



HEALTH
DEPARTMENT



Parenting in Durham Survey Results



Background

About the survey

- The goal of the Parenting in Durham Survey was to obtain feedback from Durham Region parents and caregivers of children ages 3-6 years to understand the challenges parents encounter and the programs, services and health information resources necessary to foster their children's healthy growth and development.
- The survey was available in English, French, Tamil and Urdu.
- This report summarizes responses to the survey, collected between September 29 and December 19, 2025.

About the survey participants

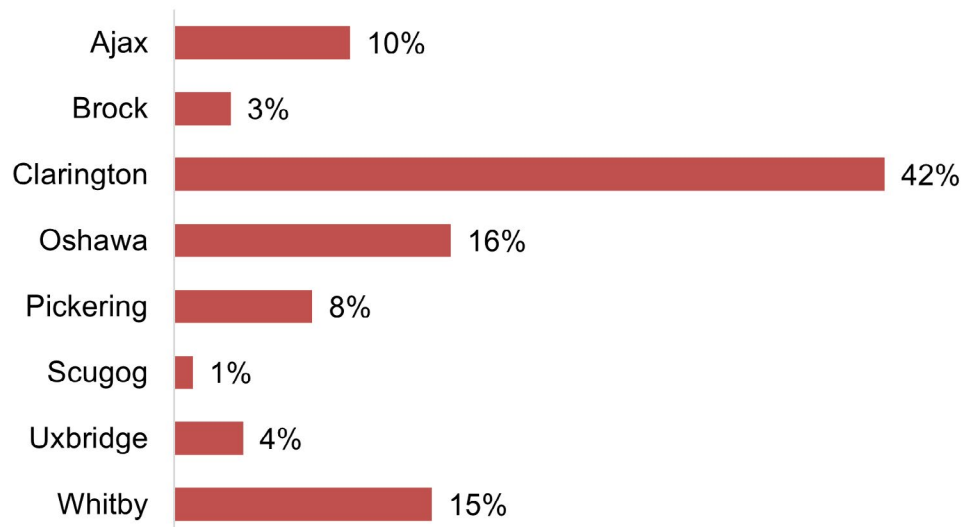
- Participants were required to live in Durham Region and be a parent or caregiver of a child aged 3 to 6 years.
- There were 543 completed surveys: 522 (96%) in English, 18 (3%) in French, 3 (1%) in Tamil and none in Urdu.
- The majority of respondents were women (84%).

Highlights

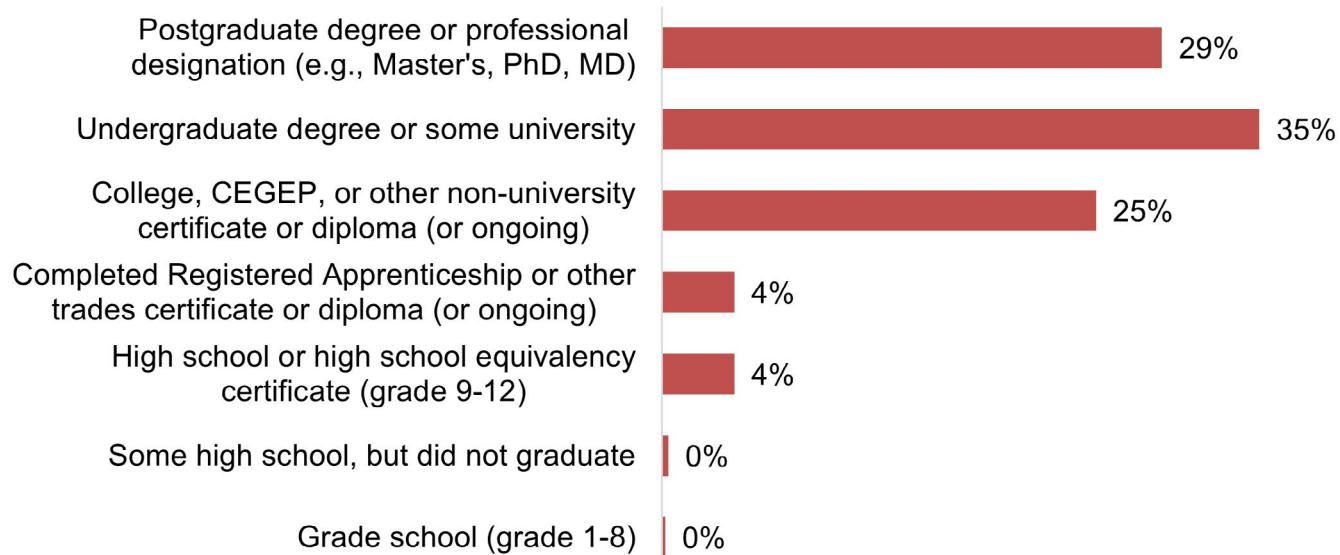
- When respondents had parenting challenges, the most common parenting supports used were friends or other parents who share their experiences (72%), and family members or relatives (70%).
- The top three challenges faced by respondents when looking for information, programs, and resources were not having enough time due to work or other responsibilities (46%), being unsure of where to find reliable information (40%), and programs and services not affordable for them (24%).
- The supports respondents found most helpful for their child's growth, development and well-being were information on how to find recreational activities or sports programs (49%), and easy-to-understand information on child development (43%).
- The most common sources of stress reported by parents and caregivers was balancing work, parenting and other duties (83%), keeping up with housework and daily tasks (69%), and not having enough time for themselves (64%).
- The most common areas where respondents reported needing support were managing tantrums, stress, and challenging behaviours; mental health and emotional well-being; and parenting, with approximately 70%–80% reporting needing "some," "quite a bit," or "a lot" of support.



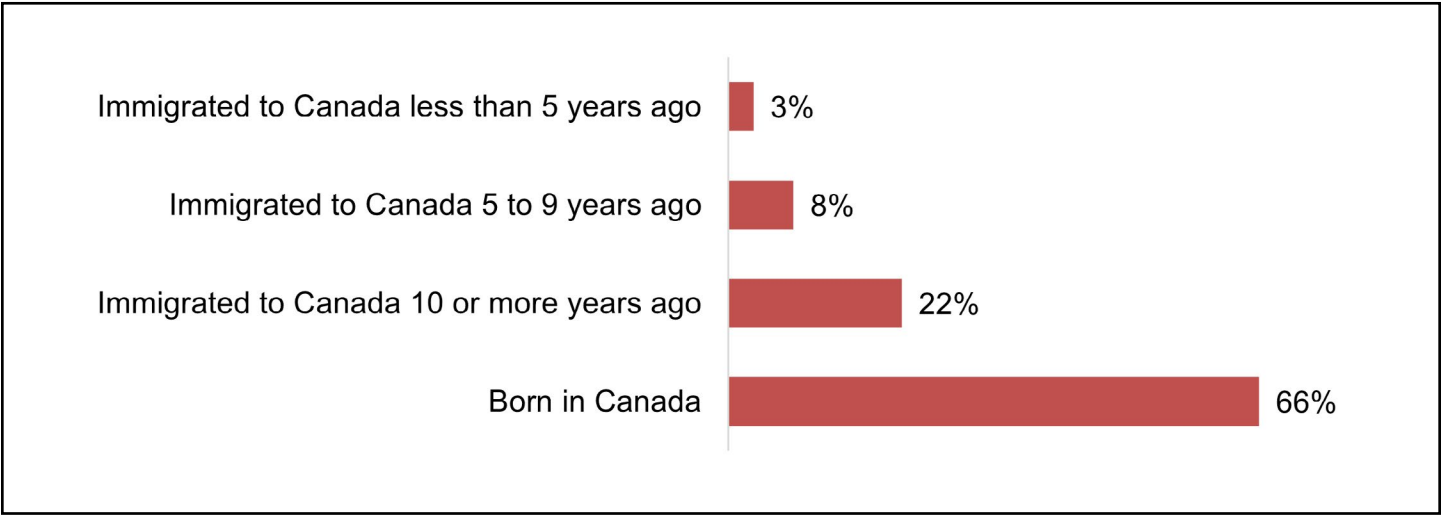
Municipality: Over a third of the participants were from Clarington.



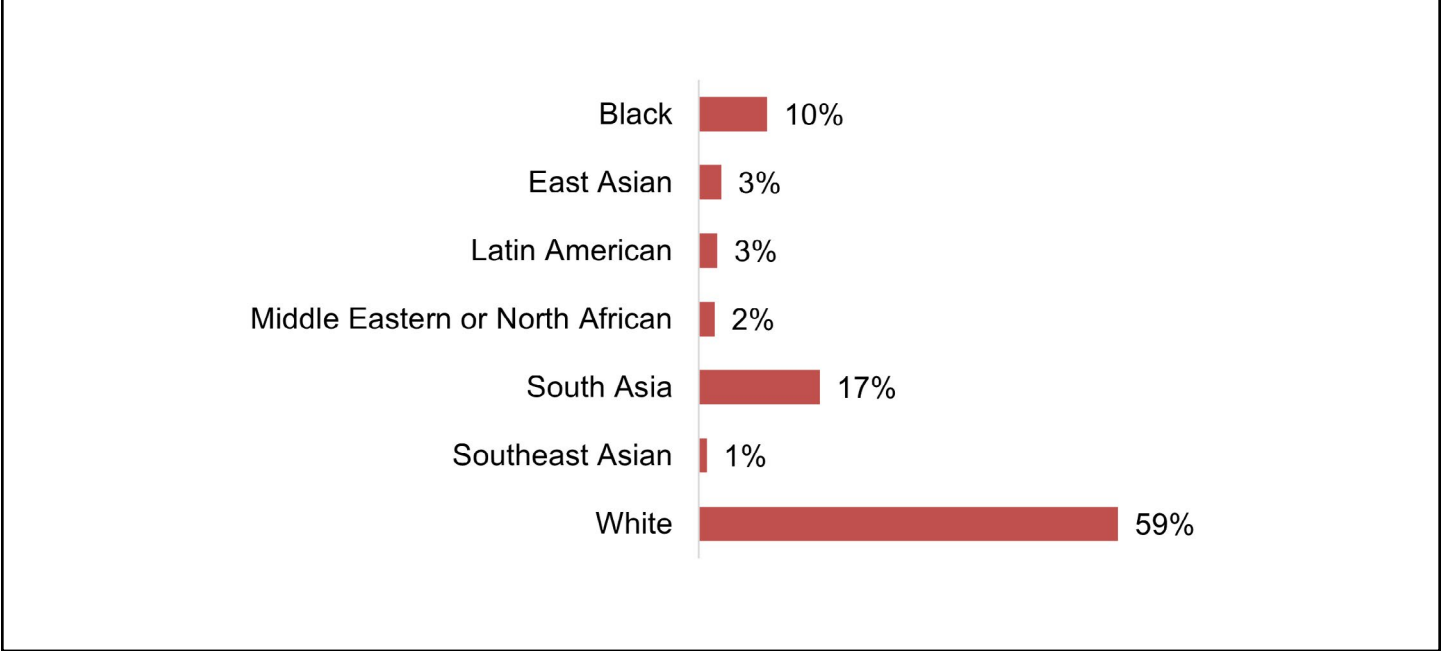
Education: The majority of participants had college, undergraduate or postgraduate education (90%).



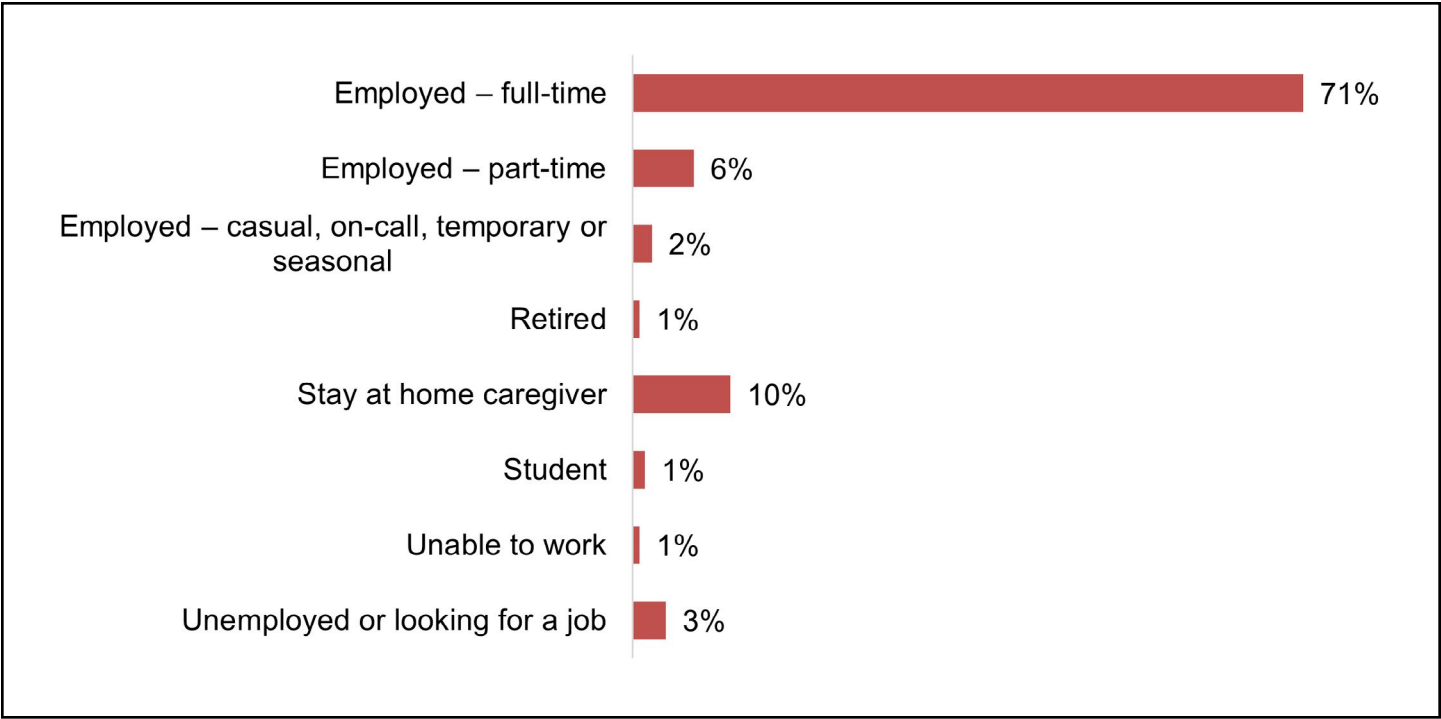
Born in Canada: The majority of participants were born in Canada or had immigrated to Canada 10 or more years ago (88%).



Race Category: The most common race category of participants was White (59%) followed by South Asian (17%) and Black (10%).



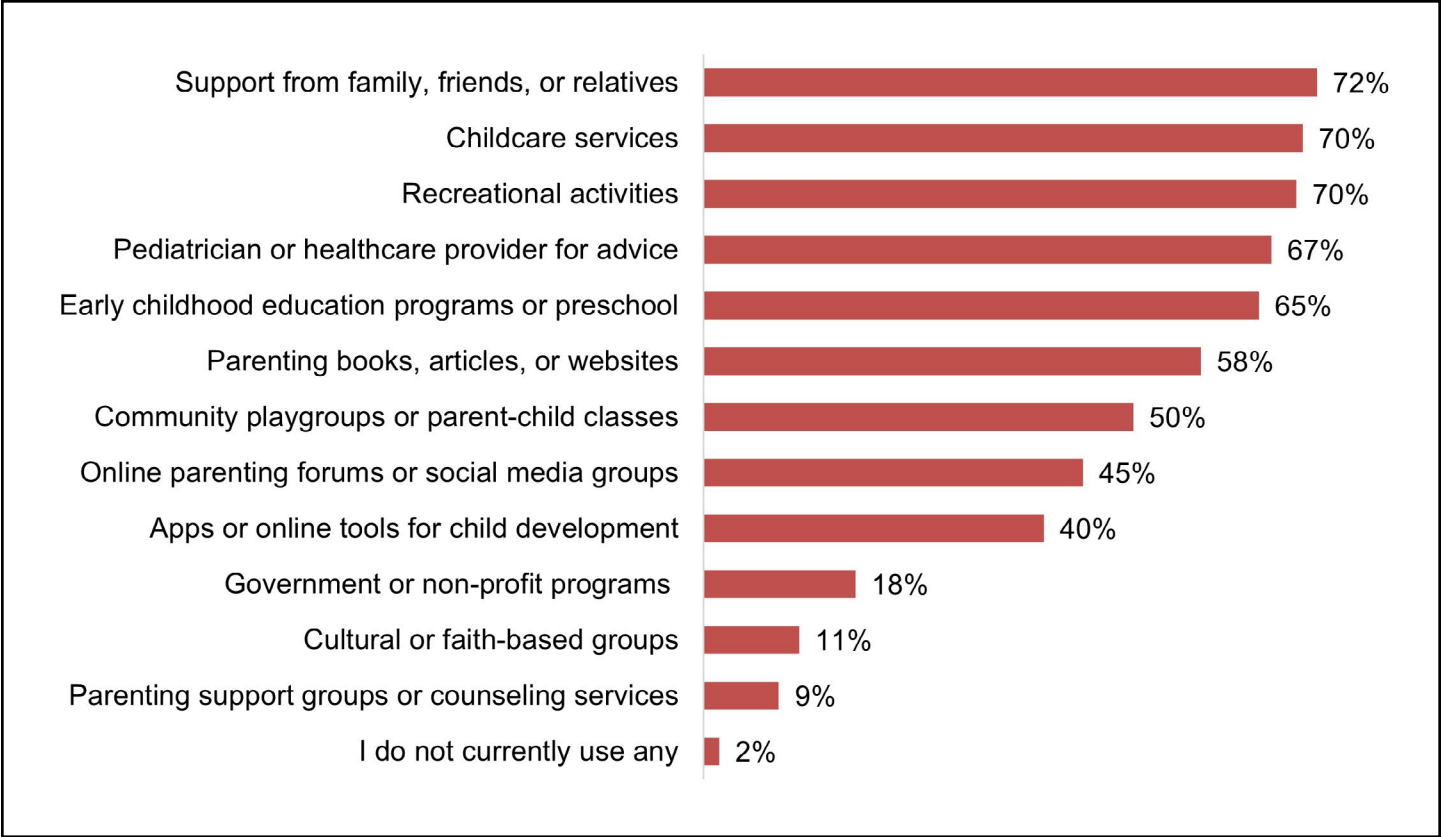
Employment Status: The majority of respondents were employed full-time (71%).



Results

Accessing Resources

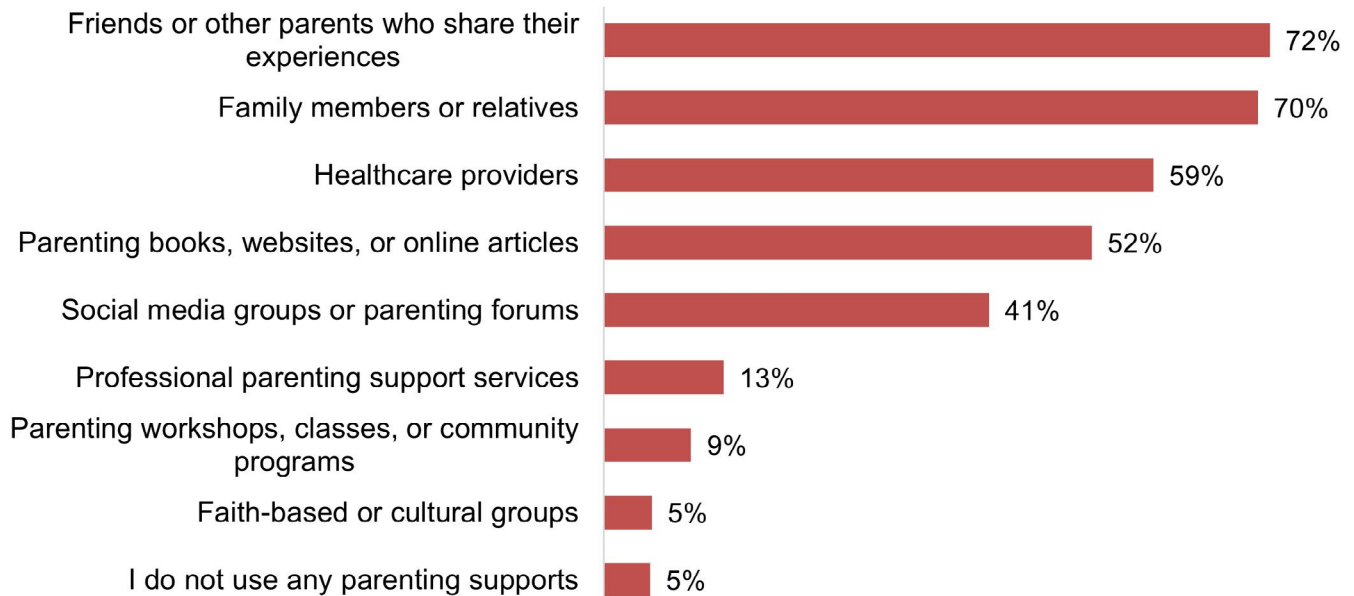
Programs, services and educational materials used.



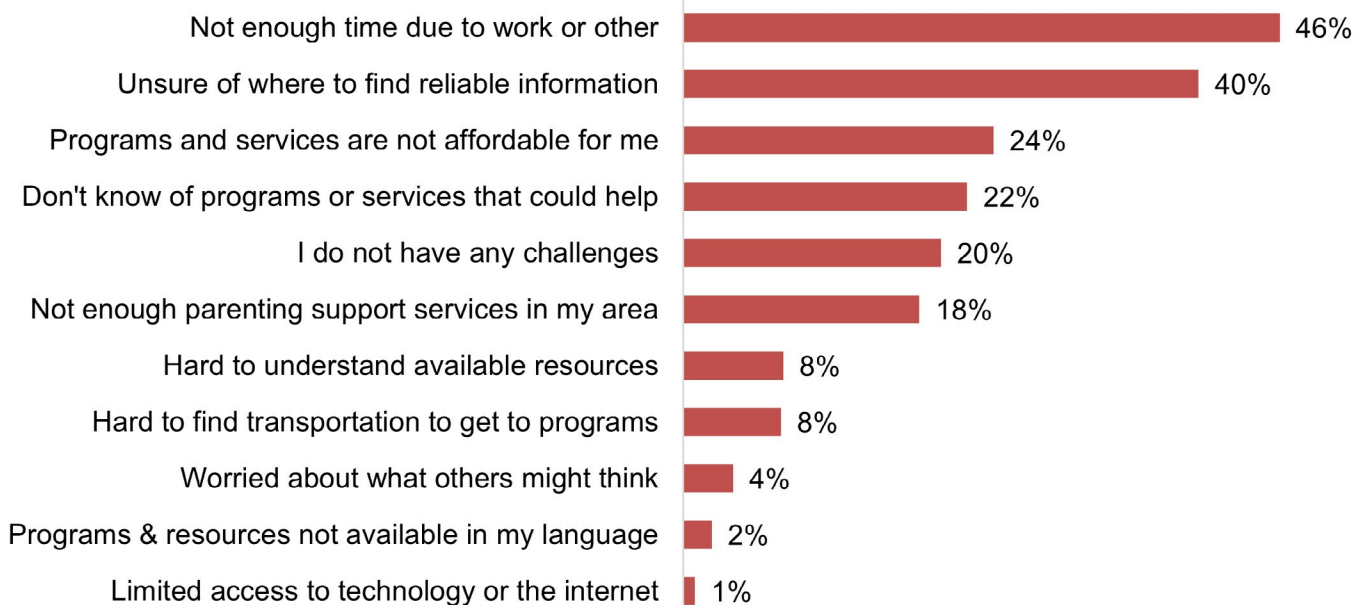
The most common parenting support used was friends or other parents who share their experiences

72%

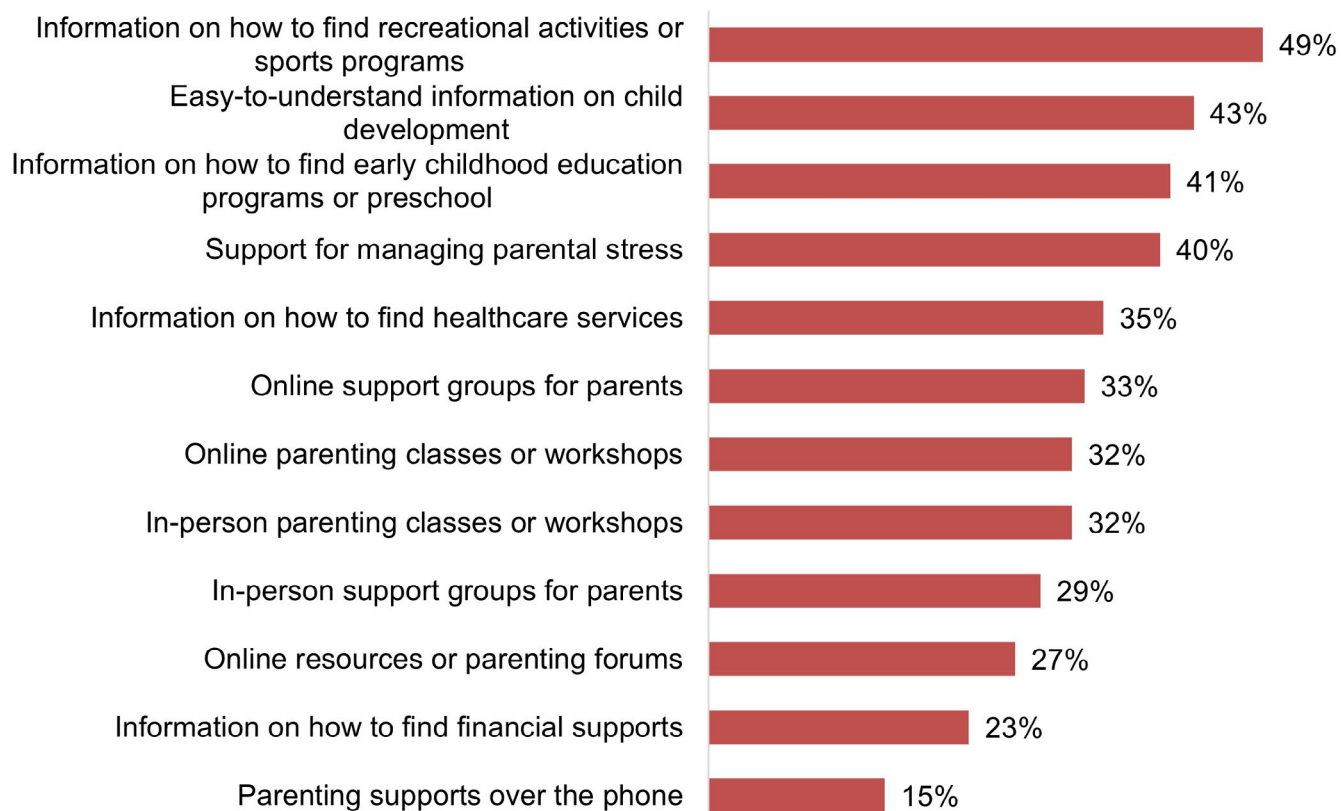
Parenting supports used when respondents had parenting challenges.



Challenges looking for information, programs, and resources.



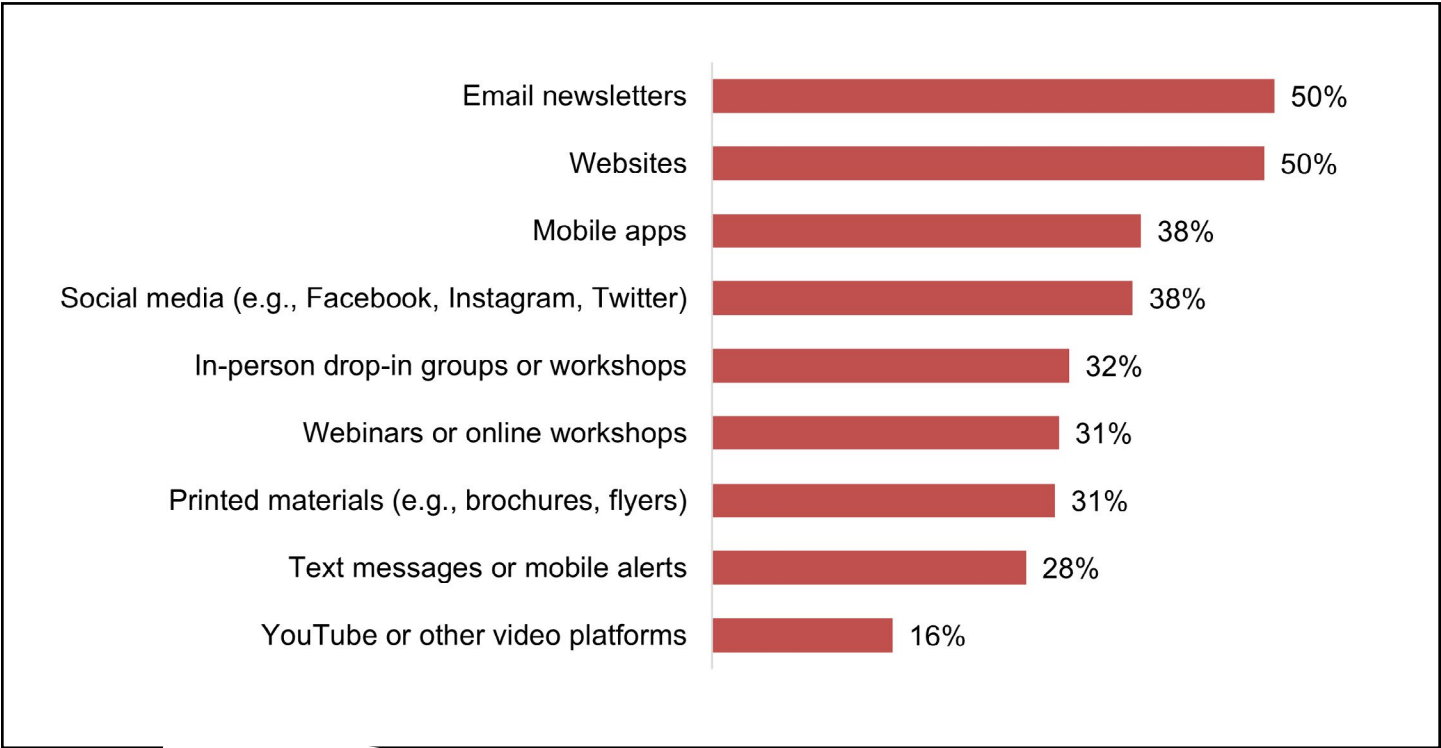
Most helpful in supporting their child's growth, development and well-being.



The support respondents found most helpful for their child's growth, development and well-being was information on how to find recreational activities and sports programs

49%

How respondents would like to receive information about their child’s growth and development.



Topics of Interest

How much support is needed in the following areas of child development.

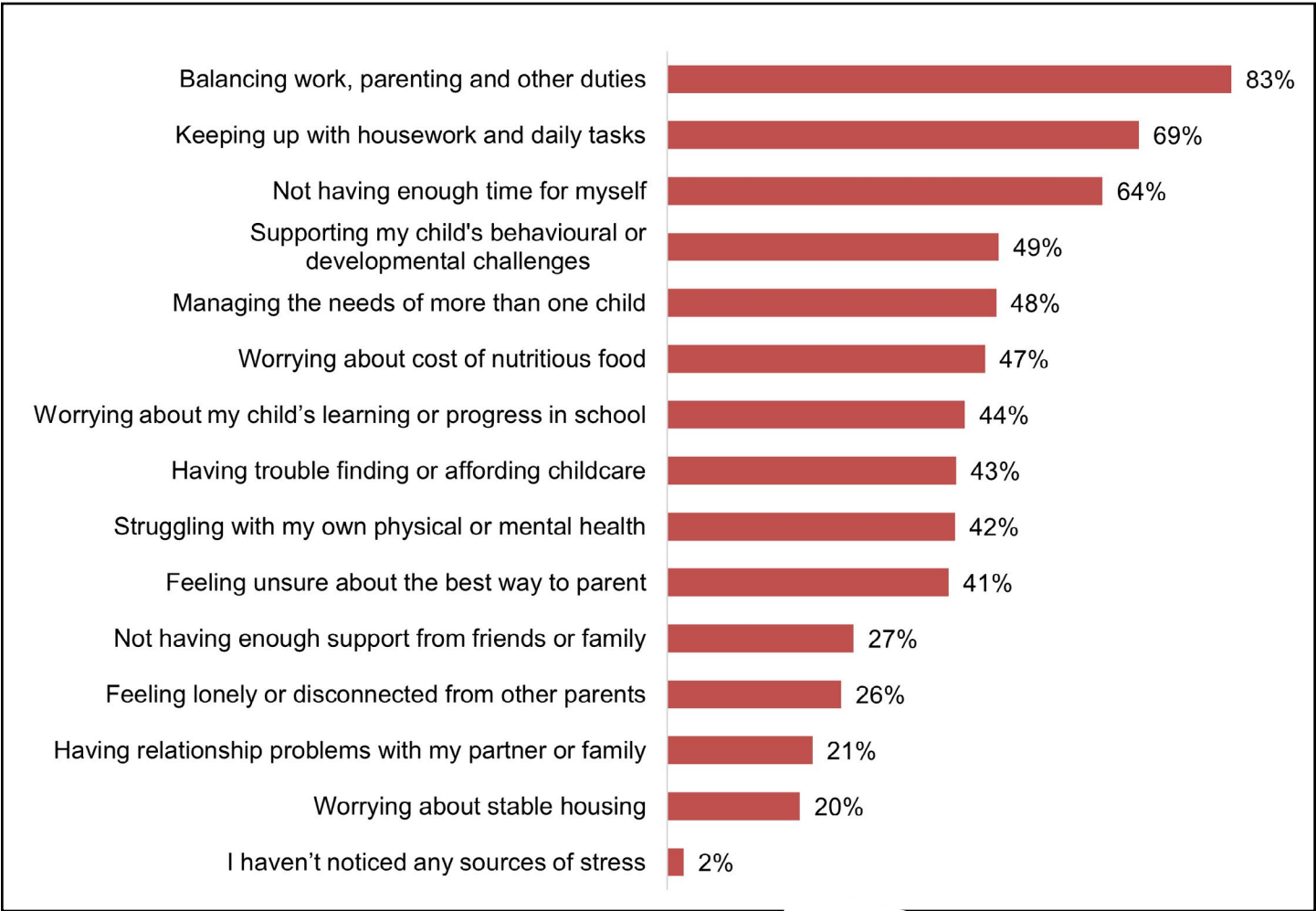
Area of Child Development	None at all	A little support	Some support	Quite a bit of support	A lot of support	Quite a bit or a lot of support
Tantrums, stress, and challenging behaviours	14%	24%	28%	21%	14%	35%
Mental health and emotional well-being	15%	24%	29%	12%	20%	31%
Eating habits, picky eating, and mealtime routines	20%	21%	31%	18%	10%	29%
Building self-esteem, confidence, and resilience	18%	23%	31%	18%	10%	28%
How your child communicates	25%	24%	24%	17%	11%	27%
Parenting strategies (positive discipline, attachment, and parent-child relationships)	17%	24%	32%	17%	10%	27%
Being social and making friends	27%	22%	29%	14%	8%	22%
Screen time and use of technology	26%	26%	26%	13%	9%	22%
Problem-solving skills	22%	25%	32%	14%	6%	20%

Getting ready to start school	32%	22%	26%	13%	7%	20%
Sleep habits and bedtime routines	35%	22%	24%	12%	7%	19%
Learning through play and everyday activities	28%	28%	27%	13%	5%	17%
Being physically active and developing movement skills	32%	20%	32%	9%	7%	16%
Preventing illness and disease (including immunizations)	35%	26%	23%	10%	6%	16%
Child safety (helmet use, sun safety, preventing falls, and injuries)	39%	28%	19%	10%	4%	14%
Cultural awareness and respect for different backgrounds	31%	28%	28%	8%	5%	13%



Parenting Stress

Causes of stress for parents and caregivers

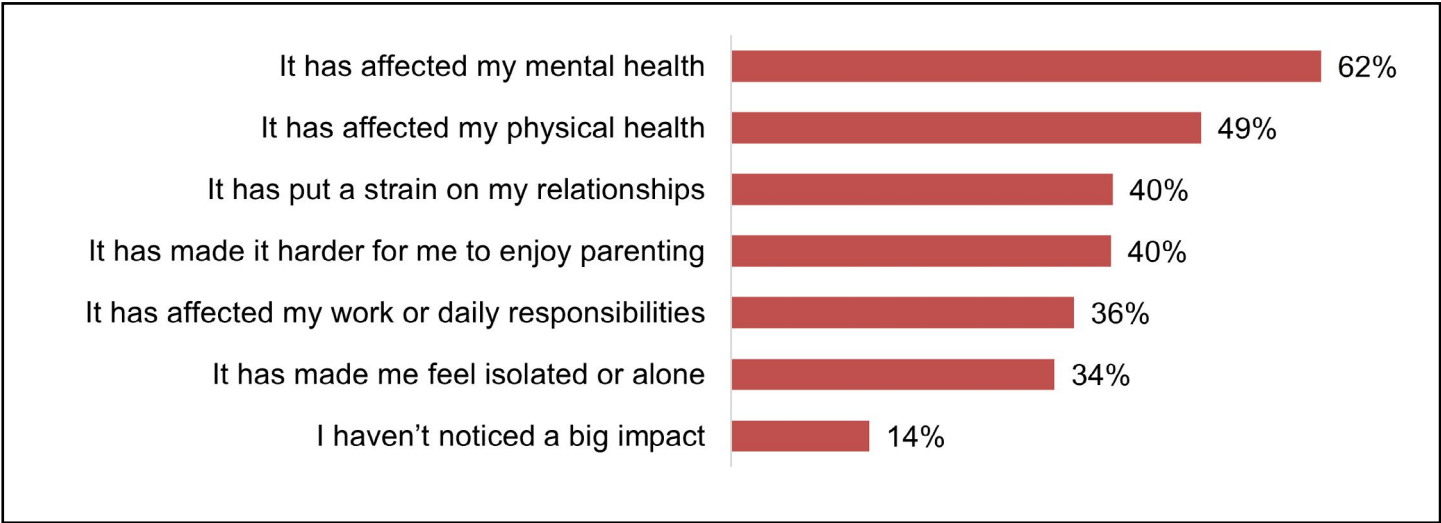


The most common source of stress reported by parents and caregivers was balancing work, parenting and other duties

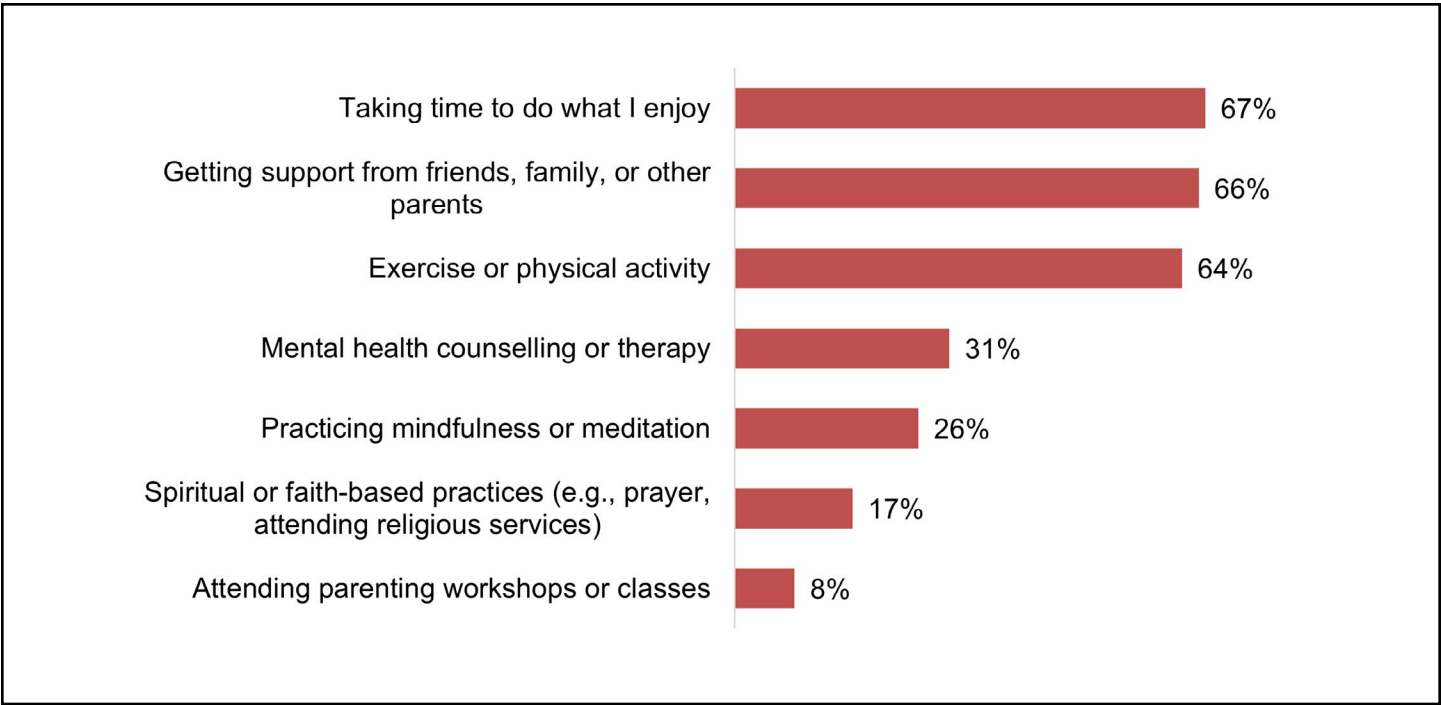
84%



Effects of parenting stress on overall well-being



What parents and caregivers find helpful when dealing with stress



Additional Thoughts, Experiences and Suggestions

Parents and caregivers were given the opportunity to include additional thoughts, experiences, or suggestions related to their experiences as a parent or caregiver.

Common themes included:

- Issues with childcare including availability, hours, and cost.
- Issues with access to programs for children with special needs.
- Issues with affordability of programs.
- Concerns with program availability due to limited scheduling options (e.g., limited weekend or evening options).
- Concerns with cost of living.
- Difficulties finding information and recommendations around easier access to information.
- Importance of community supports and networking opportunities for parents.

Next Steps

Durham Region Health Department will use the insights gained through this survey to inform future programs, services, and resources. These efforts will help ensure they are relevant, accessible, and responsive to the needs of families with young children and support healthy child development across Durham Region.

The results of the Parenting in Durham Survey will be shared with community partners who provide early childhood supports in Durham Region.



Durham Health Connection Line 905-668-2020 or 1-800-841-2729
durham.ca/health

Dial 311 (within regional limits)



If you require this information in an accessible format, contact 1-800-841-2729.