

MEDIA RELEASE

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Survey of Victorian parents confirms most children are getting enough sleep, but for some, their children's sleep habits are a problem

What parents do every day is critical to their children's development and their current and future wellbeing. Because of this, it's important to understand how Victorian parents are faring and, the policies and services that could assist them in their parenting role.

Results of the 2019 *Parenting Today in Victoria* survey highlights areas where Victorian parents are feeling confident, and areas where they could benefit from additional support. Conducted by the Parenting Research Centre with funding from the Victorian Government, the survey included the views and experiences of a representative sample of 2,600 Victorian parents and carers of children aged from birth to 18 years.

The survey is undertaken every 3 years and commenced in 2016. Repeating the survey at regular intervals provides an opportunity to measure changes in parents' experiences to ensure that parenting policy and programs can reflect the contemporary experiences of Victorian families. Another survey is planned for early 2022 and will shine a light on what's changed for parents following the COVID-19 pandemic

Parenting Research Centre CEO Warren Cann commented:

'Children thrive when their parents are supported, and parents are sharing with us key areas where they would benefit from more support', The *Parenting Today in Victoria* survey paints a picture of how Victoria's parents think and feel about parenting and their relationships with their children."

In a signal towards areas that might need greater attention from policy makers, parents continue to report that their children's sleep habits are a problem. Child sleep problems are common for a quarter of parents of very young children and one in five parents of adolescents. Parents of children of all ages could benefit from clear information and additional support for managing their children's sleep – and these support needs are likely to be heightened by the impacts of COVID-19.

Victorian Minister for Child Protection, Disability, Ageing and Carers Luke Donnellan spoke about the value of the survey, saying:

"We understand the important role parents play in supporting their children's wellbeing and development and also, the additional challenges that many parents are currently experiencing due to the COVID-19 pandemic.

The Victorian Government is committed to providing evidence-based services and supports to all families and critical to this is a thorough understanding of parents concerns and challenges.

Through the *Parenting Today in Victoria* survey, the Parenting Research Centre is helping us ensure that all children and families have the support they need to have a great life."



For more information about results from the survey regarding children's sleep visit www.parentingrc.org.au/publications/parenting-today-in-victoria , and further results from the survey will be released over the coming months.'

ENDS

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About the Parenting Research Centre

The Parenting Research Centre helps children thrive by driving new and better ways to support families in their parenting. We help governments and community organisations in the fields of health, education and welfare put the best evidence on parenting support into action through research and evaluation, knowledge translation and exchange, practice design and implementation projects.

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