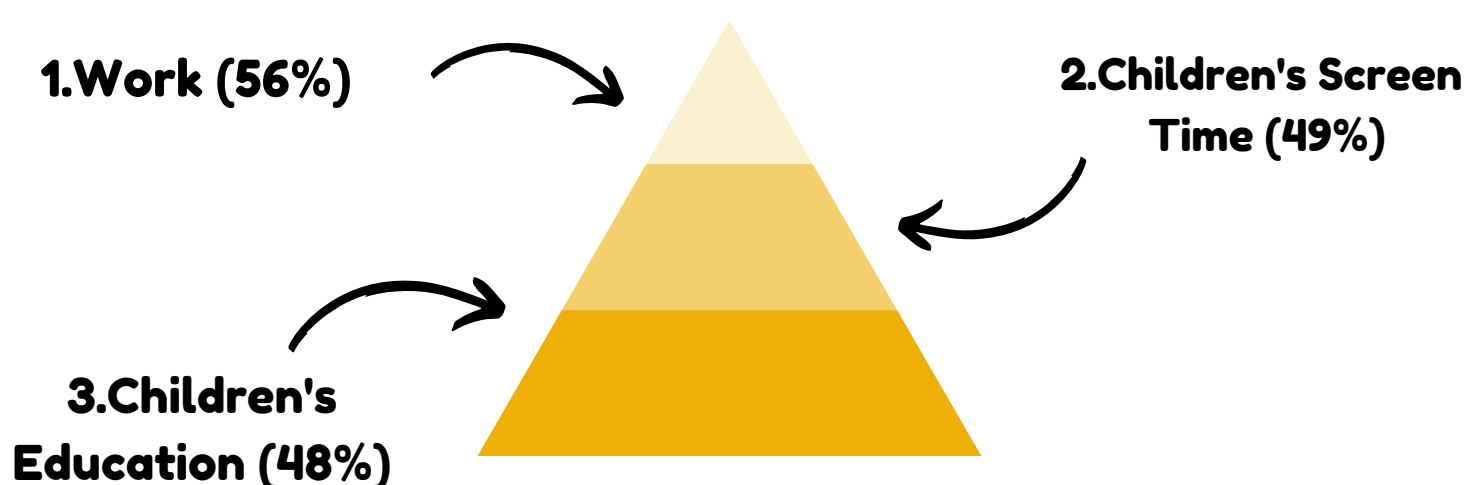


A Snapshot of our Findings for our First 115 Participants

41% of parents reported struggling to meet the needs of work and their children during this time.

Top 3 Stressors for Parents



Despite the high level of education in the participants (with **54%** reporting a post-graduate degree and **27%** reporting having completed a bachelors degree), **38%** reported not feeling able to support their children in getting the required school work done.

90%

of participants were female

95%

of participants were the child's biological parent

10.5

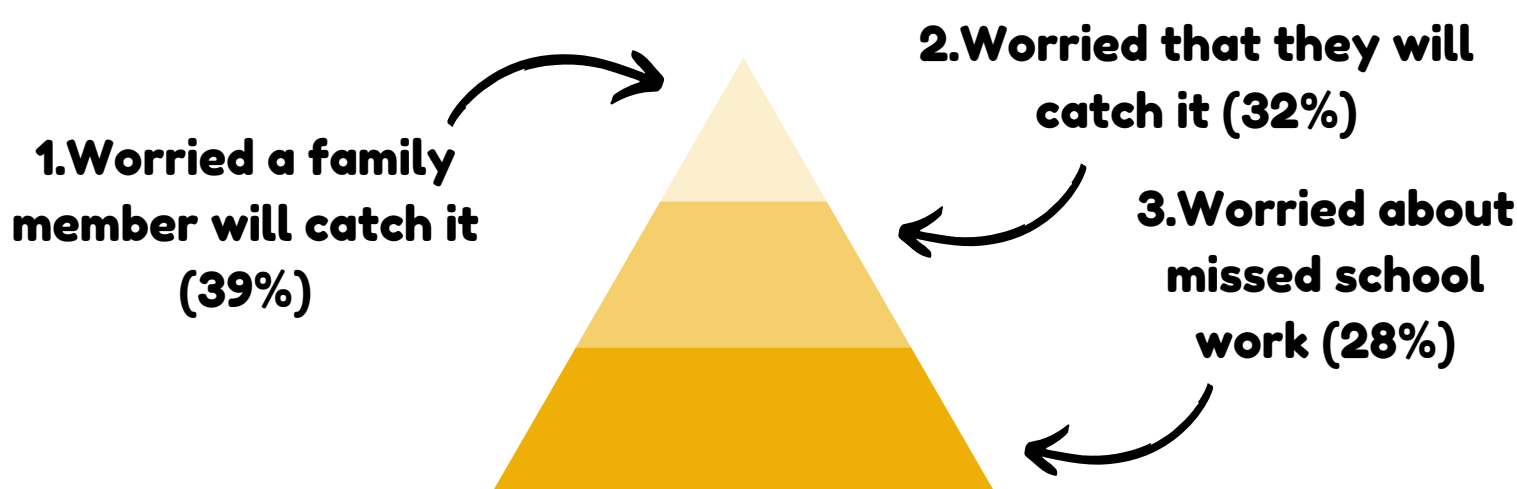
was the average age of reported on children (5-18)

48%

of the reported on children were male

52% of parents report that children are spending at least **2-3 hours** on school work per day

Children's Top Covid-19 Related Concerns



75% of parents report that their children are exercising vigorously for at least **30 minutes a day**

Link to participate in this study:

<https://tinyurl.com/FamiliesandWellness>

To learn more about The Healthy Beginnings Lab:

https://www.wm.edu/as/programs/healthy_beginnings/

