

PARENTS LIVING IN UNDERPRIVILEGED CIRCUMSTANCES



15,000

children aged 0 – 5 expressed their opinions about parenting as part of the Perspectives parents initiative.

Who are they?

Parents that **live** in low-income households or that **consider** their incomes inadequate for meeting the basic needs of their families (housing, food, clothing)

They are more likely to be:

- mothers
- individuals born outside Canada
- individuals without educational qualifications
- individuals heading a single-parent family
- individuals heading a family with 3 or more children

Parents that **consider** their incomes inadequate report higher rates of experiencing stress and being under a lot of self-imposed pressure





Support services



GREATER NUMBERS OF THEM:

- consult professionals and social workers when they need information
- use support services such as:
 - toy lending libraries and family thrift stores
 - drop-in daycare or respite centres
 - individual, marriage or family counselling



SMALLER NUMBERS OF THEM:

- can rely on various sources of support among family and friends
- participate in parent-child activities and sports activities

Impediments

THEY PRIMARILY STRUGGLE WITH THE FOLLOWING IMPEDIMENTS AFFECTING THE USE OF AVAILABLE SERVICES:

- cost of activities and services
- lack of information about services
- too far or complicated to get to
- not many activities for small children
- difficulty arranging for child care



WHAT ARE THE REALITIES OF PARENTS LIVING IN UNDERPRIVILEGED CIRCUMSTANCES IN OUR COMMUNITY?

HOW CAN WE BE MORE SUPPORTIVE OF THEM?

