



Children & Young People's Strategic Partnership

Parental Participation Project

Regional Parenting Survey 2019/2020



Developed by



ParentingNI

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Executive Summary

Through the development of the Children and Young People's Strategic Partnership (CYPSP) Parental Participation Project over the past number of years a need was identified to evidence; where parents access family support, the barriers and challenges parents face when accessing family support, how parents can best be supported to reduce these barriers and how to improve parents' access to family support.

To enable the project to gather this information the process was split into two stages:

- **Stage One** gathering general information from parents regarding their access to support and the barriers they face.
- **Stage Two** followed on from Stage One to gather more specific information which would be used by the CYPSP to help inform service design and provision.

Recommendations

Findings from Stage One and Two suggest there is a need for:

- More availability and accessibility to mental health support for children and young people and their parents
- Increased awareness of the Early Intervention Family support available for parents
- Further consultation with parents regarding the fit for purpose of promotional material already in circulation to ensure an effective message is being communicated using parent friendly language and presented in a manner that parents from all diversities and communities can understand the content
- Further exploration on the best way forward to review written communication methods between services and parents in relation to Early Intervention Family Support Services
- CYPSP to re-assess the gaps in services as suggested by parents
- CYPSP website Parents Page to include more advice for parents that they can use at home, possibly focusing on the following areas suggested by parents, e.g. children's emotional health, child behaviour, parental mental health
- Parental Participation Project to target the activity locations as suggested by parents, i.e. youth clubs, sporting venues, to promote support services and share information on the Family Support Hubs and Family Support NI website directly to parents

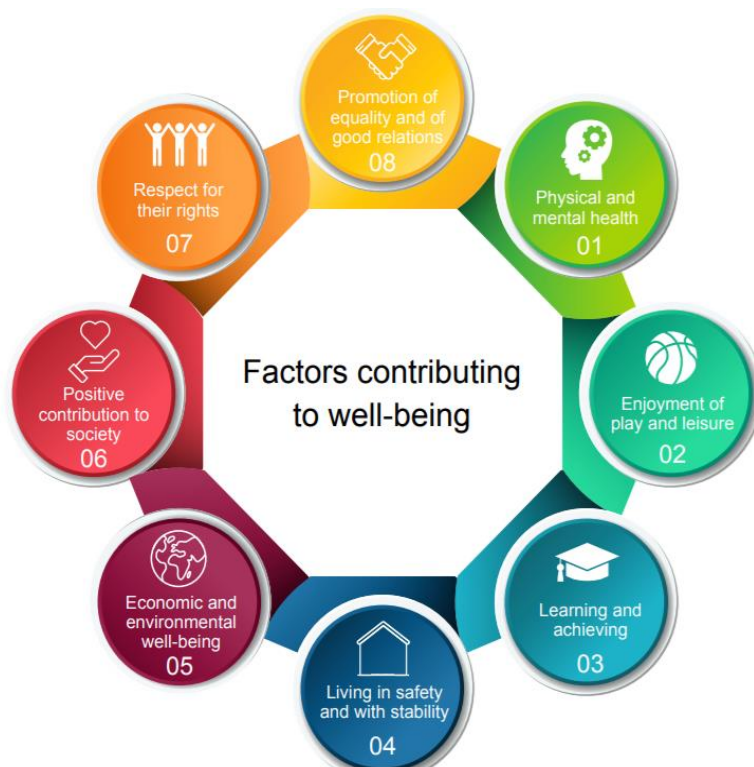
About CYPSP

The Children and Young People's Strategic Partnership (CYPSP) brings together a range of agencies, including voluntary and community sector organisations, that aim to improve the lives of children and young people in Northern Ireland. CYPSP emphasises a rights-based approach to its work ensuring that the planning of services uphold children's rights and encouraging children, young people and their parents to participate in the process.

The CYPSP works at four different levels and membership consists of the leadership of all the key agencies:

- Partnership
- 5 Outcomes Groups
- 8 Regional Subgroups
- 26 Locality Planning Groups
- 29 Hubs

The CYPSP has four core themes: communicating with government, early intervention, resource optimisation and the integration of planning which all contribute to the following factors contributing to well-being:



About Parenting NI

Initially established in 1979 as Parents Advice Centre, Parenting NI has been supporting parents across Northern Ireland for over 40 years. During this time, the organisation has acquired a reputation for providing high quality services to meet the needs of parents, their families and practitioners. Parenting NI believes that effective parenting is the cornerstone of strong families and that parents should be supported to provide children and young people with a positive upbringing. Parenting NI provides a range of services regionally to support parents in their parenting role. The organisation has proactively sought to identify emerging needs of parents by developing and expanding services to meet those needs.

Vision

Our vision of the future is one where parenting is highly valued.

Values

- **Professional** – We will work together as a team to apply principles of excellence, compassion, communication and accountability, and by working together with other professionals aim to achieve optimal support for all parents.
- **Accessible** – We will strive to deliver responsive and accessible parenting support and services across the region.
- **Respectful** – We will show consideration for one another and recognise and respect each other's differences.
- **Equality** – We will ensure all parents have an equal right to access our support and services.
- **Needs Led** – Every parent has the right to a voice. We will listen to what parents need and develop services to meet those needs.
- **Trustworthy** – We will be open and honest in everything we do.

Parenting NI supports parents in their parenting role through the following services:

- Family Support Services
- Parenting Programmes & Workshops
- Parental Participation
- Employee Wellbeing Service
- Practitioner Training

Background

The Health & Social Care Board (HSCB) has commissioned Parenting NI to deliver the CYPSP Parental Participation Project which includes many strands of work. One element of this work is to carry out direct engagement with parents in order to ensure that parents have a voice in planning support and services in their local area. The CYPSP recognise the importance of engaging effectively with and involving parents as they are our children's first educator and play an important role in their child's life.

Through the development of the CYPSP Parental Participation Project over the past number of years a need was identified to evidence where parents access family support, the barriers and challenges they face in accessing family support, how parents can best be supported to reduce these barriers and how to improve parent's access to family support. To enable the project to gather this information the process was split into two stages: Stage One gathering general information from parents regarding their access to support and the barriers they face. Stage Two followed on from Stage One to gather more specific information which would then be used by the CYPSP to help inform service design and provision.

“Engagement is often synonymous with involvement. Involvement of families in child welfare services is important, but real engagement goes beyond that. Families can be involved and compliant without being engaged.

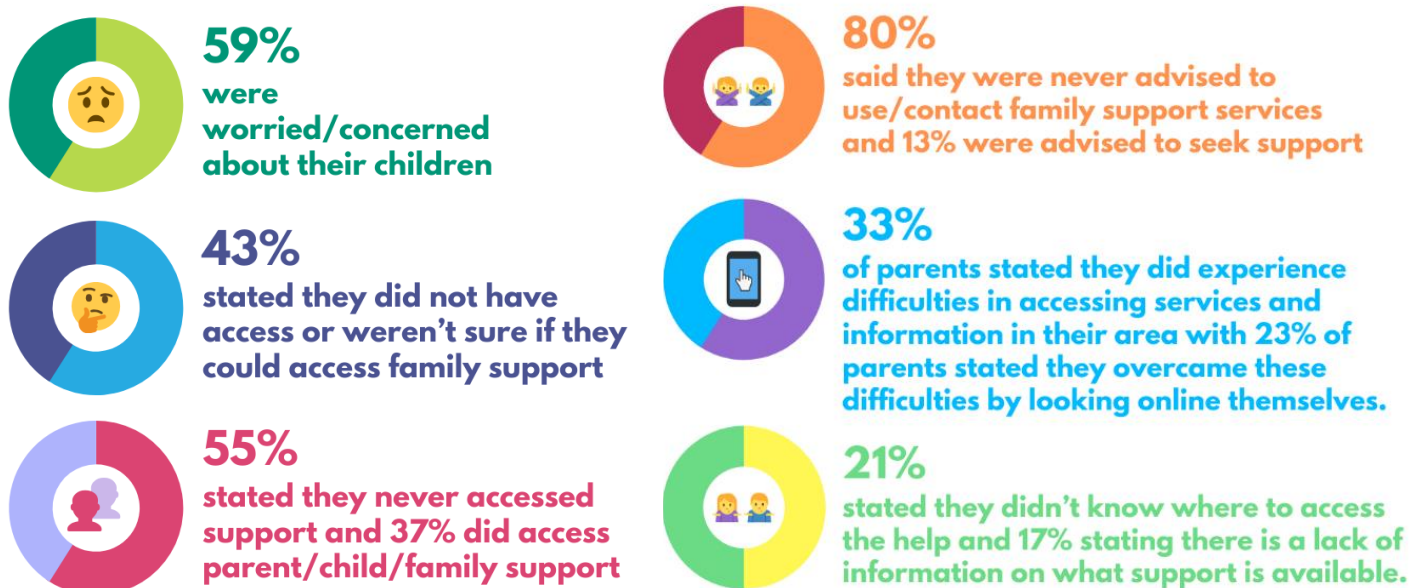
Engagement is about motivating and empowering families to recognise their own needs, strengths, and resources and to take an active role in changing things for the better.

Engagement is what keeps families working in the long and sometimes slow process of positive change.”

(Steib, 2004)

Stage 1 Key Findings

Between November 2018 to February 2019 Stage 1 of a regional consultation with parents was completed using a mixed method approach to seek parents views on their worries/concerns about their children, where they access support, what barriers/difficulties they faced accessing services/support, how they overcame these barriers/difficulties and how services/information could be more available in their area. **656** parents participated in this consultation and the findings showed:



Parents stated that having more flexibility over appointment times, location, more accessible, reduced waiting times, more detail on appointment letter and having appointments at the weekends/evenings, would help them attend and reduce the challenges in them accessing the support they and their children need.

Between April and September 2019 the CYPSP Parental Participation Project presented the findings from the Stage 1 consultation to the Outcomes Groups and Locality Planning Groups. The feedback from these presentations helped inform the design and implementation of the Stage 2 consultation.

Stage 2 Process

The Outcomes Groups and Locality Planning Groups members provided valuable input into the need and the design of the Stage 2 consultation process, ensuring a clear aim and objective of Stage 2 was implemented, and ensuring clarity about what we mean by family support was included. The aim of Stage 2 was to gather more detail from parents on specific areas identified from Stage 1 to enable a clearer understanding of what supports and information parents feel would help them.

The focus of Stage 2 is to seek feedback from parents on:

- What are parents worries and concerns
- Where do parents go to seek support
- If they sought support from family and friends, what helped
- If they sought support from other agencies, what helped
- If they were waiting on a referral, how did they seek support while waiting
- If there were any services missing in their area
- How could they be better informed what support is available in their area
- Awareness of the Family Support NI website, if they have used it what help/support did it provide and if they were not aware of the Family Support NI website how could they be made more aware

With 33% of parents stating they experienced difficulties or barriers accessing information/services in their area and 20% of parents indicating they would like more information available online, according to the findings from Stage 1, Stage 2 included a series of questions directly linked to this, which included:

- What topics would they like online support/help on
- What type of online support/help would they want

Methodology

There are many ways parents can participate in the planning and decision-making process; however, if the method of participation does not allow their voices to shape the decisions that affect them, then parents are not meaningfully involved and therefore will not be engaged. Participation has many meanings to different people. The opportunities for participation are there to be grasped but only if all those involved have a common understanding and share a common language. The CYPSP Regional Parenting Support Survey Stage 2 was completed using a mixed method approach which included online survey, focus groups and one to one interviews. The research was completed over a 3-month period from September to December 2019. Before it can be effectively established why it is important to encourage parental participation, it is important to outline what is meant by “parents” and “participation”.

Definition of Parents

The Council of Europe, (2006, European Committee for Social Cohesion), recommendation 19 states that the term “parent” refers to persons with parental authority or responsibility. “The term parent not only refers to biological parents but also those who are involved in caring for and raising children”. In UK Law, the Education Act 1996 defines a Parent as “any person who is not a parent of [a child] but who has parental responsibility for [a child], or who has care of [a child]”. This outlines that a “parent” does not necessarily have to be the biological mother or father of a child, but can be anyone with parental responsibility. For the purposes of this report the term “parent” refers to anyone who plays a significant role in the upbringing of a child (i.e., mother, father, foster carer, adoptive parents, step-parents, grandparents, legal guardians and kinship carers).

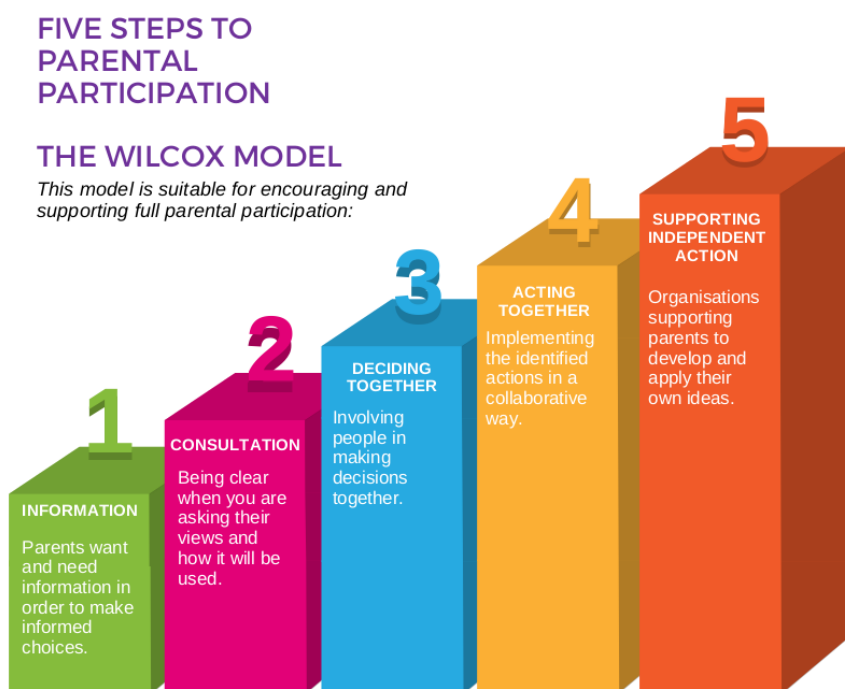
Definition of Parental Participation

Parental participation is the involvement of parents in the decision-making process. The ultimate aim of involving parents is to empower them to be more involved in the decision-making process across all levels, with a focus on improving the quality of life for children and their families. Parents are their children’s primary carers, their first educators and first source of knowledge. Participation with parents is fundamental to creating an effective relationship between parents and organisations seeking to improve engagement. Parental participation requires the engagement of all parents. Collaboration should be pro-active rather than reactive,

sensitive to the circumstances of all families, recognise the contributions parents can make, and aim to empower parents. Practitioners and planners should have a good understanding of parents' needs, backgrounds, cultural norms and expectations.

To fully understand and effectively embed parental participation in practices, David Wilcox sets out a theoretical framework. According to Wilcox's theoretical framework, the central most important element in the participation process is the individual or group who controls the decision-making process. His model is based on the assumption that organisations/planners decide to initiate a practice of involving others in their decision-making process, rather than taking a grassroots approach where citizens attempt to affect an organisation without being invited; therefore, the organisation decides how the process will occur and the level of control it will give to its participants.

His participation process is broken into five stances — information, consultation, deciding together, acting together and supporting independent action—and takes into account that participation practices occur over time. Throughout the parental participation exercises, Parenting NI ensured an environment was provided that brought parents together in a way that allowed them to share their views and identify issues both of individual and common concern through informal, stimulating discussion, which adhered to a facilitation guide and ensured the fidelity of the research. Throughout the engagements the importance of parental participation in the CYPSP and the value parents' contributions and feedback have, were highlighted. Parents recognised and acknowledged the importance of them being involved, providing recommendations and feedback to help support the continued development of services to meet their family's needs.



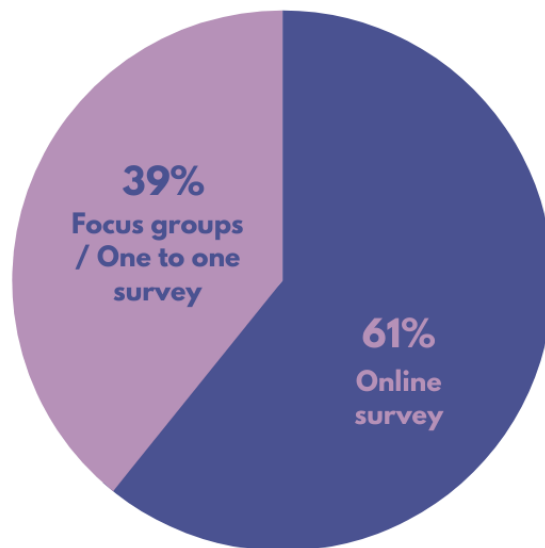
Stage Two Findings



**451 parents
responded
online**



**291 parents
responded in focus
groups / one to one**

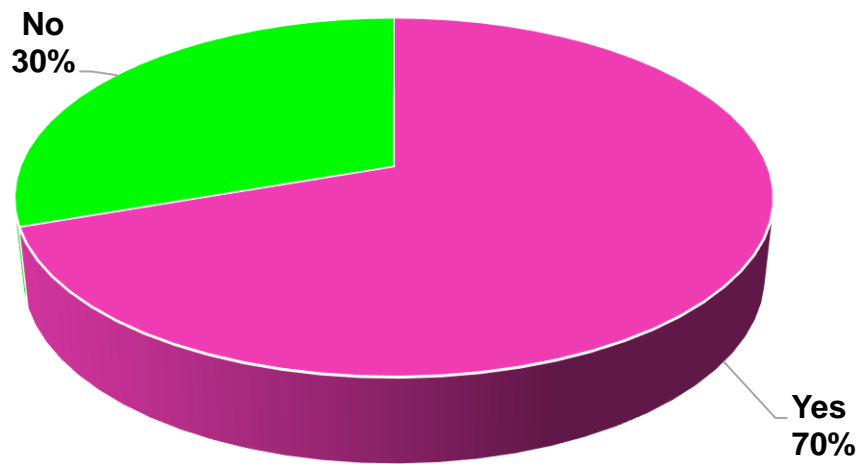


**Total Number of Parents
Participated = 742 parents**

** The term "Parent/s" used throughout this report refers to anyone in a parenting role to include carers*

*** It is important to note that parents were not required to complete each question within the survey and could leave the survey or skip a question at any stage, to ensure accurate representation of the data the actual completed responses are noted beside each question*

As a parent, have you ever had any concerns/worries about your child/ren or your family in general? (735/742 responded)



Stage One (2018) results showed 59% had concerns/worries with 41% not having concerns/worries. This is an increase of 11% from last year’s study. Parents outlined what they were concerned and worried about in relation to their children. The main concerns were:



Mental Health:
15%



Additional Needs:
13%



Health / Medical:
10%



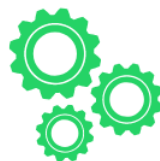
Behaviour:
8%



Education:
9%



Bullying:
7%



Child Development: 7%



Anxiety:
7%



Emotional Wellbeing:
3%



Social Media/Gaming:
3%

In addition to these main concerns and worries parents also said they were concerned about obesity/diet, alcohol/drugs, teenage issues, finance, parental separation, sleep, lack of confidence and resilience, bereavement, speech and language, independence, aggression and supporting siblings of children with additional needs.

Stage One (2018) results showed no change in the top two areas of concern which were mental health and children with additional needs. However, Stage Two showed parents more concerned over behaviour and separately naming 'Anxiety' and 'Emotional Wellbeing' as specific concerns. One new area identified related to child development and parents' concerns over delays in development and their own ability to understand whether or not their child was developing as they should.

Parent Comments

“Access to proper support for their medical needs. Constant cuts in NHS leaving them lost in the system at the stage in their lives when it's most difficult.”

“Am I doing the right thing, where do I go for help, how challenging do things have to be to ask for help”

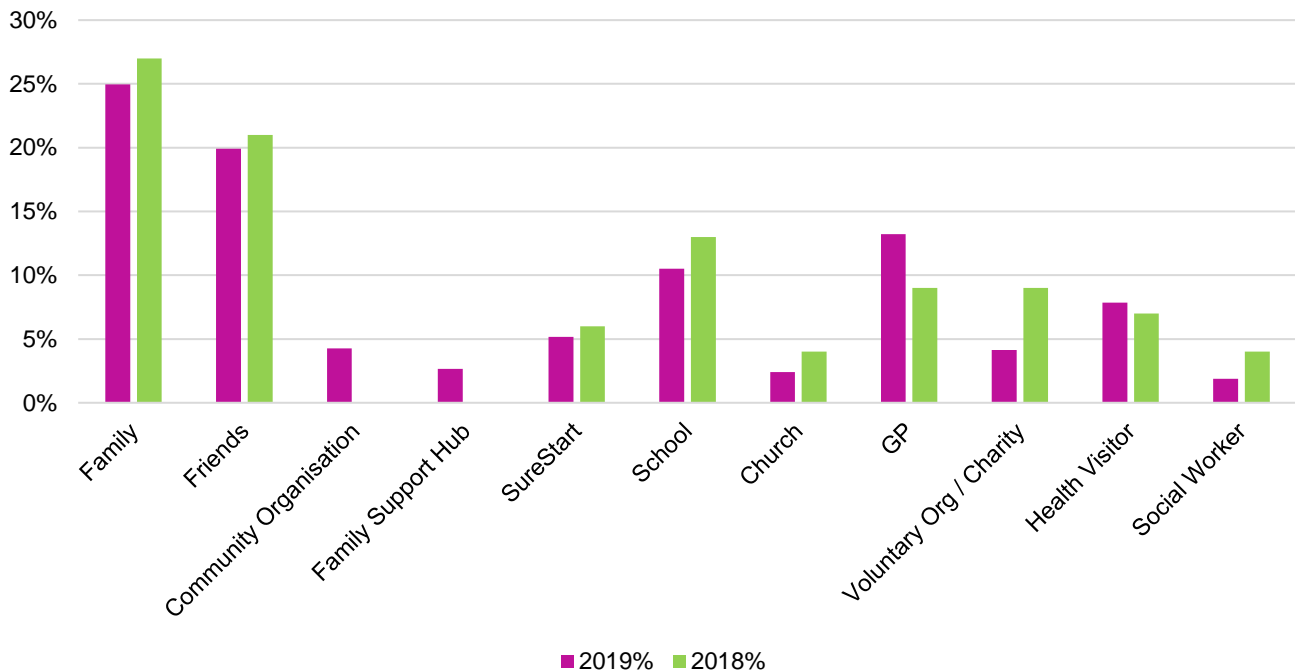
“Concerns around how school react to their behaviour and coping strategies. Even though my child has a statement of educational need he has not been supported adequately. This in turn has had a huge impact on us as a family.”

“I have 3 children with special needs and the waiting list for services is ridiculous then when finally, they are seen the amount of therapies, access to therapies/treatment is very limited”

“My daughter became a mum at 18. She is 21 now with a 3-year-old and is very isolated and lonely. My other daughter is mum to a non-verbal autistic girl with learning difficulties. I worry for both their mental well-being as they have no help at all.”

“The health & well-being and if they are reaching their milestone. I sometimes worry if I am a good enough parent.”

As a parent who would you go to for support/help? (735/742 responded)



Parents who responded “Other” in relation to who they would go to for support/help stated this support was provided by:

- Alternative therapies
- Behaviour Support Team
- Childminder
- Homestart
- Occupational Therapy
- PSNI
- SENAC
- ASD Services
- Brighter Futures
- Consultant Psychologist
- Inspire
- Parenting NI
- Relax Kids
- Work Colleagues
- Autism NI
- Cancer Focus
- Counsellor
- Lighthouse
- Parent Line
- School Nurse
- Youth Service

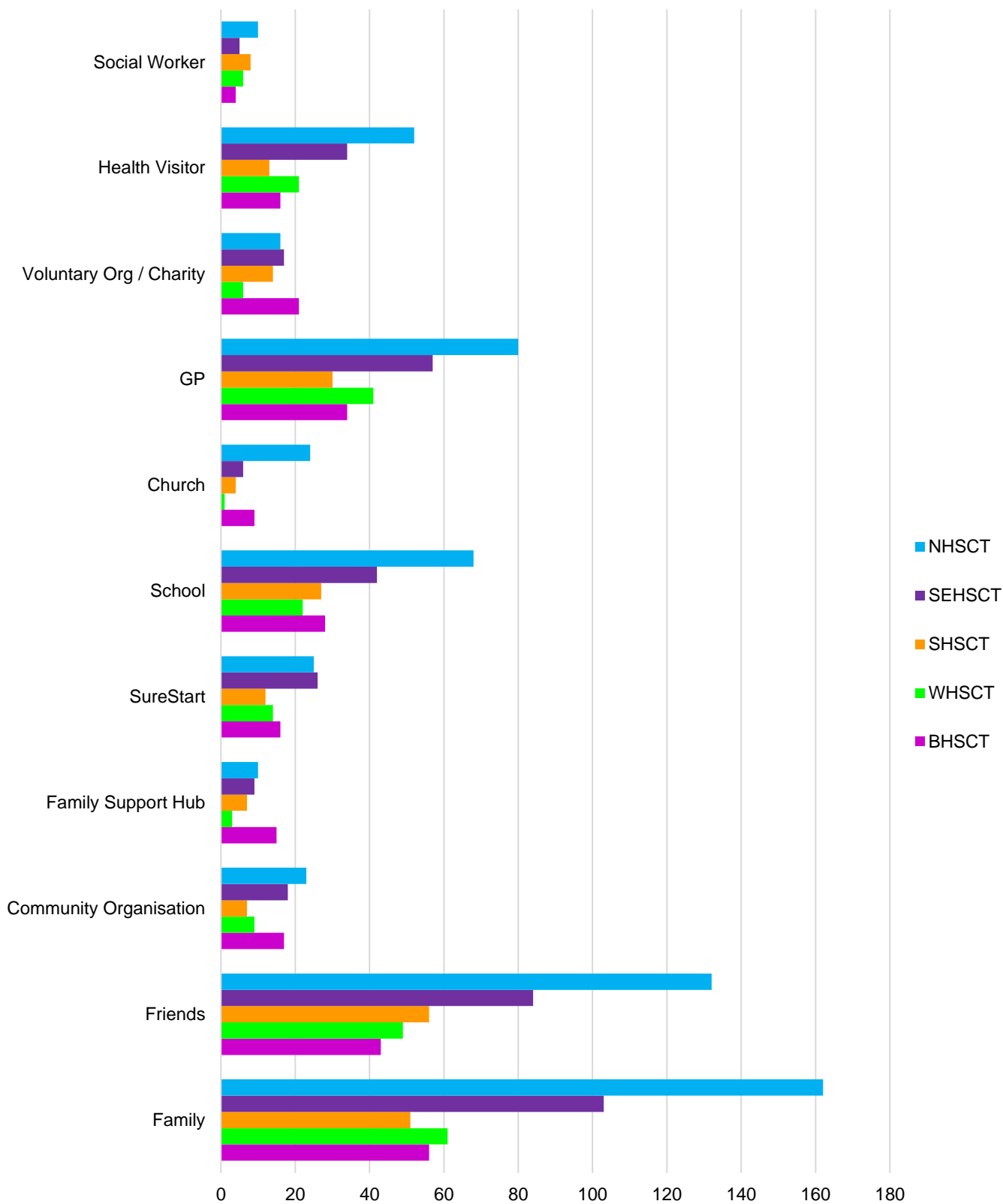
Parent Comments

“I have phoned the girls in sure start as I said they came to see me straight away and weighed my baby and helped me get a doctor appointment”

“I know the Family support hubs exist so if I had a more serious problem I would definitely go to the Hubs for support”

“SureStart in my area have been an absolute lifeline. I attend so many of their groups and have done for over 5 years, since my eldest child was born. I honestly don't know how I would have managed without them.”

Where Parents go to for Support Broken Down per HSCTrust Area



As a parent, if you accessed support/help of family and/or friends, what helped? (610/742 responded)

Parents shared the help and support they received from family and friends included:

- Childminding
- Emotional support
- Talking openly with someone who understands
- Giving me a break away from my concerns
- Non-judgemental support
- Listening ear
- Advice from friends and family who have been through similar things/issues
- General practical advice
- Advice given from a different perspective
- Providing space to let me rant
- Help with household chores
- Advice on keeping calm
- Help with solutions
- Provide reassurance
- Chatting situations through, trying to find approaches to try and soothe situations.
- Nice just to talk and feel like I wasn't alone
- Being given a break for myself, time to relax knowing my son was ok
- Financial help
- Having an older, wiser person/persons to pass on their wisdom and advice
- Venting and using humour. Talking to friends who are parents.

Parent Comments

“Advice on what they would do in the same situation. Sometimes they have had the same worries about their kids. I feel it helps to rationalise thoughts”

“Family and friends listen once, sympathise and then abandon. No support offered as the situation is out of the norm and society just deals with normal.”

“Hearing they felt same way as me. I then felt "normal"”

As a parent, if you have accessed other support/help, what helped? (e.g. GP, school, health visitor, community organisation, Sure Start, social worker, etc) (540/742 responded)

Parents shared the help and support they received from other sources, which were not family and friends included:

- A notice with local support was displayed
- Autism support group monthly help me feel more involved and communicate better
- Carers group provided support
- Completing an online Autism course
- An Autism support group having other people attend and provide talks
- Classes for parents with crèche
- Gained advice on toilet training and behaviour problems
- Hypnotism helped
- Advice from professionals
- Finding out what courses are available locally
- Afterschool's clubs help with homework
- GP has helped with looking in to concerns of one of the kids behaviours along with support from the teacher
- Diagnosis, advice on dealing with the problems
- Being able to get professional or experienced advice
- Counselling helped me and my son
- Discussed how best to work around issues and what to do at home to support and work through things
- Being listened to, making a plan, guidance and support throughout
- Kids clubs improved child's confidence and social skills
- Just knowing the school would listen to my concerns and the school understanding and offering help and advice
- Health visitor pointed me in the direction of Sure Start when I had my concerns. Sure Start then picked up on my concerns and then referred me into the correct health professionals
- Listening, providing practical, non-judgmental, evidence based advice

As a parent, if you have ever been on a waiting list for support/assessment did you look for other support, and if so, what support helped? (439/742 responded)

Parents said they received help while they were on a waiting list for support/assessment from:

- Advice and support from National Autistic Society, Children’s Law Centre, Citizens Advice, NICCY, Atlas Centre, Parenting NI, Now Group, SENAC, Brighter Futures, Cancer Focus, Cedar Foundation, Sure Start, Autism NI, Zest, Aspire, RISE, Solas, Healthy Mind
- Local Councillors and MLA’s helped
- ASD support groups
- Health Visitor
- Books

Parents stated the type of support they received which helped included:

- Online chat rooms & Facebook private group
- Advice, support groups and group programmes from voluntary / community sector groups
- Church based support
- Online internet searches
- Workplace provided counselling
- Paid privately for Occupational Therapist, Podiatrist, Chiropractor, Counselling, Play Therapy, Rhythmic Movement Therapy, Complimentary therapies

Parent Comments

“Having a specifically named, nominated professional allocated to lead my child's individual case. Professionals linking together to work collaboratively to offer relevant individual support services such as a referral to hydrotherapy and then the paediatric pain team who linked with Musgrave Hospital to help with my child's rehabilitation work.”

“Knowing where I was on waiting list - having someone to talk to while I waited - handouts in the meantime to give me more information”

“I got good tips on a website which helped me manage my child's behaviour while I waited, information about length of waiting time, alternative sources of support, advice for parents and creative therapy for children”

“Waiting list for emotional wellbeing support team is 18 months - ridiculous! Referred to CAHMS - not accepted. I had to train and invest in programmes myself to support my child as very little available”

“No help as assessment showed he didn't have autism his borderline ADHD assessment was never followed up and as a family we ended up just developing our own strategies to support and help our child as didn't seem like we were going to get any professional help or support”

“He has been waiting on assessment for help in school for the last 7 years in school and have no help whatsoever”

“I am currently waiting on counselling services as a referral from G.P. Thankfully work supplied an immediate six weeks of sessions otherwise I'd be in a very different place waiting on NHS.”

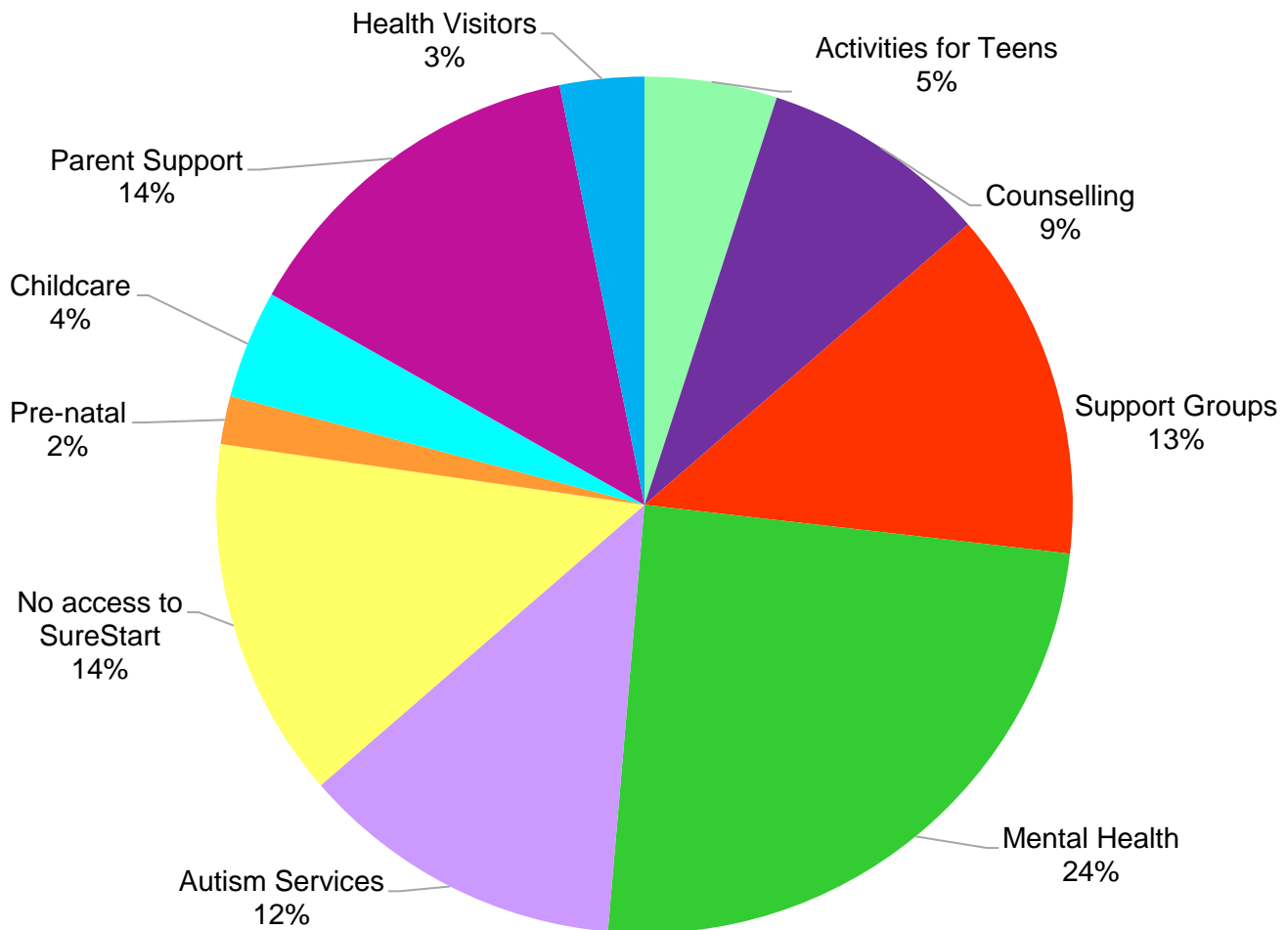
“It was difficult to speak to the staff who were more qualified to deal with mental health problems in school & our GP did not provide enough positive guidance for any onward support & our son felt let-down by the positive support we thought we could source”

“Yes, talking to other parents and support groups”

Are there any services/support missing in your area?

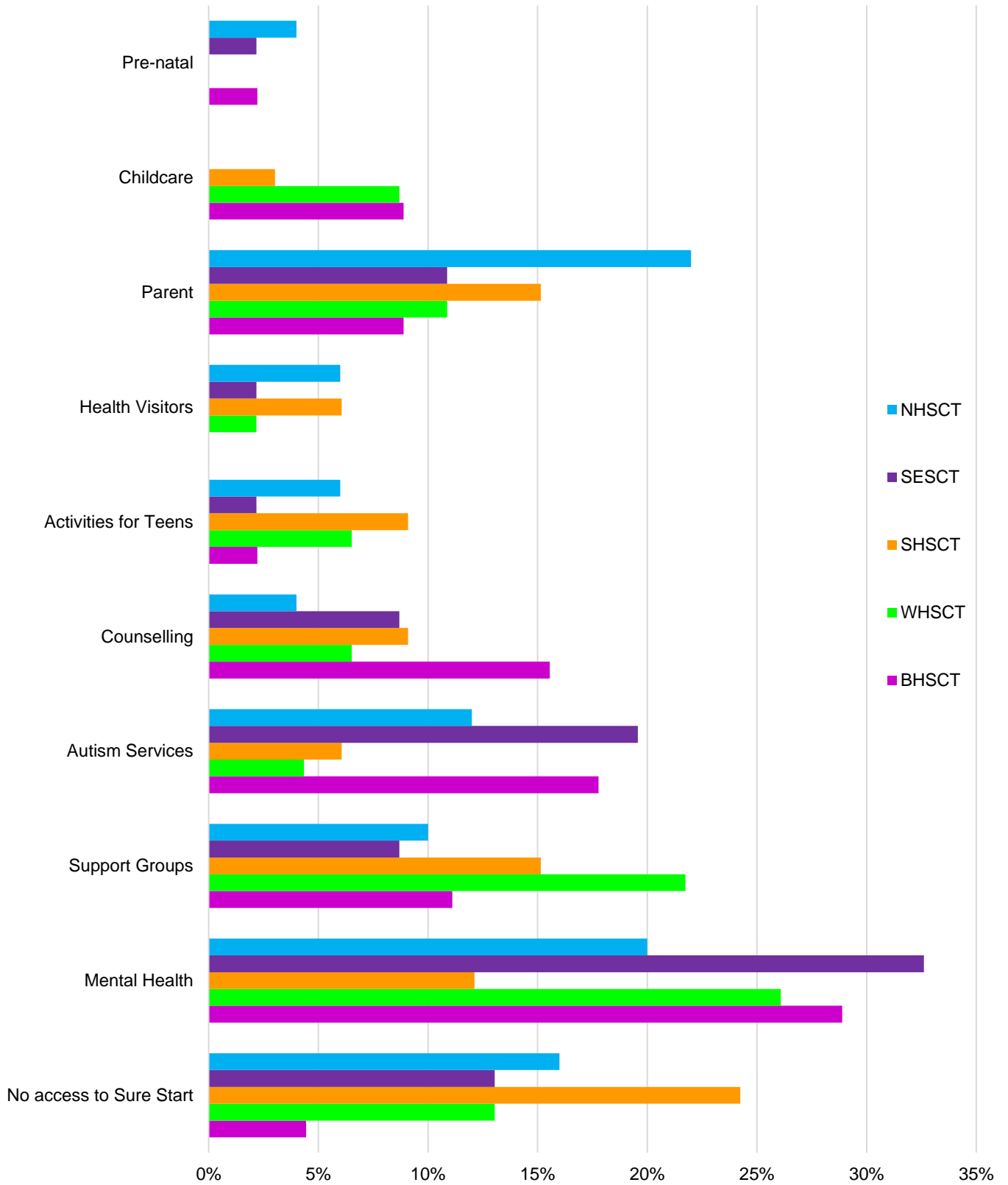
(455/742 responded)

The services and support parents indicated that were missing in their area were:



13% of parents responded that they would benefit from support groups, the type of support groups indicated by parents included children's mental health, self-harm, ASD, Autism, carers, disabled parent, suicide, parents, older parents and fathers. In addition to the above main support and services lacking, parents also stated they need support with finances, housing, dyslexia, after schools, adult autism, home support for teenagers, gender identity clinics, child behaviour support and activities for autistic children.

Lack of Services Broken Down per HSCTrust Area



Parents comment

“More information spread as to where parent groups are run. Unless you are connected to a certain group you don't know what parent groups there are.”

“I feel there is a lack of a family Support service. The health visitors in my area are on 'step down' as they are so stretched! I can't recall the last time I heard from my health visitor! It would be great to have a support mechanism similar to that implemented by sure starts with a family Support Worker.”

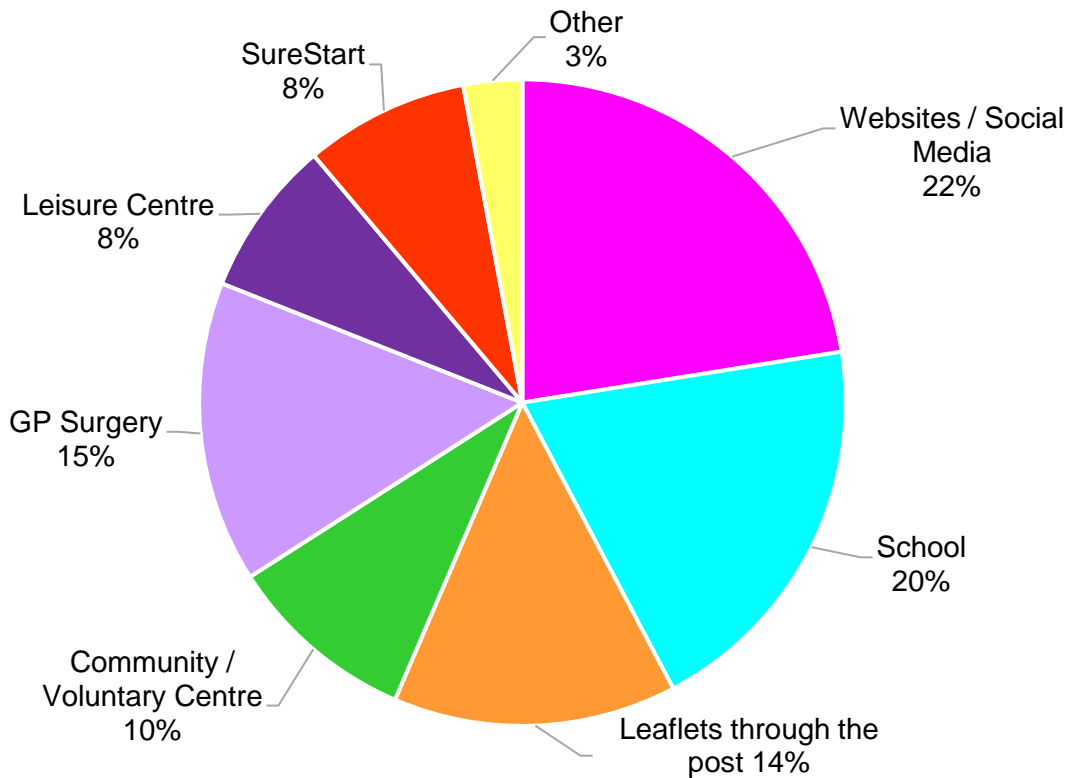
“Just that the system is too full. Not enough spaces allocated for children, emphasis put on spotting signs early to gain early diagnosis but then constantly pushed back when you require the early intervention because the waiting lists are too long.”

“Most parents are unaware of the services available until they are needed & from my own personal experience, GP's do not appear fully informed (or able to recommend) where parents & children can get immediate help or support when it is going to be most effectual before they 'bury' their problems and believe that their attempts to get help are fruitless & pointless 😞”

“So much missing. There's a real issue with poverty and depression, alcohol and drug misuse and anti-social behaviour. These people receive no support. Mental health seriously needs addressed”

How can we better inform parents of what support/help is available in their local area? (653/742 responded)

Parents advised that information on what support and help was available in their local area could be promoted through the following channels:



Parents suggests under “Other”, ways to share information on support and help available were:

- App
- Purpose Website
- Posters in shops
- Letter
- Hospital
- Pharmacies
- Nursery
- NI Direct
- Children’s Wards
- Information Booklet
- Social Media
- Libraries
- Gyms
- Local Radio
- Advert / Campaign
- Maternity Units
- Health Visitor
- Homestart
- Community Centres
- Provide Talks
- On Buses

Parents Comments:

“A Family Hub where there is a central point that can advise parents of what is available in their trust area. A key contact person for each board who can coordinate the information that is shared and the services required.”

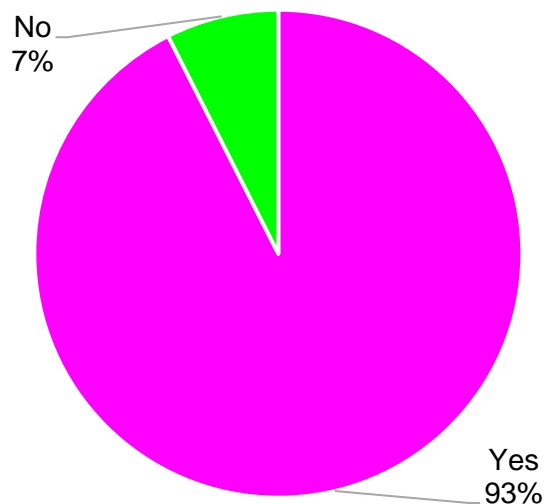
“A purposely designed website with access to all support links from birth... somewhere that becomes a go-to portal for all services”

“All local health related services should carry a services poster for the area, social media, local bars, toilets, community centres, taxi depots, bus stops, private taxi services - leaflets in their cars.”

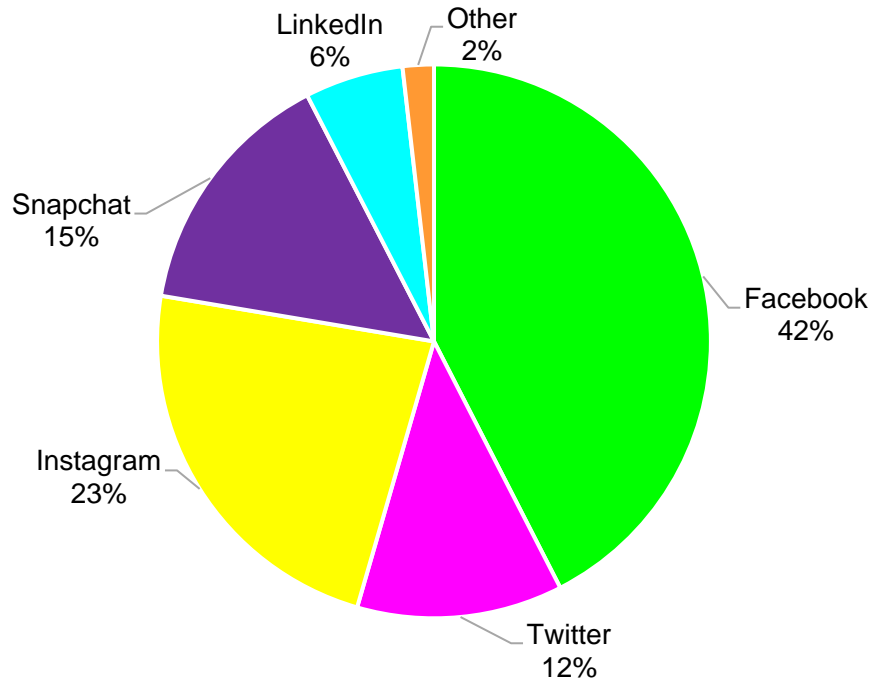
“Destigmatise asking for help. Promote imperfect parenting. Promote the fact that it's normal to fail sometimes as a parent. Remind people of the need to be "good enough" Promote parents to self-care, promote empathy among parents.”

“There will likely never be a one shoe fits all with promoting services but I think reaching out to those places in the community where families frequently visit and places where families feel is trusted”

Do you use Social Media? (670/742 responded)

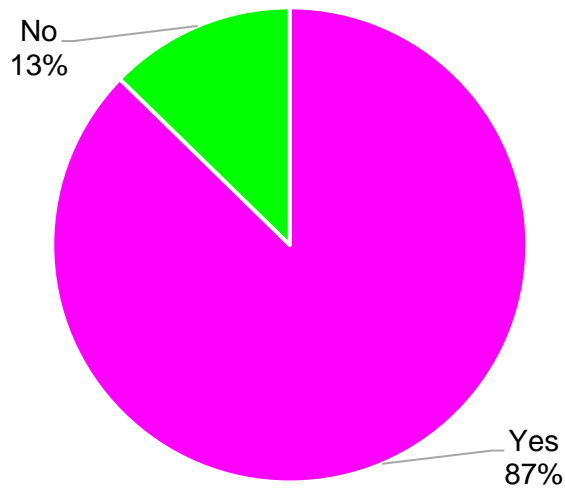


The types of social media parents stated they use are:



2% of parents stated they used other types which included WhatsApp, Reddit, email, Google searches and web chat.

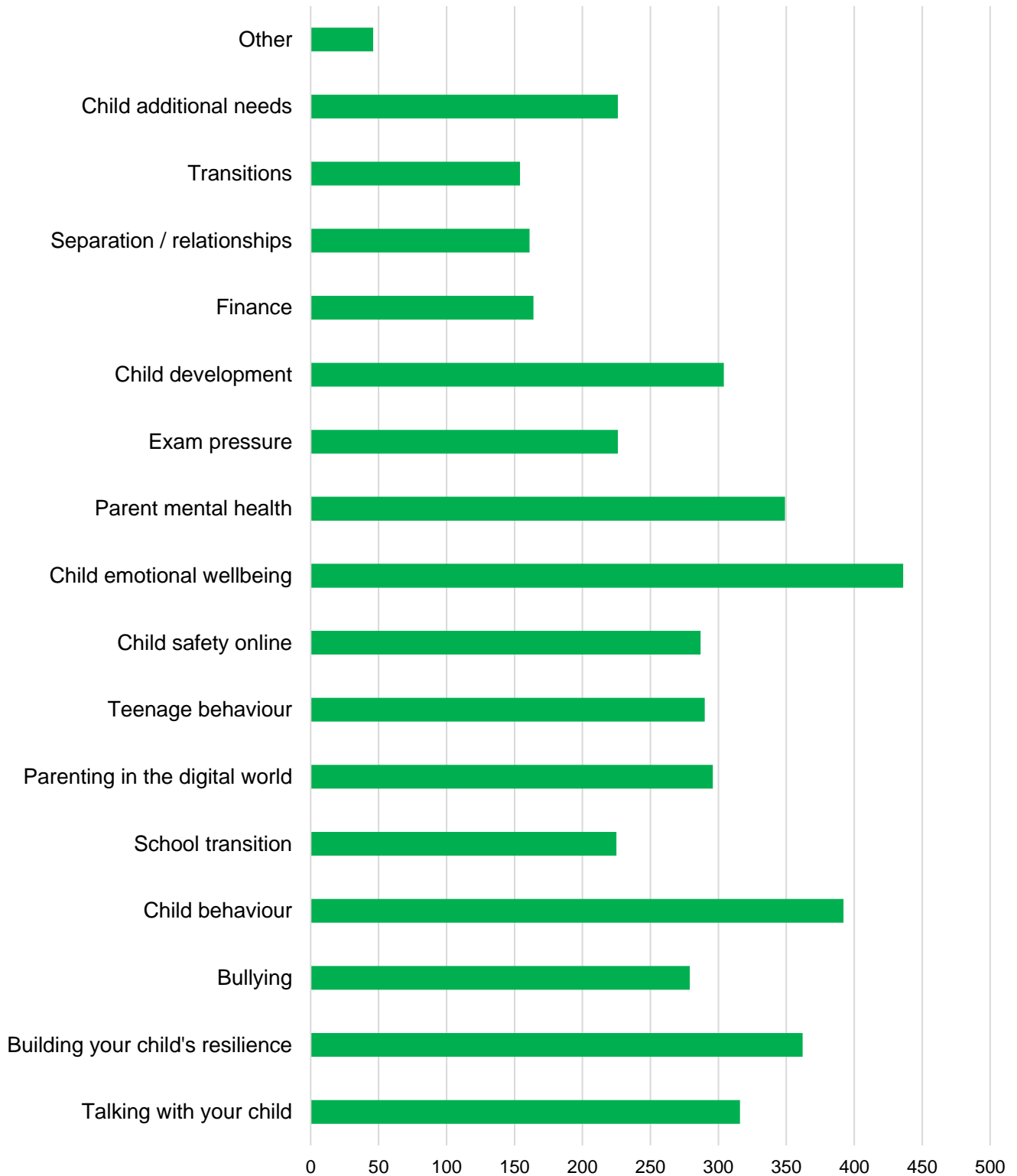
Other than information on support/help services, would you use online help/support if it was available? (638/742 responded)



If yes, what topics would you like online help/support with?

(595/742 responded)

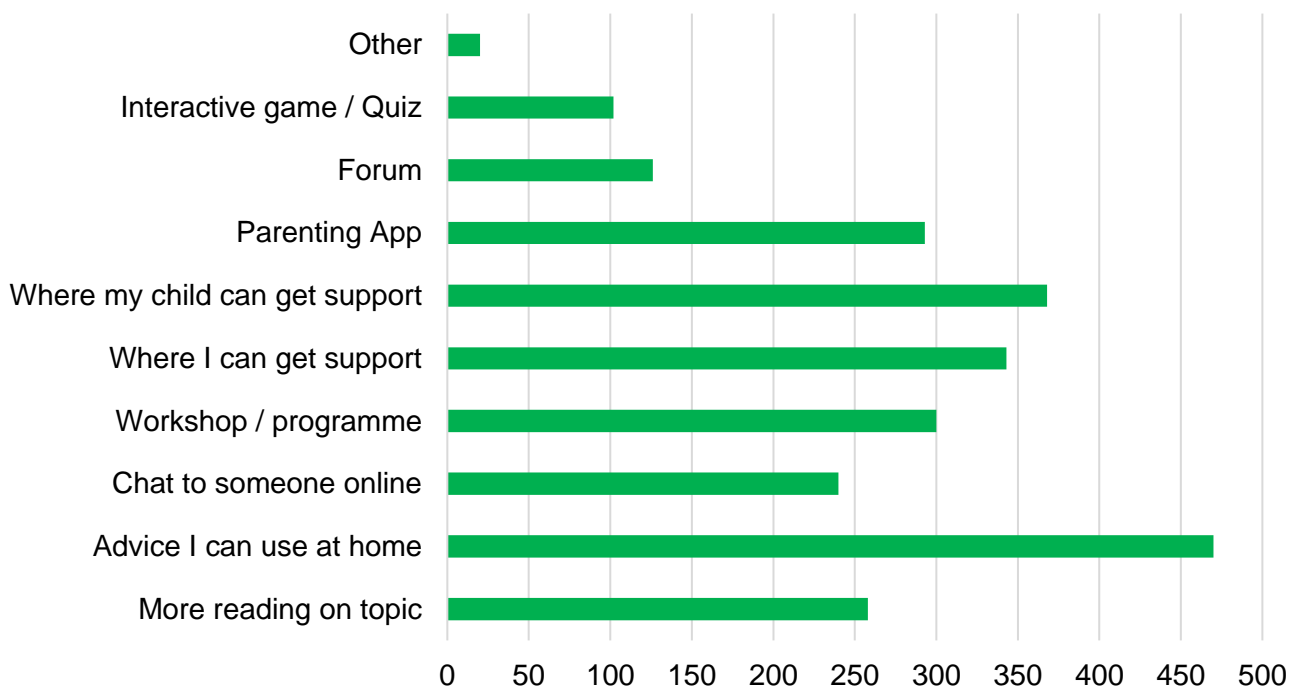
Parents stated they would like online help and support in relation to:



The proportion of parents who indicated “other” in their response, shared that they would want support and help online in relation to:

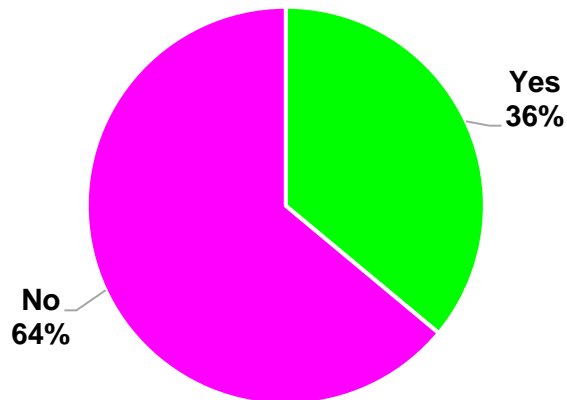
- Medical allergies
- Bereavement
- Community safety
- Diet / healthy foods / obesity / picky eaters
- Childcare Help
- Puberty
- Parents Forum
- Drugs / Alcohol
- Child mental health
- Benefits advice
- Effect of parental behaviour on the family
- Sibling support
- Child development
- Relationships
- Adult support
- ASD
- Parental Addiction
- Domestic violence and children
- Separation anxiety
- Homework support
- Parental alienation

For the topics you would like online help with, what type of help would you want? (608/742 responded)



The proportion of parents who indicated “other” in their response, shared that the type of help they would want would include: professionals all in one location, support to include childcare, face to face advice, intervention with the child, group clinics, online counselling, support forum to chat to others and video blogs.

Are you aware of the Family Support NI website? (608/742 responded)



The parents who responded that they were aware of the Family Support NI website were asked whether they had used the site, 23% of parents stated they had used the site and 77% said they had not used the site. Parents were then asked if they had used the site (23% of parents) what did they use the site for. Parents responded with:

- Advice on services available
- Childminder options
- To search for support on behaviour issues
- Digital world
- Support for parents of teenagers
- Finding services
- In a professional capacity
- Looking for organisations
- Signposting advice
- Childcare
- Requiring support for counselling
- Getting information
- Familiarising available local services
- Looking a phone number
- Preschool / school applications
- Sure Start in my area

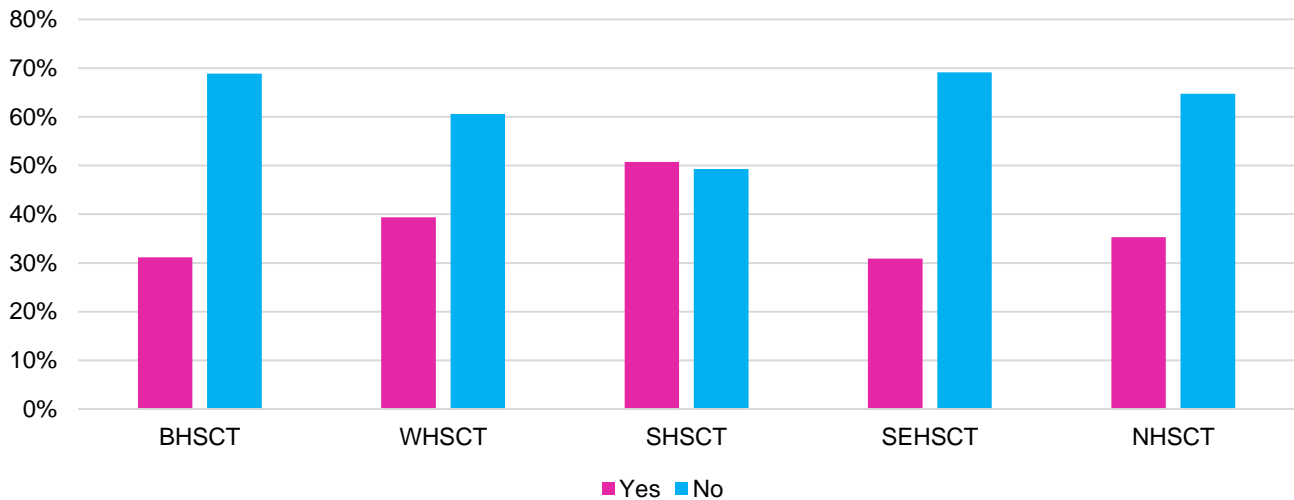
Parents Comments:

“I am a registered childminder and use it for my business”

“When my Family needed support on a range of issues. I found the organisations on the website myself and the others I was signposted to by the very helpful team at Family Support NI.”

“I am the manager of a childcare facility and am aware of family support due to my job role but not so much as a parent”

Awareness of Family Support NI Website - Broken Down per HSCTrust Area



Parents were asked if they were not aware of the Family Support NI website (77% of parents) how they could be better informed as parents about the website. Parents responded:

- Advertise more
- Local papers
- Leaflets to homes
- Make schools aware & share with parents
- Better advertising
- Health visitors to share information
- Local Crèches & parent / tots groups
- Make employers aware
- Add a link on school's websites
- Include in GP surgeries
- Promote using social media
- Local radio adverts
- Posters in local leisure centres
- Include in Bounty packs
- Promote in Community Centres
- Attend school parent events/evenings
- Posters/leaflets in library
- Workshops in schools to chat about it

Parents Comments:

“Better advertisement to show what help is out there”

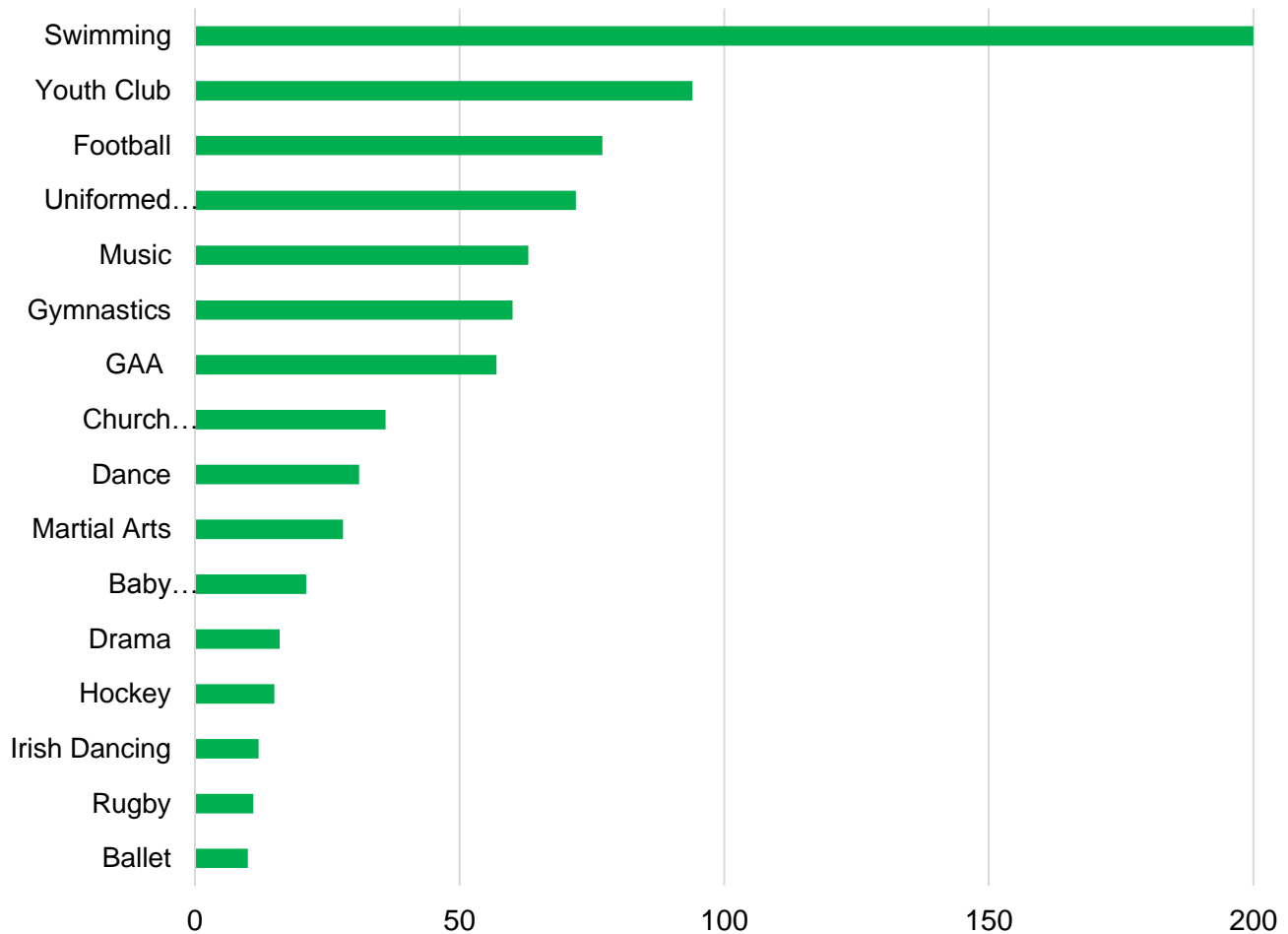
*“Facebook, more awareness like ** ‘CYPSP Parental Participation Worker’ coming out to community organisations.”*

“It is not well known at all, and to be honest even when I used it I found it hard to navigate - I wouldn't recommend to other parents”

“Yes! Schools are the most effective platform & the most shared information in your own area which could help remove stigma of accessing help but more needs to be done within school to remove stigma - perhaps more topical discussions within classes about the pressure & stress & how to deal with it all in a ‘cool’ way (especially for boys!)”

What activities does your child/ren attend in your area?

(For example, swimming, youth clubs etc.) (588/742 responded)



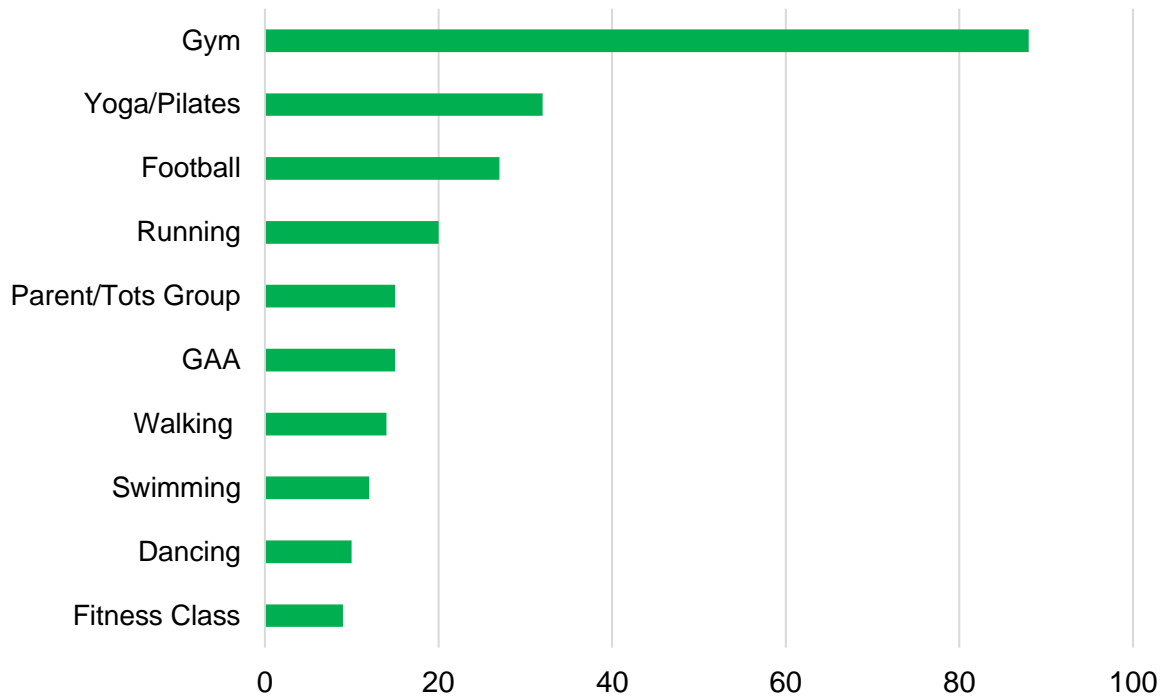
Parents also said in addition to the above main activities they and their children also attended

- Athletics
- Art school
- Sailing
- Gym
- Tennis
- Library
- Golf
- Figure skating
- Cricket
- Afterschool
- Boxing
- Horse riding
- Badminton
- Netball
- Basketball
- Choir
- Running

11% of parents who responded stated that their children did not attend any activities.

What activities do you attend in your area?

(For example, gym, running club, cycling club, etc.) (523/742 responded)



Parents also stated the following in addition to the above main activities they attended:

- Boxing
- Tennis
- Hockey
- Cycling
- Slimming Club
- Cinema
- Cricket
- Volunteer
- Choir
- Music
- Library
- Poetry Class
- Coach
- Martial Arts
- Church Activities

26% of parents who responded stated that they did not attend any activities.

Parents Comments:

“Gym however it is not easy as need to arrange childcare. More child friendly gym classes where you can bring your baby or young child. New parents are unable to participate otherwise. Important time for mothers and mental health outcomes would improve if new mums/parents didn’t feel so excluded from physical exercise”

“None, I work 45+ hours a week and my evenings are time spent with my children - so precious as they grow up too quick”

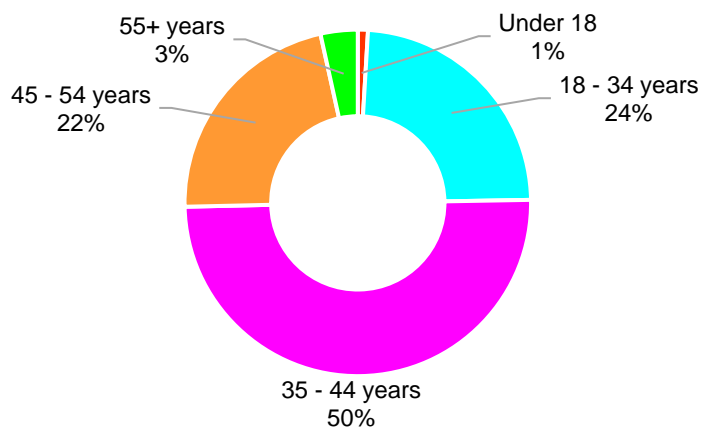
Demographics

Online - 451 participants

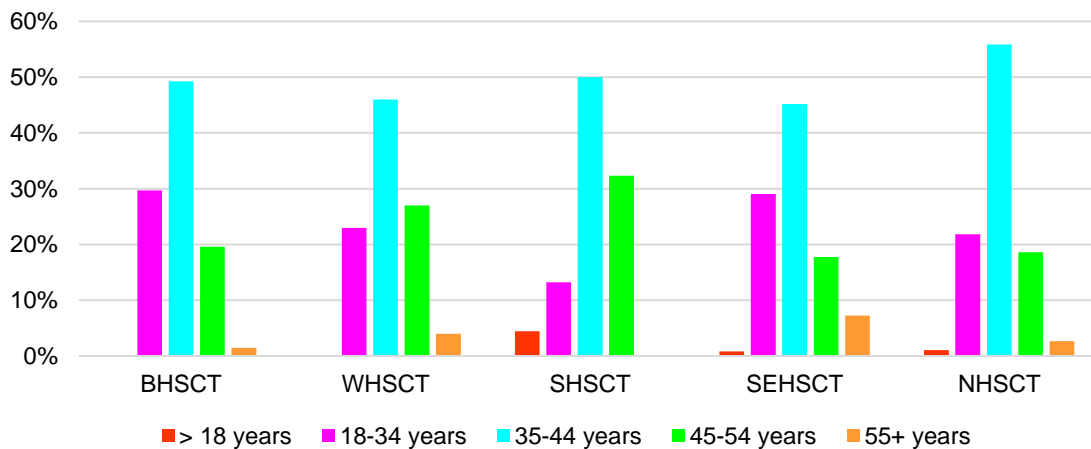
One to one survey / Focus Groups – 291 parents

Total Parents Participated = 742 parents

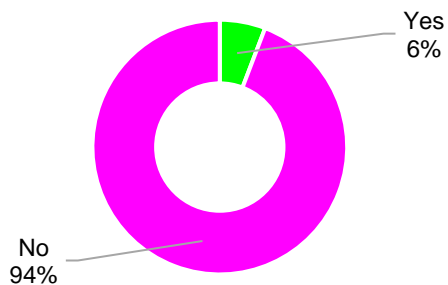
Parents Age Band



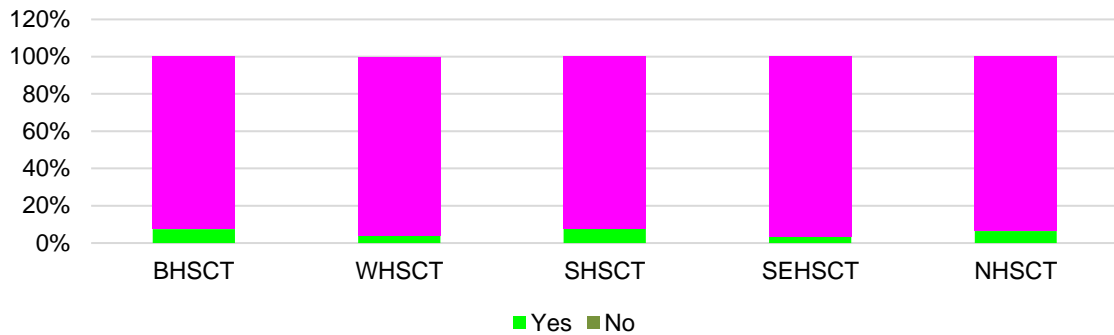
Parental Age Band per HSCTrust Area



Parents who belong to an Ethnic Minority Group

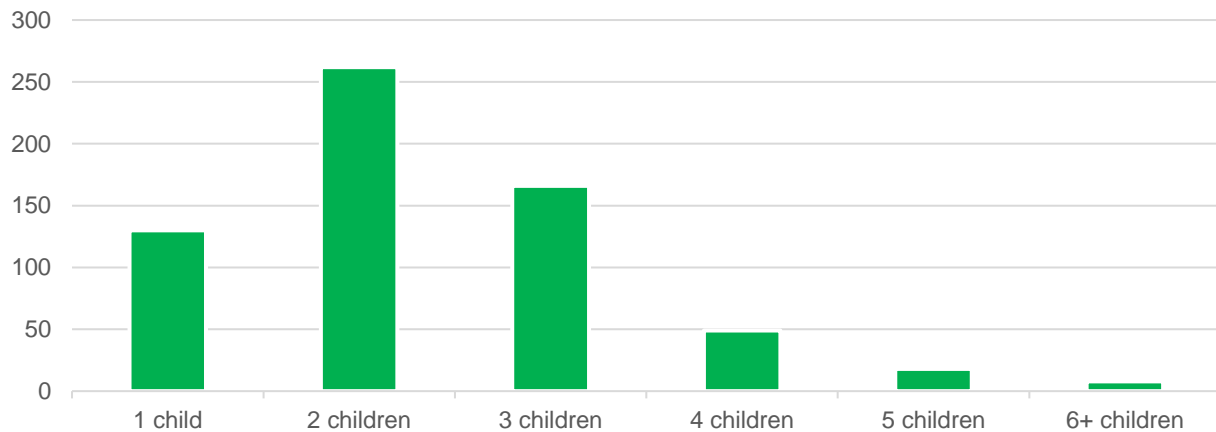


Parents who belong to an Ethnic Minority Group per HSCTrust Area

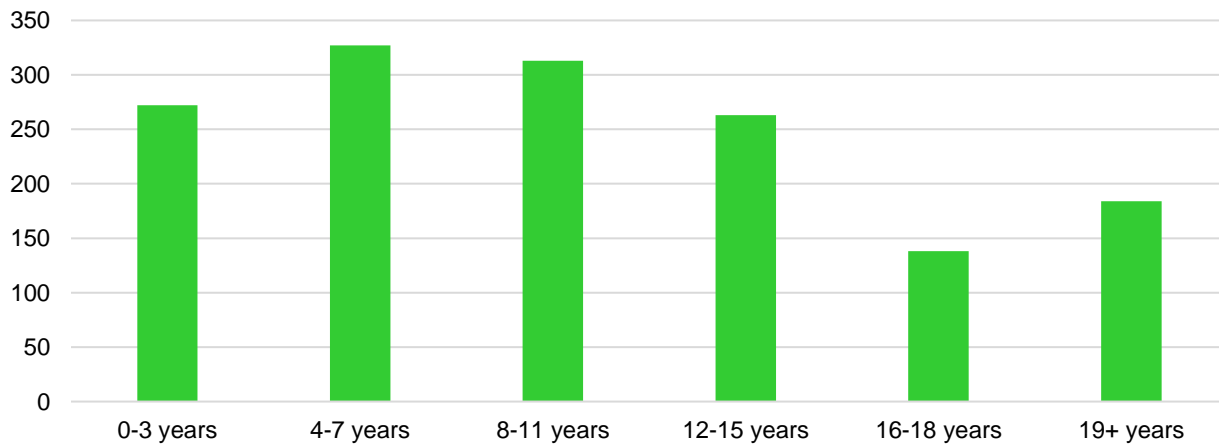


The parents who responded that they did belong to an ethnic minority group specified the following groups: Irish Traveler, Polish, Chinese, Hungarian, Lithuanian, Portuguese, Slovakian, Mixed Race and Foreign national with mixed roots, Balkans.

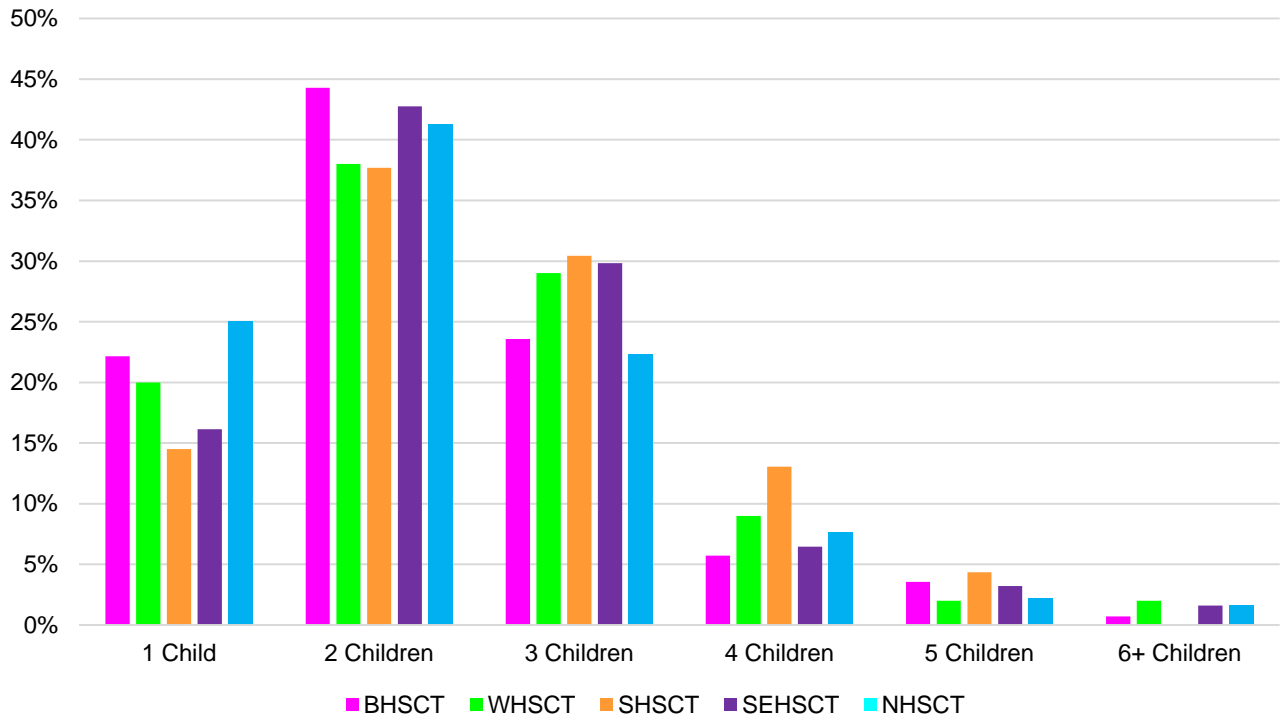
Number of Children per Parent



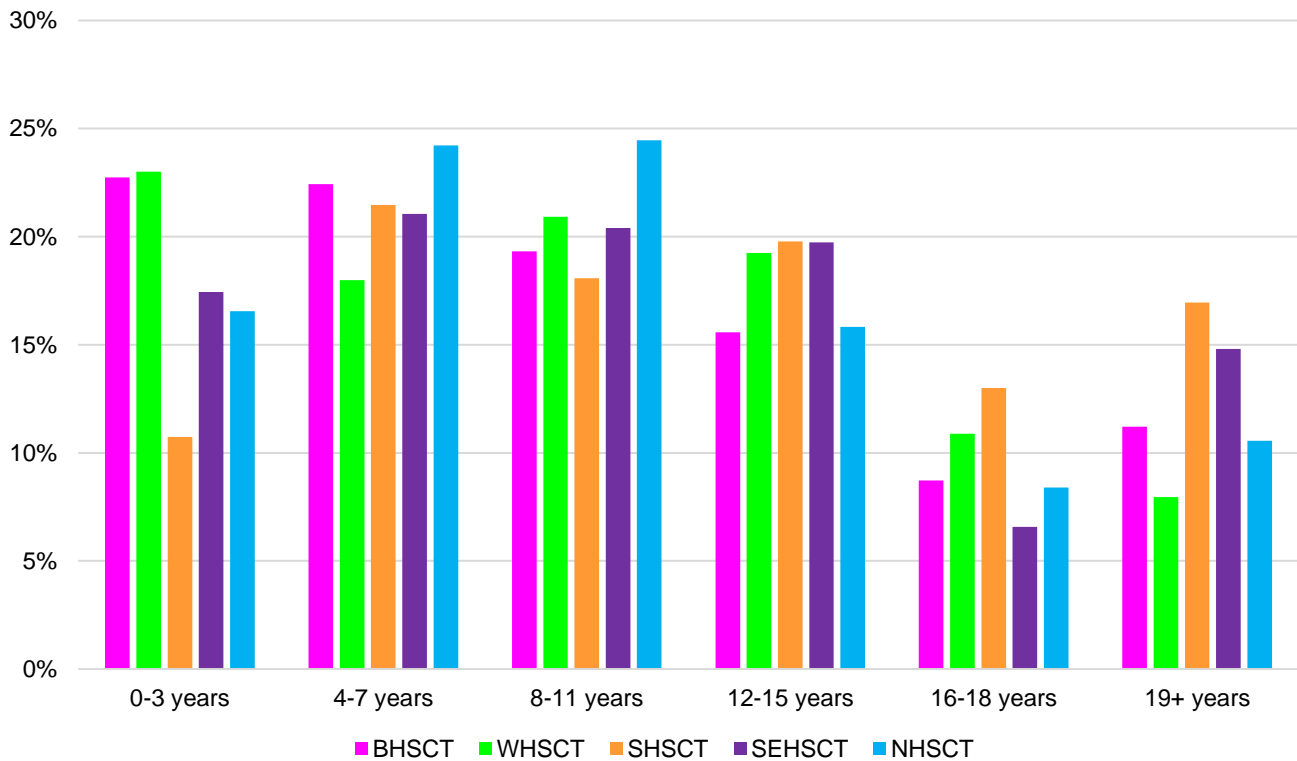
Age Range of Children

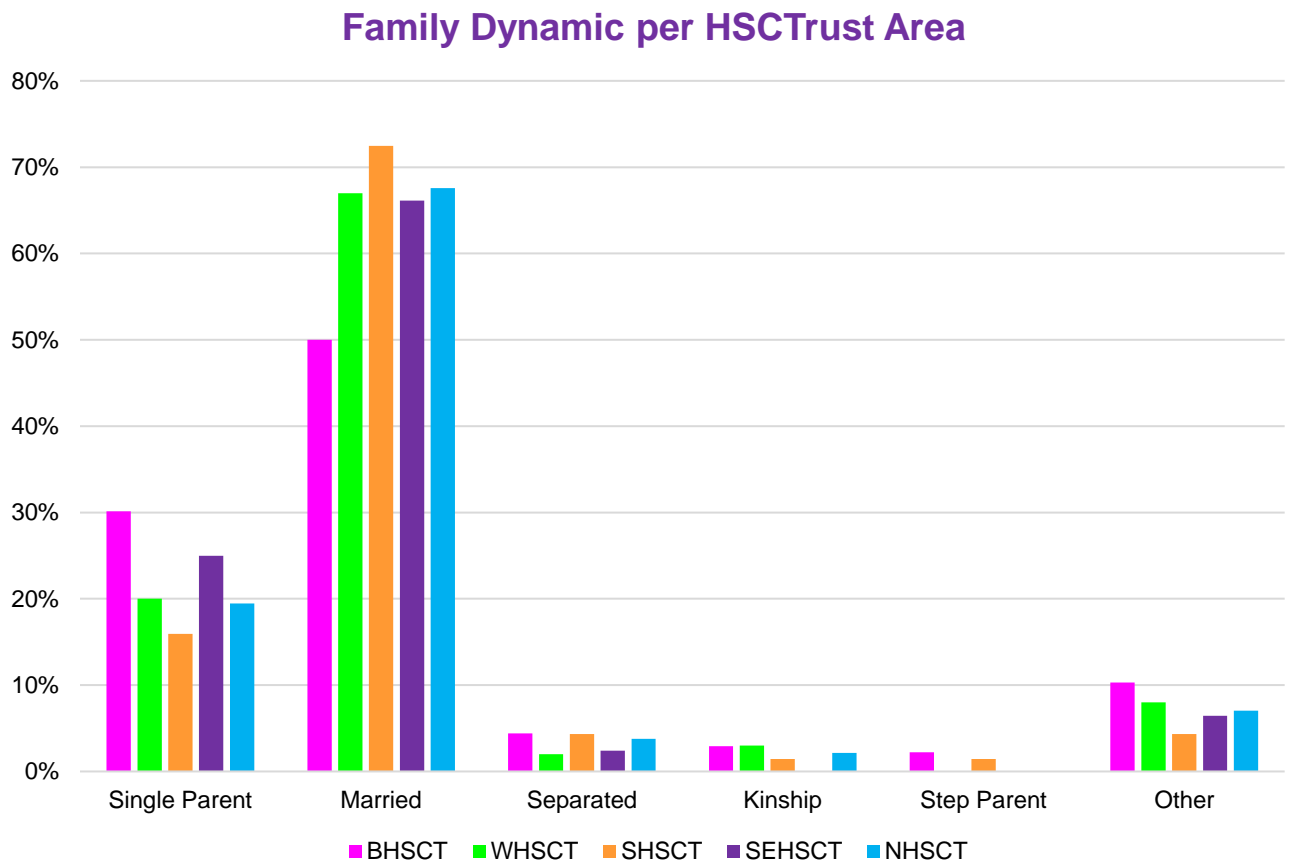
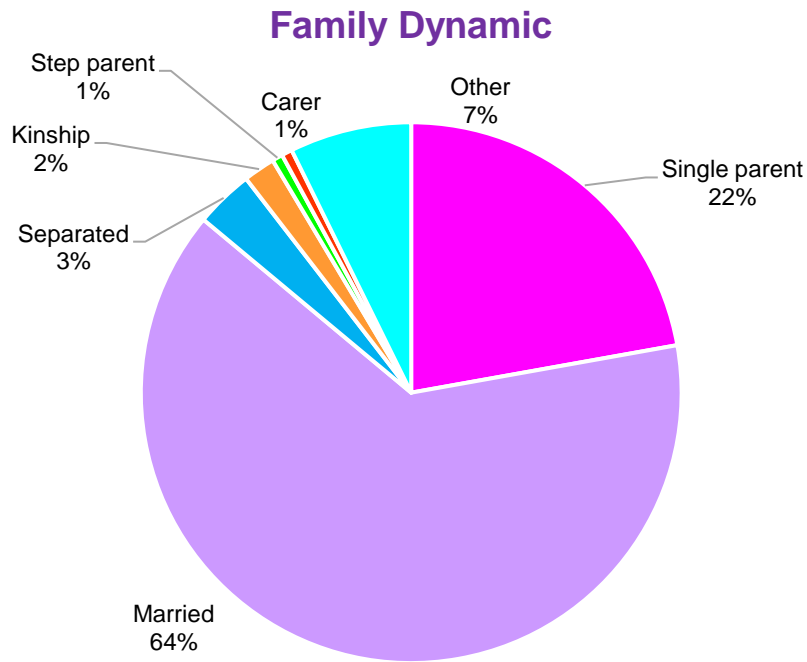


Number of Children per HSCTrust Area



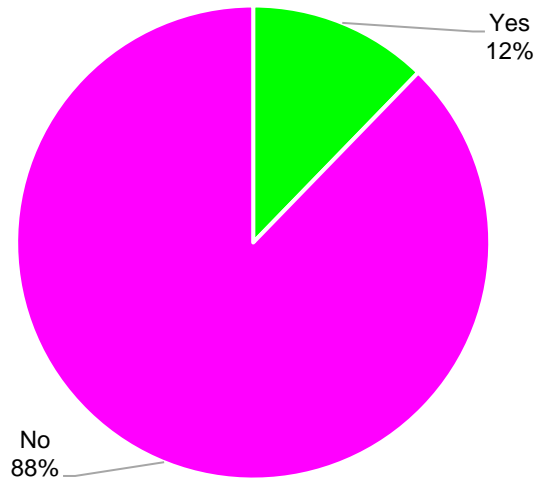
Age Range of Children per HSCTrust Area



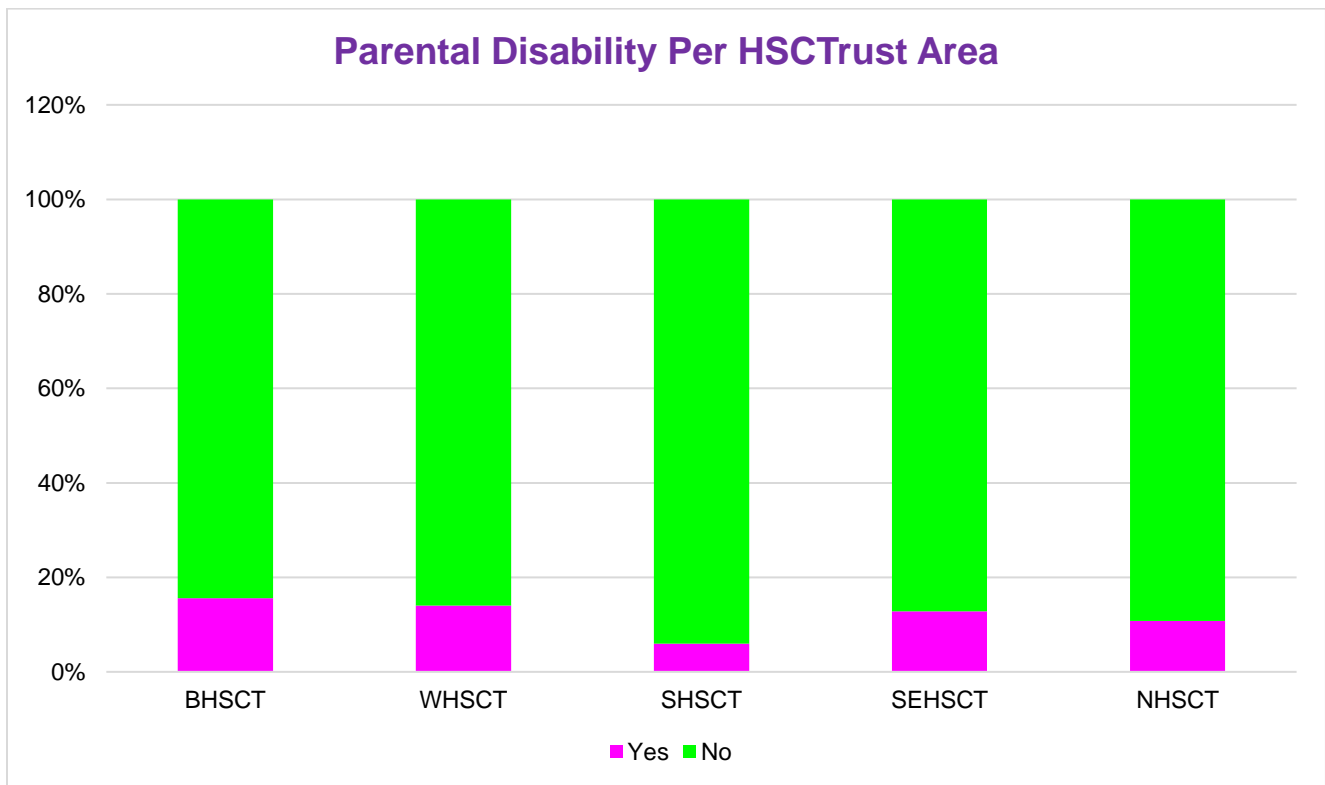


8% of parents described their family dynamic as “other” and they defined this as co-habiting, engaged, common law, divorced and widowed.

Parents who have a Disability



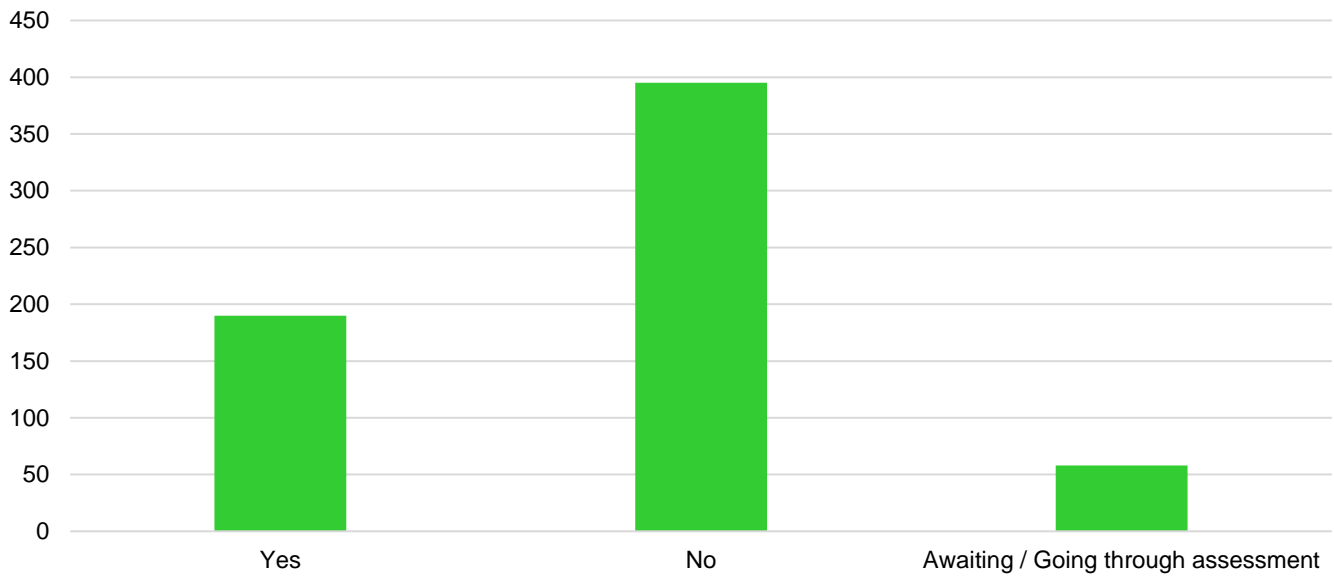
Parental Disability Per HSCTrust Area



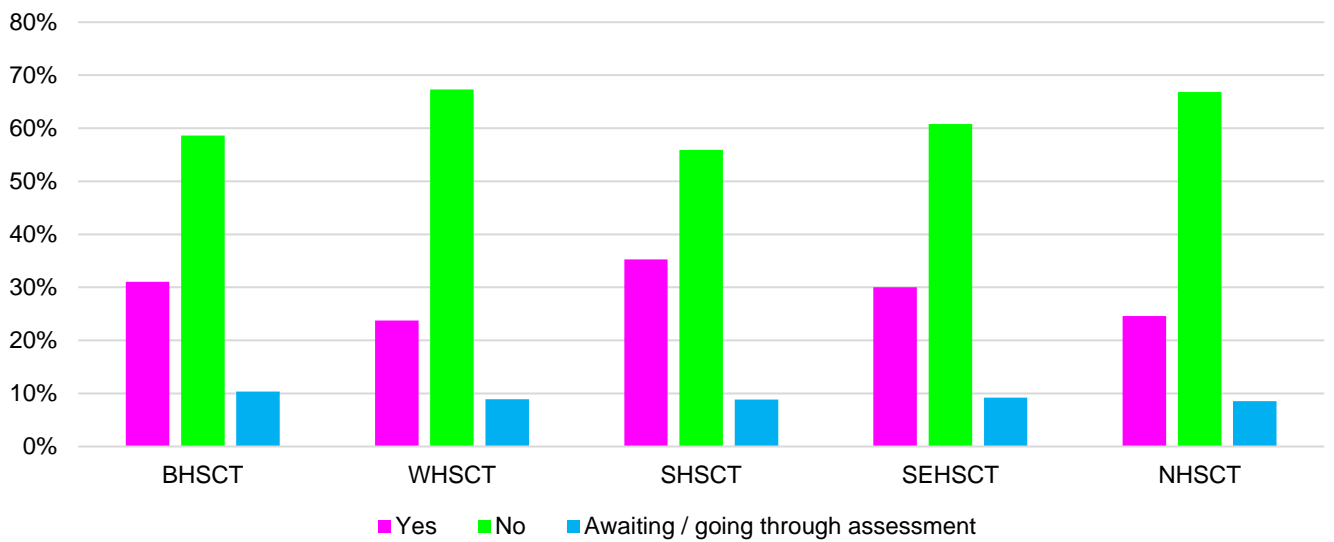
Parents described their disability as follows:

- Arthritis
- Chronic pain
- COPD
- Stroke
- Mobility issues
- Physical health issues
- Learning difficulty
- Mental Health
- Epilepsy
- MS
- Autism
- PTSD
- Bipolar disorder
- Brain Injury
- Partially deaf

Children who have a Disability



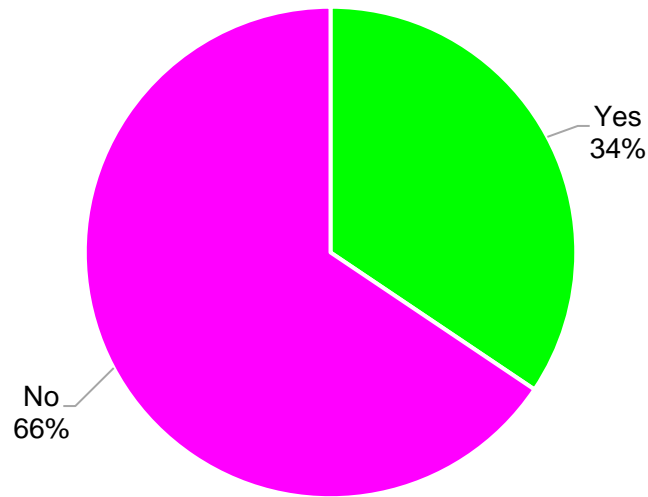
Children who have a Disability / Additional Need / SEN per HSCTrust Area



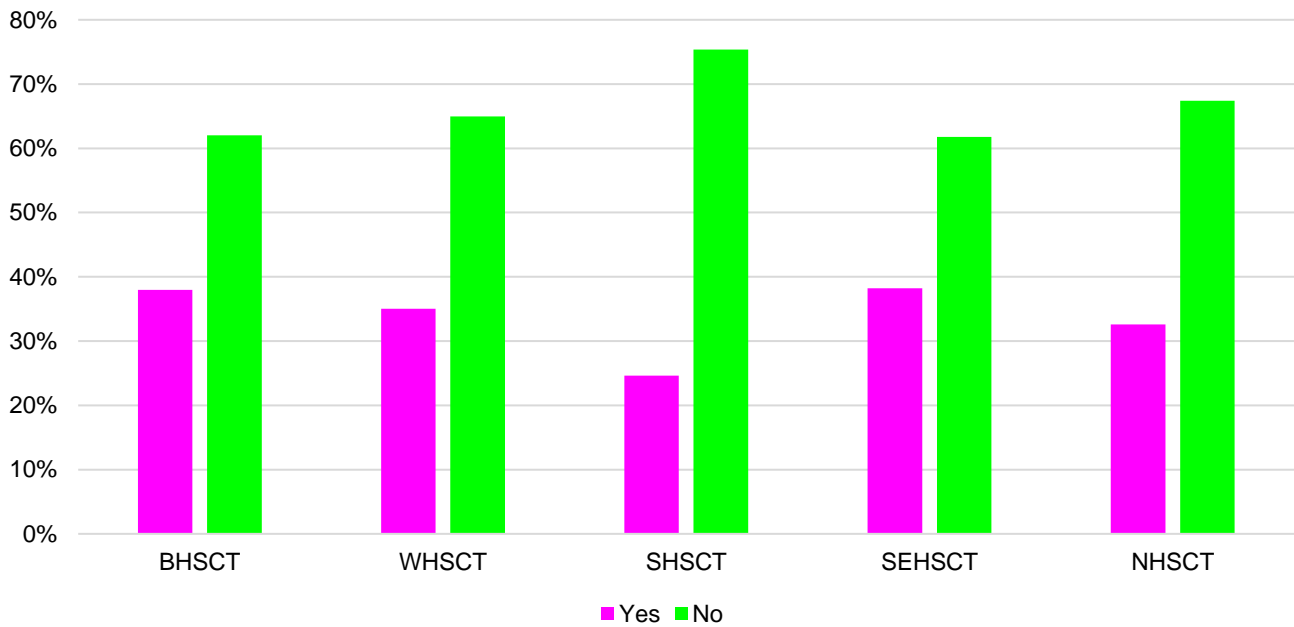
Parents described their child's disability as follows:

- Mental health
- ASD
- Ulnar Mammary Syndrome
- Physical disability
- Down Syndrome
- Osteogenesis imperfecta
- Asperger's
- ADHD
- Anxiety
- Autism
- Hearing difficulty
- Diabetes
- Epilepsy
- Hypermobility
- Learning difficulty
- Dyslexia
- Asthma
- Sight difficulty
- Chronic Renal failure

Parental Mental Ill Health (616/742 responded)



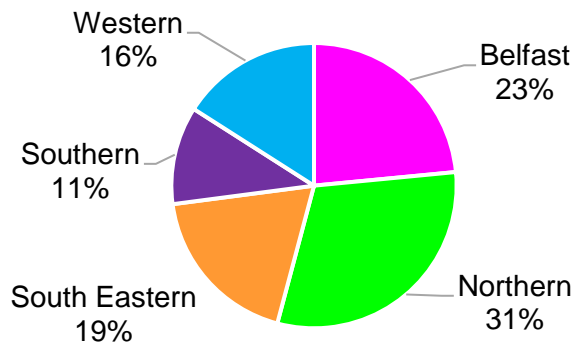
Parental Mental Ill Health per HSCTrust Area



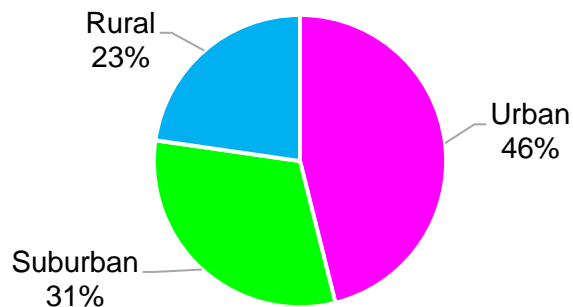
Parents described their mental ill health as follows:

- Depression
- Anxiety
- Post Natal Depression
- Bi Polar Disorder
- Stress
- Post-Traumatic Stress Disorder

HSC Trust Area



Type of Area



Conclusion

The CYPSP Parental Participation Project acknowledges the valuable contribution parents have made to this research and wishes to thank them for taking the time to contribute and provide valuable input.

Parents have demonstrated through this Stage One and Stage Two consultation process that they want to access the support they and their children need but that they want those providing this support to fully understand their challenges and barriers. The recommendations identified will work towards addressing these challenges and barriers. The Parental Participation Project will provide the CYPSP with the support to begin to implement the recommendations highlighted through collaboration with all key stakeholders. The next stage will be to engage with the CYPSP Structure to include Partnership, Outcomes Groups and Locality Planning Groups to obtain their input into the implementation of these recommendations which may include further consultations with parents at a local level.



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