

PARENTING NEEDS ASSESSMENT RESULTS

We interviewed 41 primary caregivers of children ages 1-8 about the needs of parents in our community. These data will help inform a parenting intervention for parents of color.

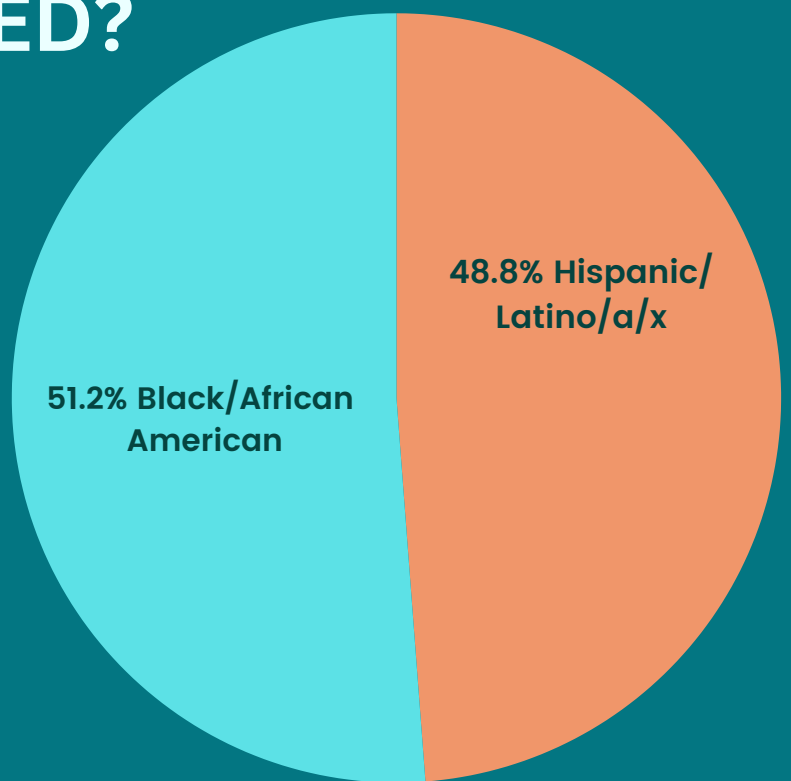
WHAT WERE WE INTERESTED IN?

1. How parents support their children's health
2. What challenges parents face in supporting their children's health
3. How parents talk to their children about race

WHO PARTICIPATED?



41 primary caregivers of children ages 1-8 years old



HOW DID PARENTS SUPPORT THEIR CHILDREN'S HEALTH?

Parents shared strategies for promoting their children's physical health (sleep, healthy eating, and physical activity) and emotional health. Parents used positive parenting practices like setting limits, quality time, and modeling.



WHAT CHALLENGES DID PARENTS FACE IN SUPPORTING THEIR CHILDREN'S HEALTH?

"Letting go of the control of her and realizing she's going to be in a world with people that could possibly hurt her, I guess emotionally, physically. So yeah, letting go is a challenge."

"You can disagree, or you cannot be happy about doing something, but you don't roll your eyes or stomp your feet. We're working on our responses with things that she doesn't want to do. Learning how to do that appropriately."

"So, he likes to be in the house. He's very much a homebody, so I have to make him go outside. But once he's out there, he's fine. Just getting him to go outside is the problem."



Parent responses were organized into 3 key themes:

Challenges Managing Needs & Fears as a Parent

Challenges Promoting Healthy Lifestyles

Challenges Promoting Social & Emotional Skills

HOW DID RACISM IMPACT PARENTING AND CHILDREN'S HEALTH?

"I think it's really important. I think that we lay foundation for them. So, I think it's just vital for us to not ignore it 'cause they're thinking, they're wondering, they're asking questions and we wanna be the people who hopefully instill good values and outlooks on other people, different races."

"I'm very concerned and more worried in general about how people perceive my kids because of their skin tone."



Parent responses were organized into 3 key themes:

"I always, I did notice him saying, 'uh, my skin is dark. My skin is dark.' And I always tell him, 'yeah, your skin is dark and beautiful too.' You know, I always let him know that 'cause I know, the world emphasizes bad things."

Importance of Talking about Race and Culture

Strategies for Talking about Race & Culture

Impact of Racism on their Children's Lives

WHAT DID WE LEARN?

This study showed us the importance of talking about race and culture as a strategy for supporting children's health and well-being. There is not one "right way" to talk about race and culture with children, but multiple tools parents can use, which aligns with parenting best practices. We also learned more about how parents support physical and emotional health and the ways these are linked. We will use this information to inform a parenting intervention for parents in our community!

