


IMPORTANCE THAT PARENTS HAVE A **RELIABLE** SOCIAL NETWORK

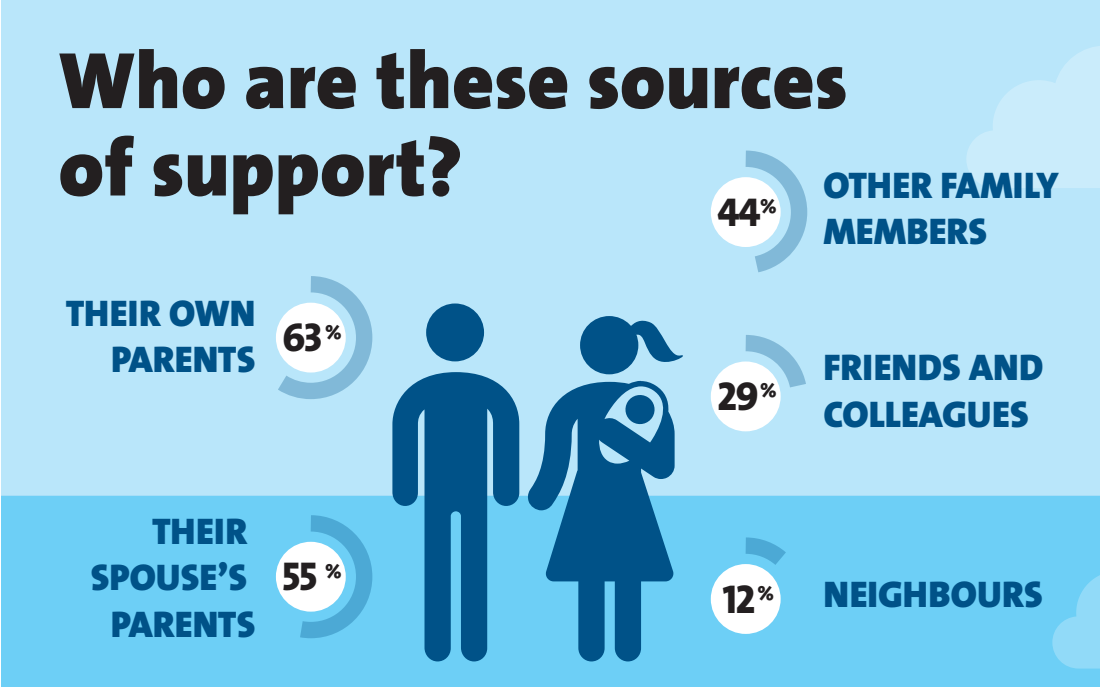


15,000
Québec parents with children aged 0 – 5 expressed their opinions about parenting as part of the Perspectives parents initiative



81% of parents can frequently rely on at least one person for support.

Who are these sources of support?




- 63% THEIR OWN PARENTS
- 55% THEIR SPOUSE'S PARENTS
- 44% OTHER FAMILY MEMBERS
- 29% FRIENDS AND COLLEAGUES
- 12% NEIGHBOURS

BEAR IN MIND, however, that

24% OF PARENTS CAN RARELY OR NEVER RELY ON SUPPORT FROM THEIR FAMILY AND FRIENDS WHEN THEY CAN NO LONGER COPE.

THIS RATE IS LOWER (20%) AMONG SINGLE-PARENT FAMILIES.



Parents that can frequently rely on four or five sources of support:

- REPORT HIGHER SATISFACTION AND EFFICACY LEVELS
- EXPERIENCE LESS STRESS
- ARE UNDER LESS SELF-IMPOSED PRESSURE

FAMILIES, FRIENDS, COLLEAGUES AND NEIGHBOURS THAT ARE SUPPORTIVE OF PARENTS CONTRIBUTE TO THE DEVELOPMENT OF OUR YOUNG CHILDREN