

# Supporting Parents in Wales



Between September and October 2023, 'Parents Connect Wales' carried out a consultation with parents/carers.

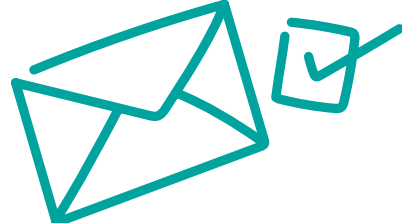
These are the key findings from an online survey and a Mentimeter poll.

## Average response rate

Online Survey  
**267**  
responses

Mentimeter Poll  
**357**  
responses

The key findings from the online survey and the online Mentimeter poll are shown below



## What three words describe you as a parent?

**Loving**  
**Stressed** **Helicopter**  
**Caring** **Single** **Busy**  
**Hands on** **Exhausted**

Parents used a range of words, with positive words such as **Loving** and **Caring** rating the highest followed by more negative words including **Exhausted**, **Stressed** and **Busy**.

Parent also referred to their parenting styles and situations using words such as **Single**, **Helicopter** and **Hands on**.

## What help, support and advice do you need?

(Responses in order of popularity)



### 1. Parenting and family support

- Behaviour management • Positive parenting strategies
- Child development • Money and finance • Breastfeeding
- Weaning • Nutrition



### 2. Health and wellbeing

- Illnesses • Mental health and additional learning needs (ALN)
- Mentoring • Peer support



### 3. Childcare

- Help with financial costs of childcare • Better availability of childcare
- More provision of after-school and holiday childcare



### 4. Universal support

- Help with 'everything' in the parenting journey • Centralised information hubs or gateways for accessing resources where parents can get help with all aspects of family life



### 5. Education

- Understanding the school curriculum and system • Accessing help for children with ALN and SEN • Accessing mental health support for children experiencing anxiety

## Where do you go for support and advice?

(Responses in order of popularity)



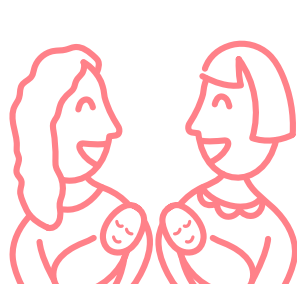
1. Friends and family



2. Online websites, internet searches and social media channels



3. Professional and support services (such as Flying Start, Family Information Services, teachers, doctors and social workers)



4. Other parents and peers



5. Books

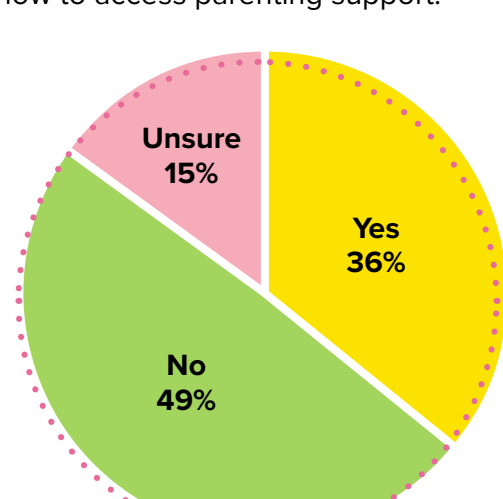


6. Some felt they had nowhere to go for advice and support

## The key findings from the online survey are highlighted below:

### Do you know how to access parenting support?

Only **36%** of parents said that they knew how to access parenting support.



### Only 25% of parents said that they had accessed parenting support

This was for:

- Parenting courses and advocacy
- Mental health support for teenagers
- Help with bullying.
- Support with ALN needs.
- Advice on behaviour management for toddlers.

**67%** of parents said that they expected **Welsh Government** to provide parenting information and support

### How often do you practice 'positive parenting' with your child/children on a scale of 1-5?

(1 = Not at all and 5 = A lot)

**83%**

of parents felt they practiced positive parenting 'quite often' or 'a lot'.

Average Score = **4.18**

## Parents wanted Welsh Government to provide information, support and help with seven areas:

### Information on parenting

- Behaviour management
- Childcare • Potty training
- Weaning • Sleep

### Access to parenting/family services

- Positive parenting classes • Playgroups
- Drop-ins • Social activities • Self-referral for early intervention and parenting services
- Support for new parents

### Universal Help

- Centralised support for all areas of the parenting journey • A gateway service to direct you • Universal support for everything related to children and family (housing, benefits, childcare, health, etc)

### Health and Wellbeing

- Support with emotional wellbeing
- Better access to health services, in particular mental health services

### Support/Advocacy for families/parents

- Extra support for parents facing additional challenges and difficulties (e.g. those with children with additional needs or experiencing financial hardship) • Additional practical support • Access to advocacy services

### Childcare

- Access to a childcare system for full-time working parents • Wrap around care • Help with childcare costs

### Financial Support/Funding

- Information on entitlements and financial support, especially for low-income families • Third sector parent support • Funded outdoor activities for families