

what we heard about challenges & stresses

Pressure & Judgement

There is pressure from ourselves and others to make the “right” parenting decisions

Parents can feel uncertain, worried and pressured about making the “right” decisions for their child. Many can also feel judged. Without support and self-care, the demands of parenting can leave parents feeling worn out.

Uncertainty, exhaustion and decision making

- Knowing that I’m doing the right thing by my child and not overdoing things
- Making the right decision when it comes to schooling
- Keeping kids healthy - making the right food choices
- Dealing with challenging behaviour - sibling conflict wears me down

Pressure / Judgement

- Worry about spoiling them, and that I might be making harmful parenting decisions (and won’t know until its too late)
- Keeping up with “the Joneses”, are you providing enough for your child in every aspect
- Unrealistic impressions on social media about what I should do as a ‘perfect parent’
- Worry about influences in their lives outside of my control and not being able to keep them safe at all times

Day to day stresses affect wellbeing

- Sometimes family stresses us as parents, when adult issues affect children
- Lack of sleep, juggling work/family life balance, getting places on time
- Demands on my time, expectations of others, and the kids attitude
- Keeping children engaged and entertained especially when I am exhausted or sick
- Ways to fill my day when I feel isolated. I know I am happiest when I have somewhere to go or something that gives me purpose for the day

Families need support

- Not having family close, being a stay at home parent can be isolating and lonely
- No support from the other parent. Relationship breakdowns make it really hard
- Doing it alone, without daily support as a single parent with multiple kids
- Isolation lack of networks and supports

Money and work matter

- Financial hardship, providing the basic necessities
- Limited opportunities to return to work
- Financial issues, time, dealing with red tape

Health needs create more worries

- It is stressful when kids are sick
- Allergy parent life - child needs to be constantly supervised
- Having a child with significant medical problems (e.g. disabilities, developmental delays, diabetes, autism) and balancing with other children’s needs

Changes in society

- Concern about the impact of technology as children get older
- The social environment around them, harassment and bullying are prevalent across physical and online spaces, so there is no break from it, and it can be hard to pick up on the warning signs
- Recreational drug use, how common and wide this is, and how dangerous it is

Family places and spaces are missing

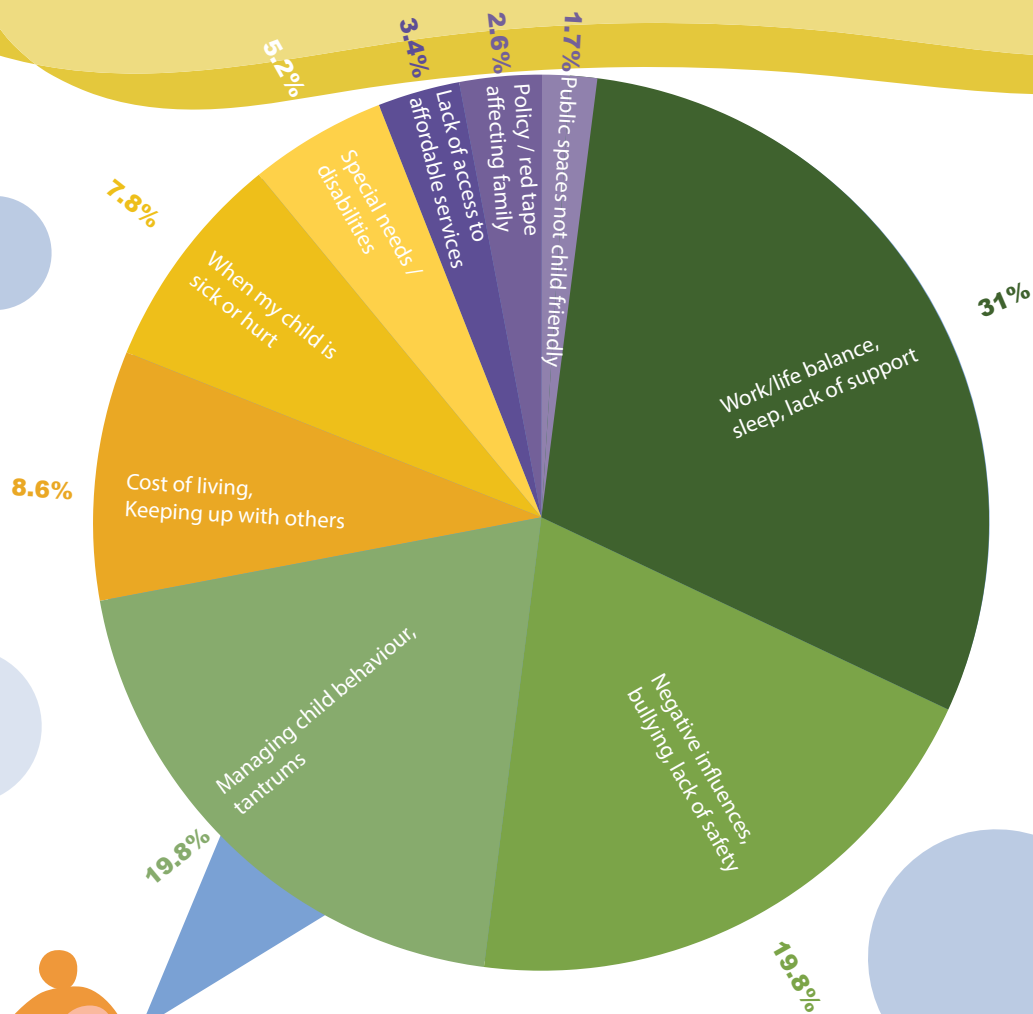
- Lack of suitable open spaces and places to go that suit my families needs
- The Mallee area lacks places for families, lack of footpaths for walking safely with prams
- Playgrounds not suitable for very small children
- There is not much for kids to do around the community socially, not many kids friendly spaces

Service quality, availability and costs

- Worry about the quality of childcare, both care and food provided
- Need local committed services at an affordable price
- Child care costs, cost of extra curricular activities
- Difficulty connecting with services and supports, particularly during covid
- Long waiting periods when children are sick, many GPs are at capacity and not taking new patients, hard to get continuous care, children with chronic conditions (e.g. asthma) spending a lot of time in Emergency Department because they can’t see a GP
- School zoning means parents may have to use a school that is not the best fit



WHAT PARENTS/CARERS FIND CHALLENGING OR STRESSFUL



CONVERSATIONS -
PEOPLE WHO CARE FOR CHILDREN
AGED 0-8 YEARS



HANDS UP MALLEE