they have been worried about whether food would run out before they got money to buy more (sometimes or often).

► **Participation in Physical Activity:** 72% of children in high-income families participate in weekly organized/ structured sports, while only 44% of children in low-income families participate.



Opportunities for Northumberland to Support Healthy Child Development

► **Parenting** : The most common parenting challenges for families include getting children to eat healthy and finding family time to spend together. In 2012, only 27% of families found getting children to eat healthy to be a challenge, but in 2018, this number rose to 40%

Parenting Challenges:



► **Screen Time**: 21% of Kindergartners watch more than 1 hour of television programs and movies, alone on weekends, and 12% watch more than 2 hours.

