



# Kindred Place

home of the Universal Parenting Place



## Parent Survey 2021

# Introduction

Dear Friends,

Early in 2021 Kindred Place was selected to carry forward Memphis's innovative and ground-breaking Universal Parenting Place model. We have always been passionate about parents and families, but adding the UPP approach at this particular time – after more than a year of pandemic-related challenge – is especially meaningful.

To guide the work ahead, we wanted to hear from parents and families about current needs and challenges both in general and specific to the pandemic-related transitions, changes, and hardship. We launched a survey, concurrent with the start of the new school year, asking parents to share their perspectives, experiences, wants, and needs.

We are grateful to have received a level of response that ensures a high degree of statistical accuracy and at the same time reveals the insights from every individual perspective. Special thanks to our friend and colleague Hal Fogelman of Research Dynamics for administering the survey, analyzing the responses, and illuminating the themes and stories that emerged.

Parenting is too often unseen work, relegated to private, home domains. That invisibility makes it easy for us to take parenting for granted. If there is a silver lining from the past 18 months, it might be that parenting realities are now visible. If we truly want to recover from the pandemic and to bounce back as a prosperous and growing community, then we must acknowledge parenting as essential work and support parents in every possible way.

When parents thrive, children thrive. When children thrive, the future gets brighter – for everyone. As you read through the survey results, I hope you will be inspired to help make that bright future possible.

Very truly yours,

A handwritten signature in blue ink that reads "Jennifer Balink". The signature is fluid and cursive, with a long horizontal stroke at the end.

Jennifer Balink  
Executive Director, Kindred Place

# Understanding the Survey

Kindred Place's Parent Survey was a marketing research study performed by Research Dynamics, Inc., between August 20, 2021 and September 13, 2021.

## Methodology

Surveys were distributed to Mid-South parents through various channels beginning on August 20, 2021. A total of 142 surveys were received by the cutoff date of September 13, 2021.

Due to the fact that some respondents did not answer every survey question, the results for each survey question are based on the number of respondents who gave a specific answer to the question (shown above each table).

### Margin of Error

The margin of error for results based on the total sample of 142 respondents is +/- 8 points. This means that if all Mid-South parents had completed this survey, in 95 out of 100 cases the results would differ by no more than 8 points in either direction from the results of the 142 respondents who completed this survey.

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# Background Facts

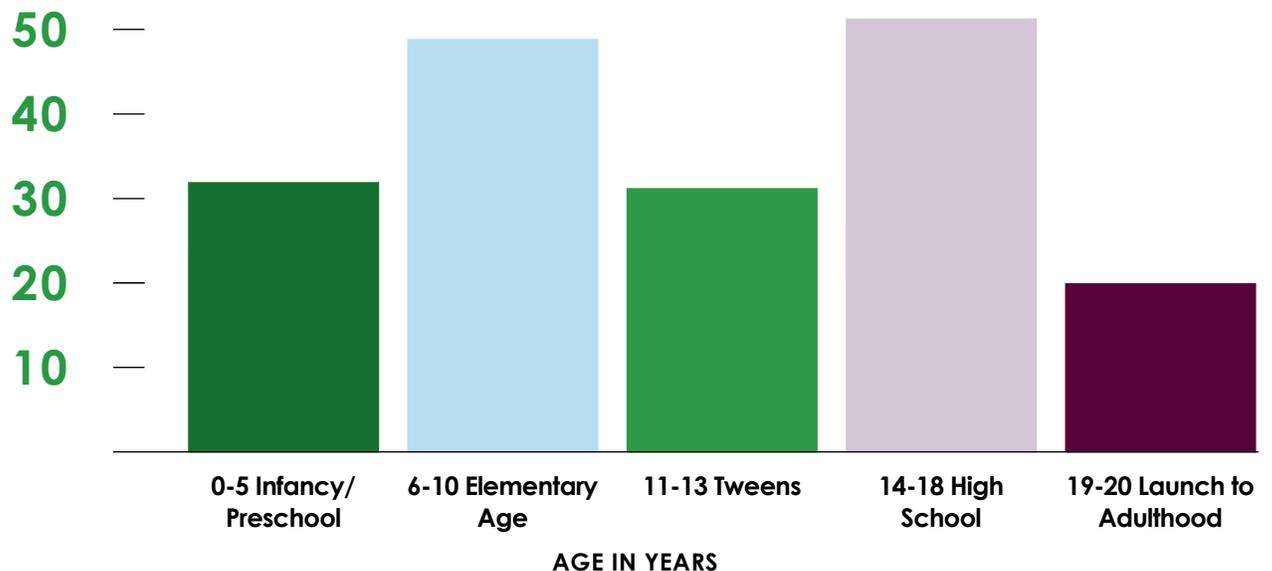
## Number of Children Survey Respondents Have

141 Responses



## Ages of Survey Respondents' Children

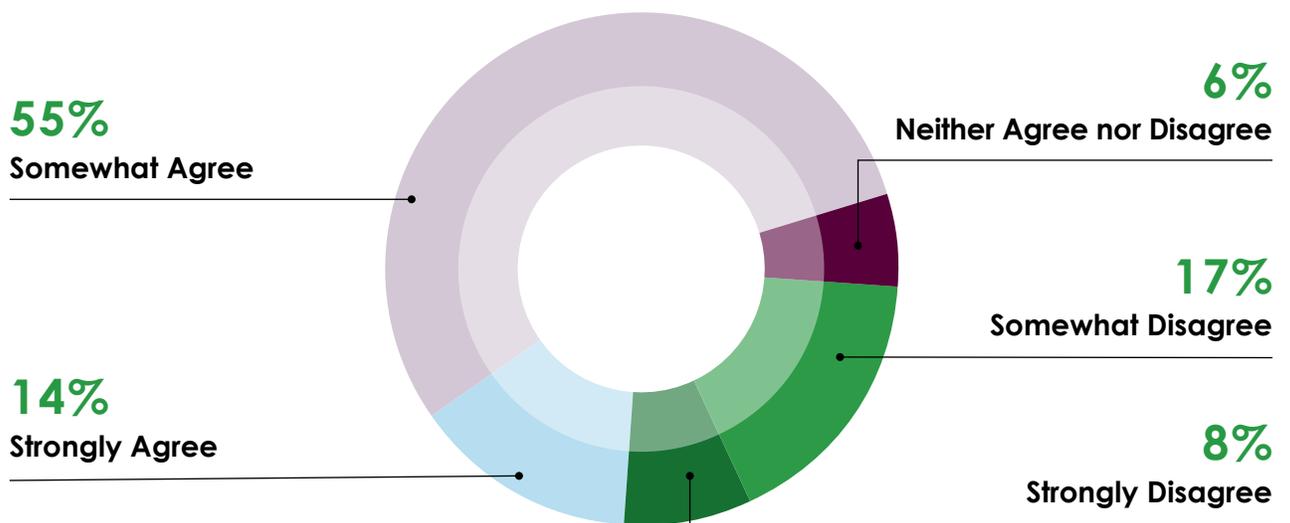
140 Responses | More Than One Response Allowed



# Parents' Self-Assessment

## Parents' Ability to Meet their Child's Social and Emotional Needs

To what level would you agree with the following statement: "I am able to meet my child's/children's social and emotional needs on my own"?



## Parents' Ability to Meet their Child's Learning Needs

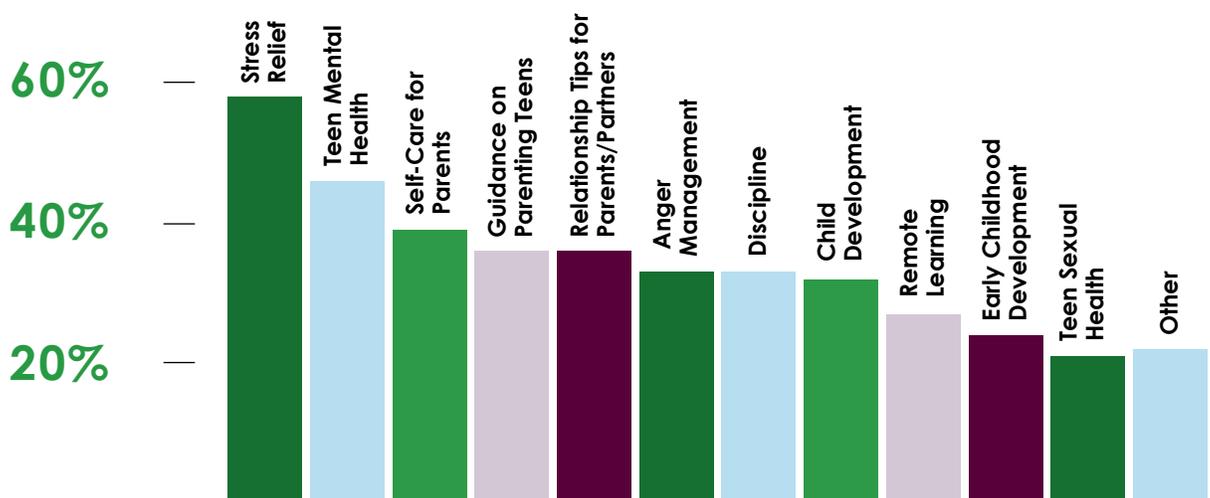
To what level would you agree with the following statement: "I am able to meet my child's/children's learning needs on my own"?



# Parent Support and Education

## Topics Parents Want to Learn More About

110 Responses | More Than One Response Allowed



### In Their Own Words...

I'd love to learn more about **gentle parenting discipline techniques** for young toddlers or kids who are not fully speaking. I'd like to know more about how to better support my kids through **stress, frustration, and being shy** in public spaces. They are not around a lot of people these days, they get bored quicker and frustrated quicker and they don't know how to socialize in larger groups of people.

**Discussing** COVID, current politics, BLM, divorce, and returning to school in person at an age appropriate level with my child.

**Mental health** including anxiety and depression.

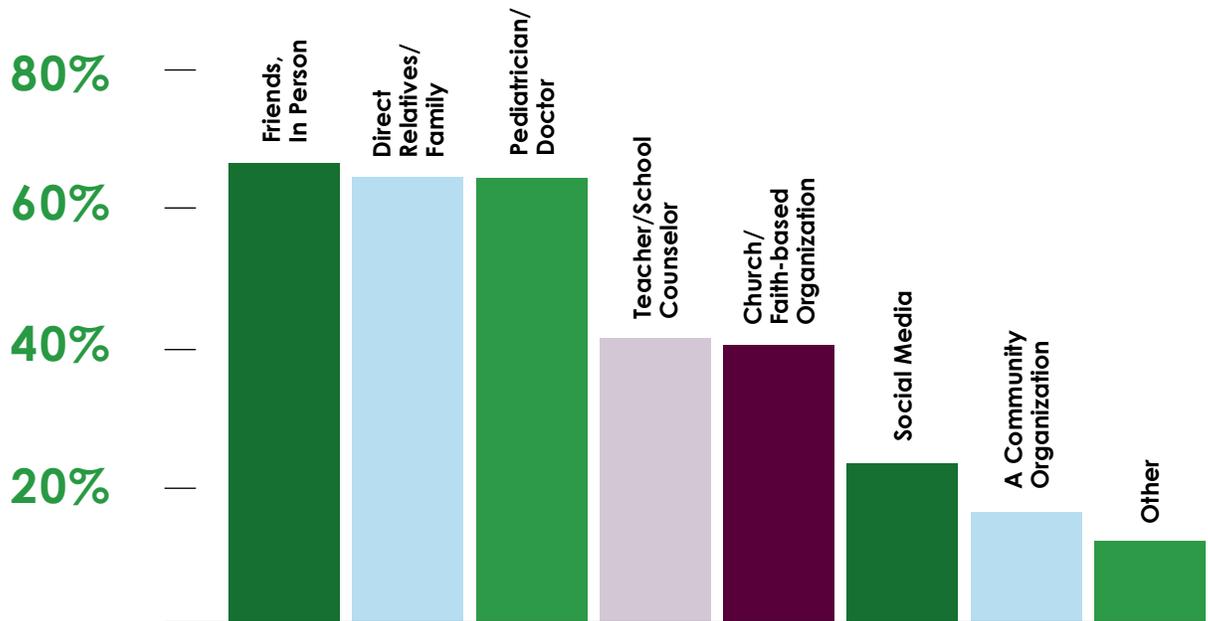
**Parenting transgender teens.**



## Where Parents Turn for Support

When you seek advice, information, or general parenting support, to which of the following do you most often turn?

114 Responses | More Than One Response Allowed

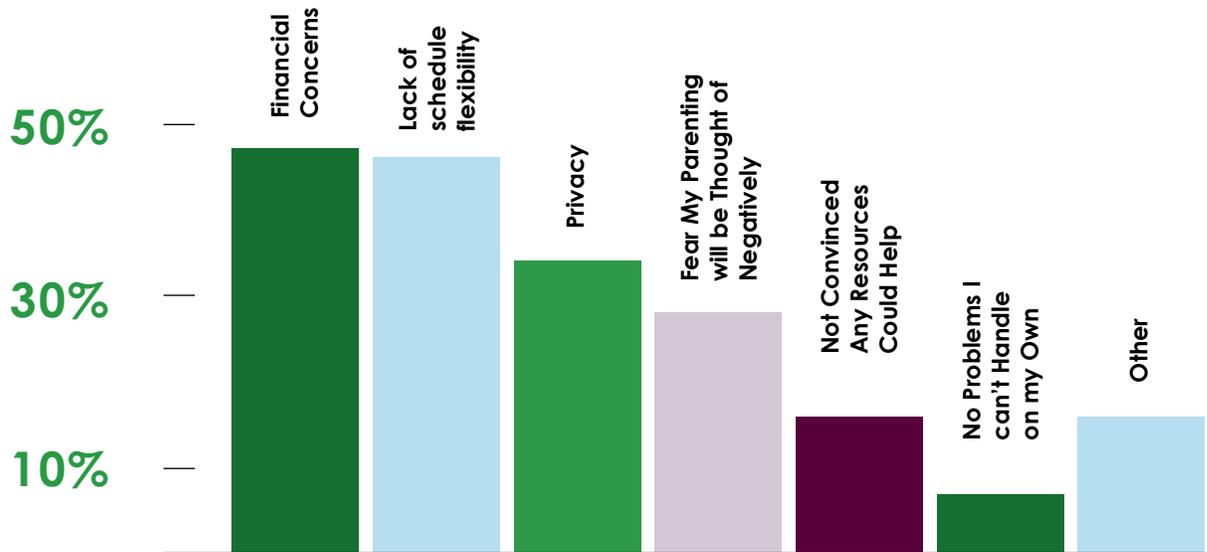


The largest proportion of respondents, at 66%, sought the advice of friends for parenting support -- even more so than their families.

## What Would Keep Parents from Seeking Help

If you had an issue with your child or partner that was really difficult to handle on your own, what would keep you from seeking outside help?

101 Responses | More Than One Response Allowed



Only 7% of respondents indicated there were no problems they could not handle on their own.



### In Their Own Words...

My adult male children's **feelings of shame for seeking support.**

**Not sure what services are available.** If you don't know what to look for, it can be confusing and you may not know it's a common problem. You could think it's just you.

**Stress of all the unknowns** and making good decisions.

**Access.** Getting in with therapists is difficult.



# Understanding the Survey



## In Their Own Words...

### **The Need for Support**

Parents really need support, especially during the pandemic. My husband and I almost lost it while trying to juggle care for our son and work. Our relationship suffered. We are on the up and up now that he's in daycare but things were really rough for a while. Isolation wasn't helping. We have very few familial resources, as well. My mom and granny have both passed away. My husband's parents still work. So it's hard. But we just keep pushing.

### **Resting Easy**

Talk about sleep. So many of us struggle with kids sleeping well and on their own and most books, etc. only talk about babies.

### **A Brave New World**

How to go back to the new world with school starting up. How to work through anxiety and tantrums related to going back to the new world after being on lock down for so long.

### **Help for Complex Co-parenting Issues**

I need parenting support back. I am struggling a lot without it. It is a unique niche. My therapist can only help so much, as she referred me back to UPP. My child's therapist does the same with my complex co-parenting issues and concerns with my daughter.

### **A Bright Side of the Pandemic**

I think privacy is a huge issue, however, the one upside of COVID is that people are more open and more willing to seek support than I've seen before.

### **Real-world Co-parenting Tips**

Helping co-parent thru divorce outside of Saturday classes.





Kindred Place

peace begins here

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