

# Strengths of our families

Summary of findings from the 2013 Halton Youth Parent Survey

The Halton Youth Parent Survey (HYPS), developed and coordinated by OKN, focuses on parenting issues. All parents of Grade 7 and Grade 10 students in the Halton District School Board and the Halton Catholic District School Board were invited to participate. We heard from over 1700 parents in Halton. Details of who participated in the survey can be found in the detailed report at www.ourkidsnetwork.ca/professionals. Topics include parenting challenges and parenting supports. The survey also measures five categories of Family Assets®.

### Nurturing **RELATIONSHIPS**

Positive communication
Affection
Emotional openness
Support for sparks

### Establishing ROUTINES

Family meals
Shared activities
Meaningful
traditions
Dependability

### Maintaining **EXPECTATIONS**

Openness about tough topics
Fair rules
Clear expectations
Contributions to family

## Adapting to **CHALLENGES**

Management of daily contributions Adaptability Problem solving Democratic decision making

## Connecting to COMMUNITY

Neighborhood cohesion Relationships with others Enriching activities Supportive resources

# 82% 80% 71% 53% Include child in problem solving.

Data source: KPS 2012

The majority of parents surveyed face challenges during a child's adolescent period.

Kindergarten Grade 7 Grade 10

Percentage of parents who reported eating family meals most days; including their child in problem solving; and having support with parenting, by grade of student

Fathers in our survey reported fewer parenting supports than mothers

 Fathers report having fewer people they can turn to for support with parenting than mothers

■ Fathers consistently scored 5 to 10% lower on parenting questions and were more likely to answer "don't know" compared to mothers

Small group with other parents 46%

hotline 29%

Attend small workshop or event 54%

Face to face discussions with professionals

69°

The Internet

Reading Books

83%

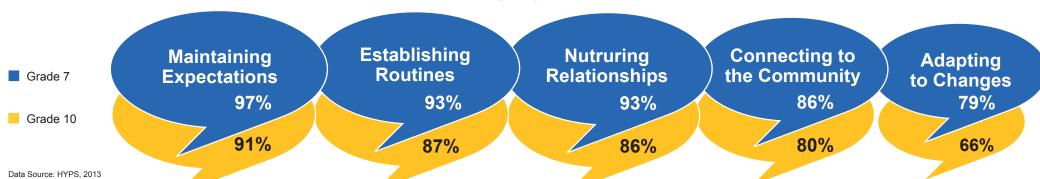
Most parents surveyed want to learn more about parenting through multiple approaches

Data Source: HYPS, 2013

### Family Assets

The Family Assets were developed by the Search Institute® using comprehensive research and building on the Developmental Assets that relate to youth. In good times and challenging times, the assets are the everyday interactions, values, skills and relationships families can focus on to help them thrive. Children, teens, parents, and other family members all play a part.

What are parents in Halton saying? The majority of parents surveyed had very high levels of Family Assets



In Halton, Family Asset levels decreased from Grade 7 to Grade 10 as children transition into secondary school. "Adapting to Challenges" saw the largest decrease, with 79% of Grade 7 parents demonstrated that asset, compared to 66% of Grade 10 parents.

