

Dads During Lockdown 2020 Survey Results



THE DADS WHO TOOK PART

284 individuals completed the survey between 11-17 June 2020

Dads Age (r = 284)

- 1% (2) were aged under 18
- 1% (4) was aged 18-24
- **63% (179) were aged 25-44**
- 32% (92) were aged 45-64
- 2% (7) were 65 or over

Living arrangements (r = 284)

- **74% (209) were living together with your youngest child and his/her mother**
- 13% (38) were living separately from their mother and having regular contact with their child
- 7% (21) said they were living separately from their mother and having little or no contact with your child
- 5% (15) were living together with their young child but without their mother

Number of children (r = 284)

- 35% (99) had 1
- **43% (123) had 2**
- 14% (39) had 3
- 8% (23) had +4

Age of youngest child? (r = 284)

- 15% (42) 0-1 years
- 20% (57) 1-2 years
- **24% (68) 3-5 years**
- 13% (37) 6-8 years
- 17% (47) 9-12 years
- 6% (18) 13-17 years
- 5% (15) 18 or more

Dads During Lockdown 2020 Survey Results



LIFE AT HOME

Lockdown has changed home life significantly and has meant that **more than half the dads surveyed have increased the amount of time spent cooking and doing household chores.**

With schools and nurseries closed **40% of dads are spending 25 hours or more home schooling or playing with their children.**

Dads were asked how many hours they spent a week helping with home schooling or playing with their children (r = 284)

- **40% (114) did 25 hours or more**
- 28% (80) did 10 hours or more
- 21% (59) did less than 10 hours
- 11% (31) did no none

Since lockdown dads told us that the amount of time they spent cooking had: (r = 237)

- **57% (135) Increased**
- 33% (79) Stayed the same
- 10% (23) Decreased

Every week they cooked meals for their child(ren)? (r = 284)

- **42% (118) At least once a day**
- 32% (92) A few times a week
- 8% (24) Once a week
- 18% (50) Rarely

Since lockdown the number of hours dad spent doing household chores had: (r = 237)

- **54% (127) Increased**
- 40% (95) Stayed the same
- 6% (15) Decreased

Every week dads were doing household chores (r = 237)

- **38% (109) 10 hours or more**
- **48% (137) 2-5 hours**
- 11% (31) 1-2 hours
- 2% (7) None

Dads During Lockdown 2020 Survey Results



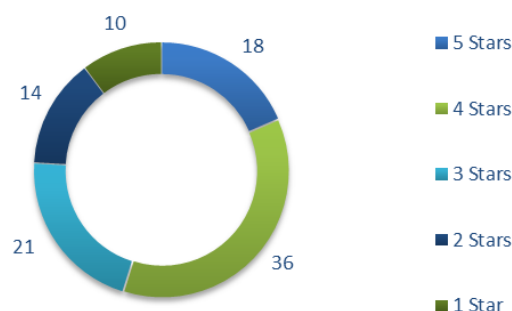
WORK LIFE BALANCE

75% of the dads who took part in the survey told us they were currently working (r = 212)

We asked the dads who had been working to rate how challenging they had found balancing work life and family life during lock down with 5 = very challenging and 1= no problem (r=195)

54% of the dads rated the challenge at either 4 or 5

- 18% (36) - ★★★★★
- 36% (71) - ★★★★
- 21% (41) - ★★★
- 14% (27) - ★★
- 10% (20) - ★



Those working dads with who's youngest children are aged 1-5 seem to be finding balancing work and family life particularly challenging.

- 64% rated the challenge at either 4 or 5
- 25% rated the challenge at 5 very challenging

age of youngest child	% dads who rated challenge				
	1★	2★	3★	4★	5★
0-1	6	13	32	32	16
1-2	10	14	14	36	26
3-5	7	2	24	40	27
6-8	8	13	21	42	17
9-12	16	25	13	41	6
13-17	21	14	36	14	14

Sample of the comments from dads in this group who were asked about their experience:

“Dealing with schooling, a toddler and a demanding full-time job is extremely difficult. We normally rely on nursery/school and grandparents to help with extra caring and going from lots of support to none has been challenging.”

“It’s almost impossible in a two-bed flat with no garden to look after the children and try to work.”

“It’s incredibly difficult to manage the work/care balance. If they are quiet, I can work but I don’t want them just watching TV, so we restricted this. They play nicely together for a while, but things can get out of hand quickly.”

“Very difficult to juggle everything - end up working very late at night, early in morning and doing a bad job of everything.”

“Being in the army I’ve not really stopped but my kids are at home more often so it’s been hard to switch off at times, also it’s hard to find time to spend with my wife sometimes it’s like a war zone.”

“Managed to take some special leave to relieve some of the stress trying to work as well. Having an understanding line manager has helped greatly.”

Dads During Lockdown 2020 Survey Results



MENTAL HEALTH & WELLBEING

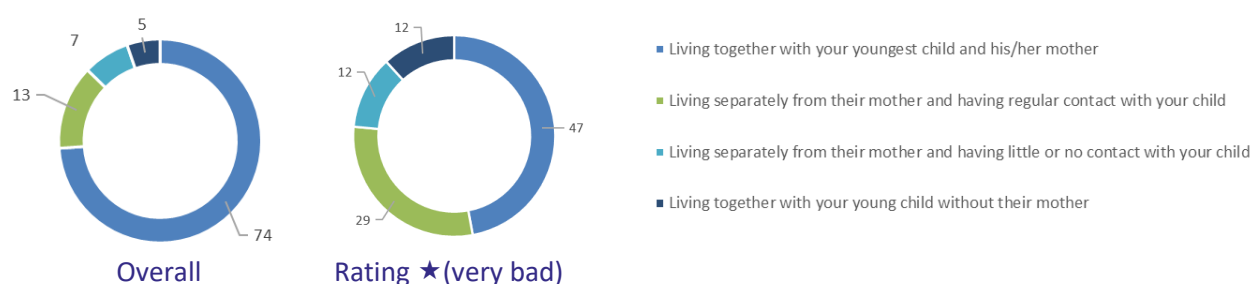
40% of dads told us that their current mental health was good or very good.

(Rating ★ = very bad ★★★★★ = very good)

- 14% (39) ★★★★★
- 26% (74) ★★★★★
- 37% (105) ★★★
- 17% (49) ★★
- 6% (17) ★

Those dads who are not living together with young child and his/her mother seem to experience a higher proportion of very bad mental health.

	Overall	very bad
Living together with your youngest child and his/her mother	74%	47%
Living separately from their mother and having regular contact with your child	13%	29%
Living separately from their mother and having little or no contact with your child	7%	12%
Living together with your young child without their mother	5%	12%



Here are a selection of their comments from dads explain why they think their mental health and wellbeing are very bad:

“Caring for my children and work is all I do. They are too young to be left alone, and without being able to leave them with others (no family nearby/ distancing restrictions), every day is Groundhog Day. I hope with the gradual lifting of restrictions the three of us can find a better balance.” Dad living together with your young child without their mother

“Lack of structure, purpose and meaning. Too much time spent with son. Fearing for the future for others, not necessarily of mine.” Dad living together with your young child without their mother

“Depression, anxiety, isolation, no contact with kids. Financial problems possibility lost job.” Living separately from their mother and having regular contact with your child

“Having court ordered contact time with my child stopped by the mother... and a refusal to agree to FaceTime contact.” Living separately from their mother and having little or no contact with your child

Dads During Lockdown 2020 Survey Results



Getting support during lockdown

64% (181) told us that their **mental health or wellbeing had suffered because of lockdown.** (r - 283)

- **64% (181) Yes**
- 36% (103) No

Encouragingly **96% of those dads sought some kind or support.** 87% of these dads looked to close relationship family, friends and partner for support:(r-181).

- **63% (114) shared how they feel with their partner**
- **47% (85) shared how they feel with friends or family**
- 17% (30) spoke with a professional (not a GP)
- 12% (21) looked for/received support online or through a helpline
- 9% (17) spoke with their GP
- 7% (13) contacted/received support from a mental health support group
- 14% (26) other

When asked how this compared to their experience of receiving support before lockdown they said:

“Not having 1-1 support is hard and so is not socializing with the support I have”

“Much less face to face contact now, understandably. But it's not the same speaking to professionals (like health visitor) over the phone rather than in person. Our youngest also missed a couple of weigh-ins as a result of the reduced home visits.”

“I receive support from The Cottage and normally attend the gardening group and parent and child group however, this has not been running. I have been receiving more emotional support which I don't normally need as much of, this has helped a lot.”

“I think I've been a bit more open, and I've got good support back from my brother and a few friends, including a gym trainer.”

“Now online, nothing face to face. Made it more accessible in some ways.”

Relationship with mum

58% of dads told us that lockdown had not affected their relationship with the mother of their youngest child. With 27% saying that it had had a positive affect

- 27% (63) Positive
- **58% (137) Stayed the same**
- 16% (37) Negative

“Argued about stupid little things, mainly through tiredness”

“We have definitely struggled to cope and have found our relationship deteriorate. To a certain extent we have withdrawn into ourselves and not been talking to each other as much as we should and this has made it more difficult. We have recognised and spoken about this and are looking at getting some help.”

Dads During Lockdown 2020 Survey Results



"We are closer, spent more time together as family than we would not have ordinarily done so. We understand that we need to rely on one another and support one another during this time."

"We had a good honest chat with each other at the start about needs and expectations. Really helped clear the air."

"I genuinely believe that having me home and not out at work has had a positive benefit. I am not leaving the house early and returning late."

Relationship with children

60 % of told us that lockdown has had a positive affected on their relationship with their child(ren).

- **60% (142) Positive**
- 29% (69) Stayed the same
- 11% (26) Negative

"Ex partner stopped visits, stating she wanted to keep our child safe. But won't allow face time or send updates."

"Getting to spend more time one to one with them, especially after recent relationship breakdown has been positive."

"I'm more snappy and shouty."

"Lockdown allowed me to spend precious time with my daughter and help strengthen our bond. It was nice to be able to home school her."

"Spending a lot more time with my son has been amazing and helped my mental health."

"Spending more time with my daughter has been the one great outcome of lockdown; however, I am now more of a teacher for her education than a father and I find that difficult."

"Being able to spend more time with them has been great. Watching them learn new skills day to day is very rewarding as a parent."

"No commute has allowed me to spend more time with my baby. I am part of the daytime routine and have been present for so many milestones. This has been very positive for me and my family."

"I spend more time with my children so I think overall I have a better relationship with them and they're more comfortable coming to me for things rather than always going to their mother. I also have a better overall understanding of what is going on with regard to the kids' childcare as I'm around more of the time."

"I feel the ups and downs balance out in my case. It is definitely nice to spend more time with them, but I also feel I parent better when I sometimes get a break from them and they benefit from someone whose strength is in teaching, rather than myself."

"We spend more time together, but that doesn't mean we're both enjoying it. He's upset because I can't play all the time, and I get annoyed because he won't let me rest."

Dads During Lockdown 2020 Survey Results



THE FUTURE

We asked dads to rate how optimistic they felt about the next 12 months - **36% were optimistic or very optimistic** (★ = not worried ★★★★★ = very optimistic)

- 10% (28) ★★★★★
- 26% (74) ★★★★★
- 37% (106) ★★★
- 18% (51) ★★
- 9% (25) ★

56% told us that the experience of lockdown changed the way you would like to parent in the future. They told us they would like to:

“Focus more on making memories rather than trying to live up to outside pressures”

“I’d like to be more patient with my children and be in the moment with them.”

“We need to have more time as a family. And realise it’s not all about work.”

“Hoping to spend less time in shops and restaurants when clearly the kids would rather be playing in the dirt of the back garden.”

“I want the work life balance to be better I have let it slip since number two has been born.”

“I want to make more time for my kids. Lockdown has been awful but my kids have loved having both me and mum at home together as a family.”

“I will work at home so much more and take the girls to school/ pick them up.”

“More time spent playing with my children. It has been a difficult time for everyone and I’m very keen to ensure my kids continue to get out for a walk at least once a day.”

“I am actually really looking forward to having more to do with education and teaching, and I don’t want to loose being able to spend so much time with my family. I am anxious that my employer is eager for the world to return to normal, but if anything this has taught me we should work to live not live to work...”

Dads During Lockdown 2020 Survey Results



WHAT DADS HAVE LOVED DOING WITH THEIR CHILDREN

"Everything. Making him giggle for the first time. Seeing him smile in the morning when he gets up. The way that he looks at his mum."

"Playing football and reading books."

"I have not seen them in months."

"I have really enjoyed just chilling and chatting with him. His stories are great, and his imagination is vast. I secretly really enjoy most of the cartoons he's watching too."

"My oldest son (out of the house) has introduced me, my wife, and two late-teenage daughters at home to some multiplayer online strategy games: we play not only with other members of the house but this has brought him (or he has brought us) back to family games."

"I do early morning playtime and evening bath time with the baby every day — and love having this time to spend with him. Normally I would be on a crowded train during these times. As a family we can eat all 3 meals together and take a walk together every day. It's an absolute joy in comparison to my pre-lockdown routine."

"Have enjoyed trying new things at home such as Cosmic yoga with my youngest, she also loved The Ballet Coach on YouTube."

"Going on adventures: hunting invisible bears in the woods, looking for interesting insects."

"Seeing how mature and responsible they are when dealing with the lockdown - knowing that with my ex, we have brought up two very compassionate and caring young people."

"I have loved our little projects like building a meccano airplane or building dens. I've also loved getting out and going for walks or bike rides together"

"stopping him crying and making him laugh"

"not having to say goodbye to them in the morning"

"Breakfast, dinner and tea! Priceless."

"Teaching her to ride her bike without stabilizers and going for long cycles"

"Sitting under oak trees. Watching his teeth grow! Being squirted with water in the bath while he laughs like a maniac etc. The whole bundle. Thanks for asking!"