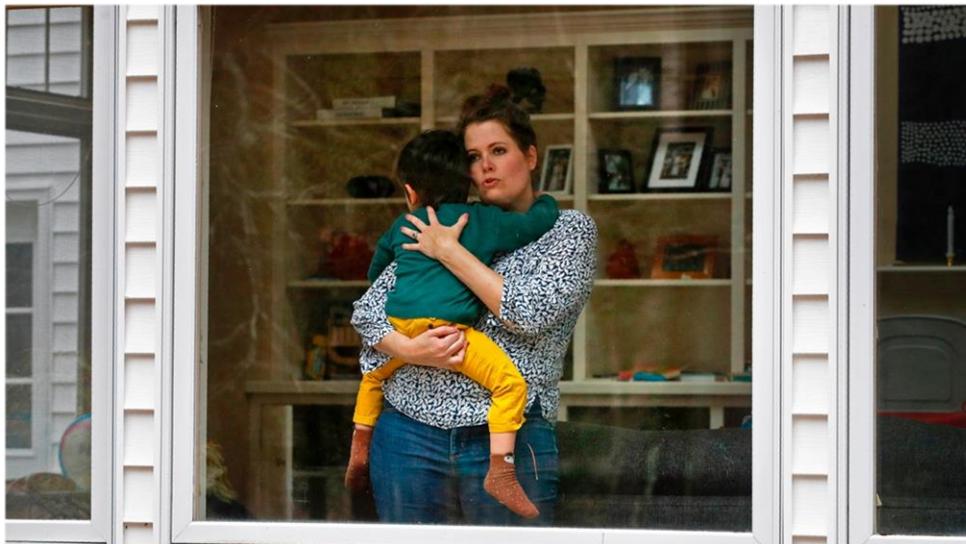




***Impact of COVID-19 Shelter-in-Place Order  
on Parents & Parenting***

**Summary of Survey Results**

May 1, 2020



Between April 8 and April 24, 2020, First 5 Sonoma County conducted a countywide survey seeking to understand the challenges and needs of parents sheltering in place with their young children, in compliance with state and local orders to prevent the spread



of coronavirus. The intention was to capture a data-driven picture of the impact, beyond the anecdotal, to inform the priorities of the First 5 Sonoma Commission and our partners as we respond to the pandemic.

The brief survey was accessible via a Survey Monkey link on the First 5 Sonoma County website, April electronic newsletter and social media platforms and shared by multiple partner agencies with their constituencies. Available in both English and Spanish, the survey was anonymous with the option to share personal contact information.

**TOTAL RESPONSES = 283**

Primary language English = 182

Primary language Spanish = 101

**AGES OF CHILDREN**

Pregnant or parenting an infant = 4%

Child(ren) under 5 years old = 58%

Multiple children in the household = 78%

The survey captured basic demographics, including the geographic location of respondents, living situation, household size, age of respondent, and ages of children. Responses from participants who reported living out of Sonoma County were excluded. The sample of responses received is demographically representative of parents of Sonoma County. However, an important limitation of the online survey is that it did not capture the needs of families that who do not have access to the internet at home.

In addition, the survey collected information on household employment status, need for parenting support, resource needs for parents and children, and sense of safety at home.

**LIVING SITUATION**

Own my own home	39%
Rent, and I am not on the lease or rental agreement	12%
Rent, and I am on the lease or rental agreement	43%
Staying with family or friends	3%
(blank)	2%

**GEOGRAPHIC LOCATION**

**English-speaking parents**

Central (Santa Rosa, Roseland, Larkfield)	39%
Eastern (Glen Ellen, Kenwood, Valley of the Moon, Sonoma)	20%
Northern (Windsor, Healdsburg, Cloverdale)	8%
Southern (Rohnert Park, Cotati, Petaluma)	23%
Western (Sebastopol, River area, Coastal area)	10%

**Spanish-speaking parents**

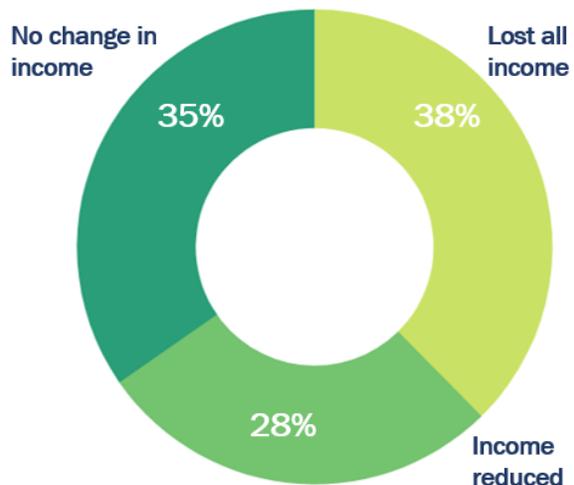
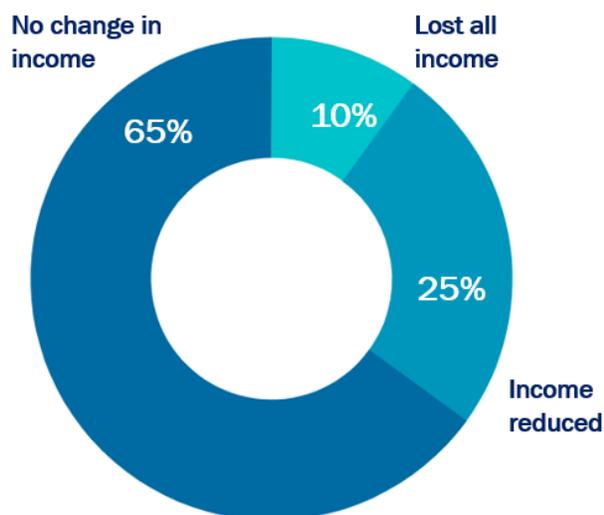
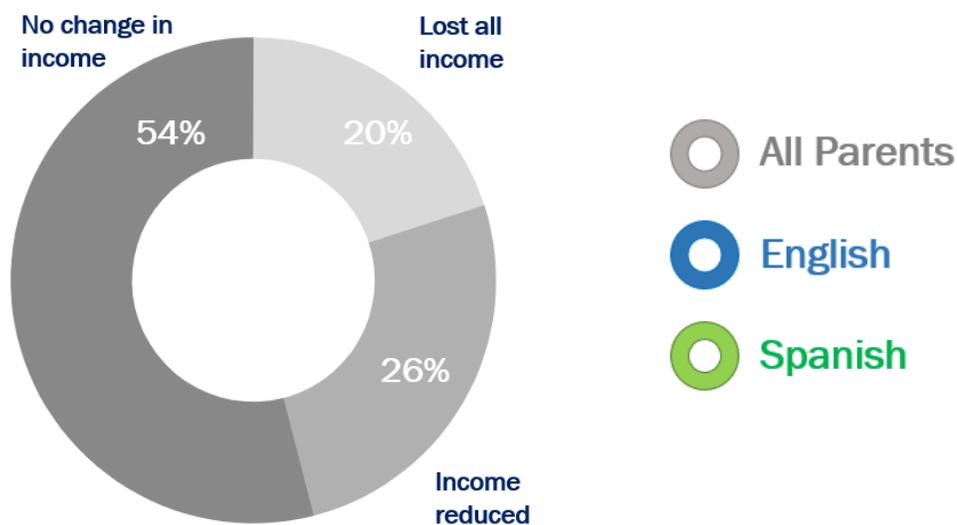
Central (Santa Rosa, Roseland, Larkfield)	64%
Eastern (Glen Ellen, Kenwood, Valley of the Moon, Sonoma)	9%
Northern (Windsor, Healdsburg, Cloverdale)	14%
Southern (Rohnert Park, Cotati, Petaluma)	6%
Western (Sebastopol, River area, Coastal area)	7%



## COVID-19 IMPACT ON INCOME

With regard to economic impact at the time the survey data was collected, 46% of households had at least one parent who had either lost or reduced income as a result of COVID-19. However, when evaluating the impact on household income based on the language of the respondent, the percentage of Spanish-speaking households with lost or reduced income is significantly higher than English-speaking households.

- 66% of Spanish-speaking households had lost wages or reduced income
- 35% of English-speaking households had lost wages or reduced income



## **EMPLOYMENT STATUS**

I am temporarily working from home	<b>28%</b>
I continue to work outside the home	<b>11%</b>
I was already working from home	<b>2%</b>
I was laid off as a result of the shelter-in-place order	<b>5%</b>
I was not employed before shelter-in-place, currently unemployed	<b>26%</b>
I was temporarily laid off as a result of the shelter-in-place order	<b>19%</b>
My income/hours were reduced	<b>6%</b>
I receive paid Family Leave	<b>1%</b>
I am retired	<b>1%</b>
Other	<b>&lt;1%</b>

### **English-speaking parents**

I am temporarily working from home	<b>42%</b>
I continue to work outside the home	<b>11%</b>
I was already working from home	<b>3%</b>
I was laid off as a result of the shelter-in-place order	<b>6%</b>
I was not employed before shelter-in-place, currently unemployed	<b>15%</b>
I was temporarily laid off as a result of the shelter-in-place order	<b>14%</b>
My income/hours were reduced	<b>5%</b>
I receive paid Family Leave	<b>1%</b>
I am retired	<b>2%</b>
Other	<b>1%</b>

### **Spanish-speaking parents**

I am temporarily working from home	<b>3%</b>
I continue to work outside the home	<b>11%</b>
I was laid off as a result of the shelter-in-place order	<b>3%</b>
I was not employed before shelter-in-place, currently unemployed	<b>46%</b>
I was temporarily laid off as a result of the shelter-in-place order	<b>30%</b>
My income/hours were reduced	<b>6%</b>
Paid Family Leave	<b>2%</b>

## **EMPLOYMENT STATUS OF PARTNER**

I do not live with a partner	<b>13%</b>
My partner's income/hours were reduced	<b>5%</b>
My partner is still working outside the home	<b>34%</b>
My partner is temporarily laid off as a result-of-the shelter in place order, but expects to return to work when the order ends	<b>19%</b>
My partner is temporarily working from home	<b>17%</b>
My partner was already working from home	<b>2%</b>
My partner was laid off as a result of the shelter-in-place order	<b>4%</b>
My partner was not employed before shelter-in-place	<b>5%</b>
My partner is retired	<b>1%</b>

### **English-speaking parents**

I do not live with a partner	<b>16%</b>
My partner's income/hours were reduced	<b>3%</b>
My partner is still working outside the home	<b>31%</b>
My partner is temporarily laid off as a result of the shelter-in-place order, but expects to return to work when the order ends	<b>12%</b>
My partner is temporarily working from home	<b>26%</b>
My partner was already working from home	<b>2%</b>
My partner was laid off as a result of the shelter-in-place order	<b>5%</b>
My partner was not employed before shelter-in-place	<b>2%</b>
My partner is retired	<b>1%</b>

### **Spanish-speaking parents**

I do not live with a partner	<b>8%</b>
My partner's income/hours were reduced	<b>9%</b>
My partner is still working outside the home	<b>39%</b>
My partner is temporarily laid off as a result of the shelter-in-place order, but expects to return to work when the order ends	<b>33%</b>
My partner is temporarily working from home	<b>1%</b>
My partner was already working from home	<b>1%</b>
My partner was laid off as a result of the shelter-in-place order	<b>1%</b>
My partner was not employed before shelter-in place	<b>9%</b>

## SUPPORT FOR PARENTING

Approximately 59% of the survey participants reported needing more support as parents. Of parents who reported having **NO** support, approximately half of the parents were in one of three groups for employment status: a) *respondents* who are not employed and were not employed before shelter-in-place, with *partners* who continue to work outside the home; b) *respondents* who are temporarily laid off, with *partners* who are temporarily laid off; and c) *respondents* who are temporarily working from home, with no *partner* in the home.

Participants from group A reported no change in employment status, while those from groups B and C have experienced changes in employment status; Group B with both parents temporarily laid off, and Group C as single parents now working from home. Although there was no change in employment status in group A, there was a consistent theme across all groups of parents: more than half of all parents reported needing “more support”, regardless of household situation. This consistent theme is attributed to children at home during work hours, requiring care and direction with remote learning.

### On a scale of 1 to 5, how supported do you feel as a parent during the shelter-in-place order?

1	I have no support as a parent	12%
2		7%
3	I have some support but still need more	40%
4		16%
5	I have all the support I need as a parent	24%

#### English-speaking parents

1	I have no support as a parent	8%
2		10%
3	I have some support but still need more	44%
4		19%
5	I have all the support I need as a parent	19%

#### Spanish-speaking parents

1	I have no support as a parent	20%
2		1%
3	I have some support but still need more	34%
4		11%
5	I have all the support I need as a parent	35%

## SUPPORT FOR PARENTING

When experiencing stress, parents overwhelmingly reported that they are reaching out to a combination of immediate family, spouse/partner, and friends. Most parents are using phone calls, texts, Zoom and/or FaceTime. The majority of parents reported contacting multiple people, utilizing more than one form of electronic communication.

### **Under the current shelter-in-place order, how and who do you reach out for support when you are stressed? (check all that apply)**

How - Phone call	<b>61%</b>
How - Zoom or Facetime	<b>42%</b>
How - Text	<b>55%</b>
How - In person	<b>20%</b>
Who - Mom, sibling, cousin, other family member	<b>66%</b>
Who - Spouse or partner	<b>58%</b>
Who - Friend	<b>45%</b>
Who - Therapist/counselor	<b>8%</b>



**NEEDS – FAMILIES & ADULTS**

The survey invited open-ended responses about needs for parents themselves and their needs more specifically related to their children. Thirty-one percent of all respondents identified money as a need. Of those, over 70% provided a specific description of the financial need. Typical narrative responses included “money for food,” “money for rent,” or “financial help since my hours are drastically reduced”. Almost half of the responses including the need for parenting support, (47%) referenced parents’ own mental health connected to their role as parents. Some statements included “parenting support - time and place for myself,” “stress relief, parenting support,” and “mental health/counseling for parenting support”.

**Please describe the resources or support you need most for yourself during shelter-in-place. (examples: parenting support, breastfeeding, food, money, legal help, mental health/counseling, transportation, WIFI hotspot, online classes, other supplies, etc.)**

	Combined	English	Spanish
<b>Money</b>	<b>31%</b>	<b>51%</b>	<b>19%</b>
<b>Parenting support</b>	<b>16%</b>	<b>21%</b>	<b>8%</b>
<b>Food</b>	<b>20%</b>	<b>14%</b>	<b>32%</b>
<b>Mental health/counseling</b>	<b>12%</b>	<b>17%</b>	<b>2%</b>



## CHILDREN'S NEEDS



Parent responses for resources or support needed for their children varied greatly between English-speaking parents and Spanish-speaking parents.

English-speaking parents most frequently identified “activities” for their children (online, outdoor, educational, etc.) as a need. In contrast, Spanish-speaking parents identified basic needs as the highest priority for their

children, with diapers and food at a combined rate of 74%. The difference in the identification of needs is aligned with the disparity in employment status and impact on household income of each group.

**Please describe the resources or support you need most for your children during shelter-in-place. (example: childcare, food, diapers, formula, online activities)**

	Combined	English	Spanish
<b>Activities</b>	<b>31%</b>	<b>29%</b>	<b>7%</b>
<b>Diapers</b>	<b>16%</b>	<b>9%</b>	<b>29%</b>
<b>Food</b>	<b>22%</b>	<b>15%</b>	<b>34%</b>
<b>Childcare</b>	<b>11%</b>	<b>15%</b>	<b>2%</b>
<b>Homeschool support</b>	<b>6%</b>	<b>9%</b>	<b>0%</b>
<b>Socialization</b>	<b>3%</b>	<b>5%</b>	<b>0%</b>

### Needs for My Children (Spanish-speaking Parents)



### Needs for My Children (English-speaking Parents)



## SAFETY ISSUES

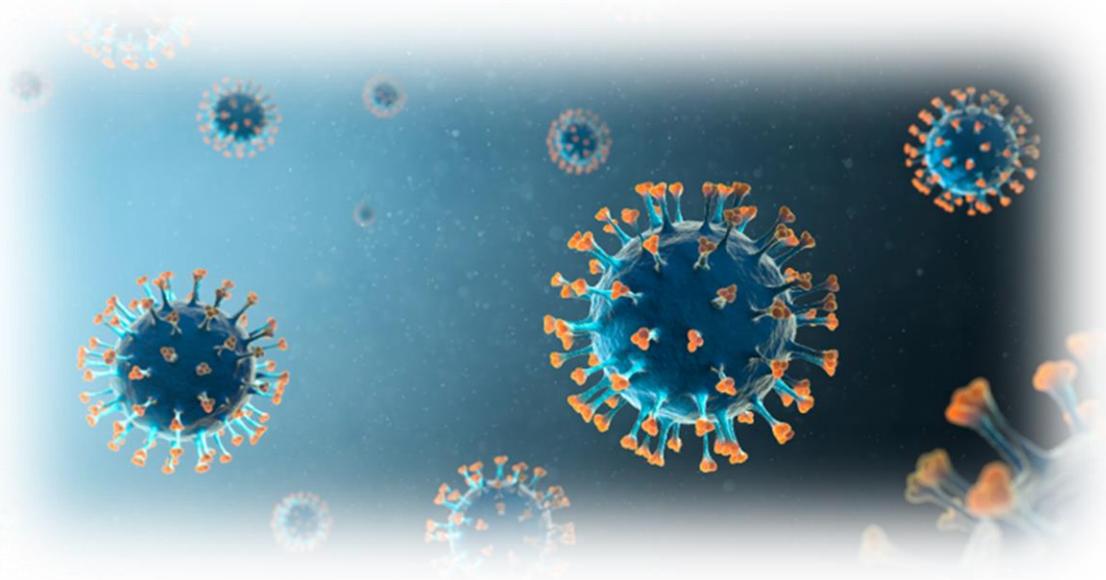
The survey asked parents to respond to a question about how safe they feel at home, intended to gauge concerns around intimate partner violence. Resources and hotline numbers for child abuse protection and domestic violence were provided at the beginning



of the survey. The majority of parents indicated they feel safe at home, although a concerning 6% indicated “SOMETIMES”. Some respondents commented that their fear was related to the spread of coronavirus.

### Do you feel safe at home during shelter-in-place?

No	<1%
Prefer not to answer	1%
Sometimes	6%
Yes	93%



## CONCLUSION

This survey conducted by First 5 Sonoma County captures a snapshot of how parents are doing during a “moment in time”, after less than one month into the shelter-in-place order in Sonoma County. Results serve to substantiate on a local level what many organizations and stakeholders already understand on an anecdotal basis and help to inform priorities for investment of funds, staff time and programming.

- Basic needs (cash for rent and utilities, diapers, food) are of great concern across the board, but significantly greater for Spanish-speaking parents.
- The need for mental health or counseling support, particularly related to the stressors of parenting, is nearly universal for parents sheltering in place. This is particularly acute for pregnant and new parents.
- New parents lack support around breastfeeding.
- Parents who are now working at home with their children out of school and child care lack the support they need to parent and teach their children while they shelter-in-place.

