

Between 16 February and the 20 March **156** individuals completed our 2021 Dads Survey. This document provides a summary of what they told us.

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Dads During Lockdown 2 2021 Survey Results



THE DADS WHO TOOK PART

Dads Age (r = 156)

- 2% (3) were aged under 18
- 0% (0) was aged 18-24
- **52% (81) were aged 25-44**
- **44% (68) were aged 45-64**
- 3% (4) were 65 or over

Living arrangements (r = 156)

- **77% (120) were living together with your youngest child and his/her mother**
- 12% (18) were living separately from their mother and having regular contact with their child
- 5% (8) said they were living separately from their mother and having little or no contact with your child
- 3% (4) were living together with their young child but without their mother
- 4% (6) checked 'other'

Number of children (r = 156)

- 28% (43) had 1
- **52% (81) had 2**
- 13% (20) had 3
- 8% (12) had +4

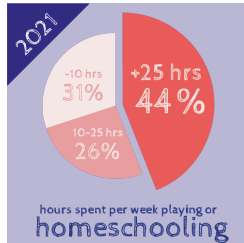
Age of youngest child? (r = 156)

- 11% (14) 0-1 years
- 12% (19) 1-2 years
- **29% (45) 3-5 years**
- 14% (22) 6-8 years
- 19% (30) 9-12 years
- 10% (15) 13-17 years
- 7% (11) 18 or more

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LIFE AT HOME



With schools and nurseries closed **44% of dads spent 25 hours or more homeschooling and or playing with their children** and a total of 70% doing more than 10 hours per week.

Lockdown has changed home life significantly and has meant that **more than half the dads surveyed have increased the amount of time doing household chores**, with 60% doing more than 5 hours of chores each week.

Homeschooling

Dads were asked how many hours they were spending a week helping with homeschooling or playing with their children (r = 148)

- **44% (65) did 25 hours or more**
- 26% (38) did 10-25 hours
- 22% (32) did 1-10 hours
- 9% (13) did less than 1

Cooking

Since the start of the second lockdown dads told us that the amount of time they spent cooking had: (r = 148)

- **44% (65) Increased**
- 53% (79) Stayed the same
- 3% (4) Decreased

Every week they cooked meals for their child(ren)? (r = 148)

- **44% (65) At least once a day**
- 38% (56) A few times a week
- 7% (10) Once a week
- 11% (17) Rarely or never

Chores

Since the start of the second lockdown the number of hours dad spent doing household chores had: (r = 148)

- **46% (68) Increased**
- 49% (72) Stayed the same
- 5% (8) Decreased

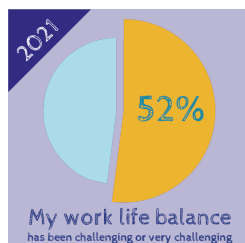
Every week dads were doing household chores (r = 148)

- **22% (33) 10 hours or more**
- **38% (56) 5-10 hours**
- **27% (40) 2-5 hours**
- 11% (16) 1-2 hours
- 2% (3) None

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WORK LIFE BALANCE



87% of the dads who were living with their child or having regular contact with them told us they were currently working (r = 148)

Of these dads we asked them to rate how challenging they had found balancing work life and family life since the start of the second lockdown with ★★★★★ = very challenging and ★ = no problem (r=129)

52% of working dads rated the challenge at either challenging or very challenging

- 25% (28) - ★★★★★
- 27% (30) - ★★★★★
- 28% (31) - ★★★
- 14% (16) - ★★
- 5% (6) - ★
- (18) - No answer

Dads most affected

Dads with very young children (between 0-2), those with school age children (between 9-12) and those with older children (+18) are finding the balance between work and family life particularly challenging.

age of youngest child	% dads who rated challenge					Total	% 4★/5★
	1★	2★	3★	4★	5★		
0-1	0	1	4	4	2	11	55%
1-2	0	3	1	5	4	13	69%
3-5	4	1	14	6	9	34	44%
6-8	2	4	2	4	4	16	50%
9-12	0	3	1	8	6	19	74%
13-17	0	2	6	1	1	10	20%
18+	0	1	2	2	2	7	57%
%	5%	14%	28%	27%	25%		

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

"I work nights, my wife works days. I have to get up after approx 2/3hrs sleep to do homeschooling. Then after that we try to find stuff to do as a family. It's very difficult and I constantly feel exhausted."

"I can say with certainty that it has been one of the most challenging and stressful times of my life. I have a senior full time job and my wife has a senior role also and works 4 days. Balancing our work commitments, home schooling and supporting our children through a very uncertain period has been very hard."

Dads During Lockdown 2 2021 Survey Results



"It's like being trapped. Every day is the same. I literally do not have the time to spend helping my youngest. I'm having to choose between work and helping with my child's education."

"Our first baby was born just before lockdown started. After two weeks paternity leave I went back to work totally unprepared for the volume of work and expectations of me - I had a backlog that I had to catch up with in addition to the day to day role. Doing this on minimal sleep, whilst figuring out which way was up with a newborn was extremely difficult. Work pressures never reduced and I struggled to support my wife and spend time with our new baby, resulting in numerous arguments."

MENTAL HEALTH & WELLBEING

37% of dads told us that their current mental health was bad or very bad. (n=156)



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

- 10% (16) ★★★★★
- 27% (42) ★★★★★
- 33% (52) ★★★
- 22% (35) ★★
- 7% (11) ★

"I feel pressure from work, pressure from my partner to be more involved which conflicts with my work, pressure to help her more, pressure from myself to be a good dad."

"Separation from my older children, stress of home schooling as my wife is an essential worker, isolation from family and friends, absence of social time or any time for myself. Working from home also means I sometimes have no adult conversations during the day."

"I just want to be a happy dad."

"My best friend killed himself 4 weeks into the first lockdown (with no history of mental illness) mainly due to being locked down, so since then it kind of seemed like the world stopped (quite literally) and I feel like we have been caught in this bubble and we are unable to try and move forward."

Dads During Lockdown 2 2021 Survey Results



Getting support during lockdown



69% told us that their **mental health or wellbeing had deteriorated because of the second lockdown.** (r - 156)

- **69% (107) Yes**
- **31% (49) No**

Encouragingly, **88%** of dads whose mental health has suffered so far in 2021 sought some kind of support. (r-181).

- **67% (72) shared how they feel with their partner**
- **44% (47) shared how they feel with friends or family**
- 18% (19) spoke with a professional (not a GP)
- 15% (16) spoke with their GP
- 9% (10) looked for/received support online or through a helpline
- 9% (10) contacted/received support from a mental health support group
- 7% (7) other



Dads told us that they had heard of or used the following services (r-156)

- | | |
|---------------------------------------|-----------------------------------|
| ● 54% (84) Samaritans | ● 17% (26) Andy's Man Club |
| ● 32% (50) NHS Breathing Space | ● 15% (23) Relationships Scotland |
| ● 24% (38) Parent Club | ● 13% (21) Crossreach |
| ● 24% (37) Home-Start Scotland | ● 9% (14) DadsWork |
| ● 22% (34) Dads Rock | ● 7% (11) Mind the Men |
| | ● 5% (8) Circle |
| | ● 3% (4) Man On! Inverclyde |
| | ● 2% (3) Back Onside |

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

"I was going to see someone for support and that stopped because of restrictions."

"I used to be able to attend a mental health support group in person. That's moved online. I can now get to it every week, which is good, but it isn't quite the same as being in person."

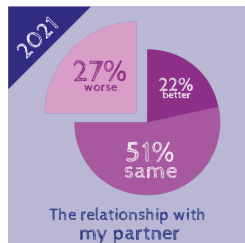
"I had professional support in 2018 and it was life changing (for the positive), however my experience this time hasn't worked. Rather than being able to speak to a person I was directed to an online cbt course which frankly I've abandoned."

Dads During Lockdown 2 2021 Survey Results



RELATIONSHIPS

Relationship with mum



51% of dads told us that the second lockdown had not affected their relationship with the mother of their youngest child.

With **27% saying that it had had a negative affect** (r-154)

- **27% (41) Negative**
- 51% (79) Stayed the same
- 22% (34) Positive

"We are so stressed by the impact of homeschooling it has affected our normally strong relationship."

"Highs and lows - after coming as close as ever too splitting (1st lockdown), the underlying issues have been ironed out a little, with a much more positive outlook and appreciation of each other."

"Despite both working from home our relationship has remained positive."

"We are bored and frustrated. We are just functioning and have little to say."

Relationship with children



22% of dads say the relationship with their children has been negatively affected by the second lockdown. On a more positive note, 40% of dads say the relationship with their children has improved. (r-156)

- **40% (62) Positive**
- 38% (60) Stayed the same
- **22% (34) Negative**

"We have spent more time together as a family. Going for walks daily, watching TV series, sitting at the table for a meal daily."

"They have loved spending more time with me and I have got to see every milestone of my youngest, which is really the only good thing to come out of this."

"On the whole it has been positive, however, the homeschooling has created a number of fractious moments."

"I have always had a strong relationship with my son. While homeschooling can be a challenge I have loved the extra time with him and him with me."

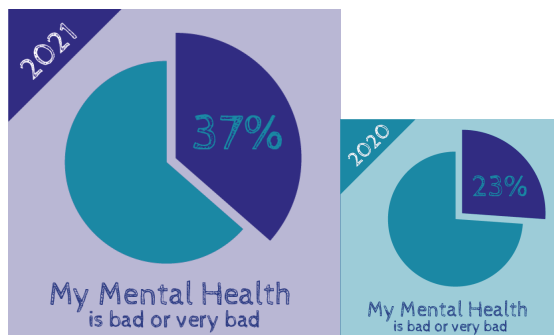
Dads During Lockdown 2 2021 Survey Results



WHAT'S CHANGED?

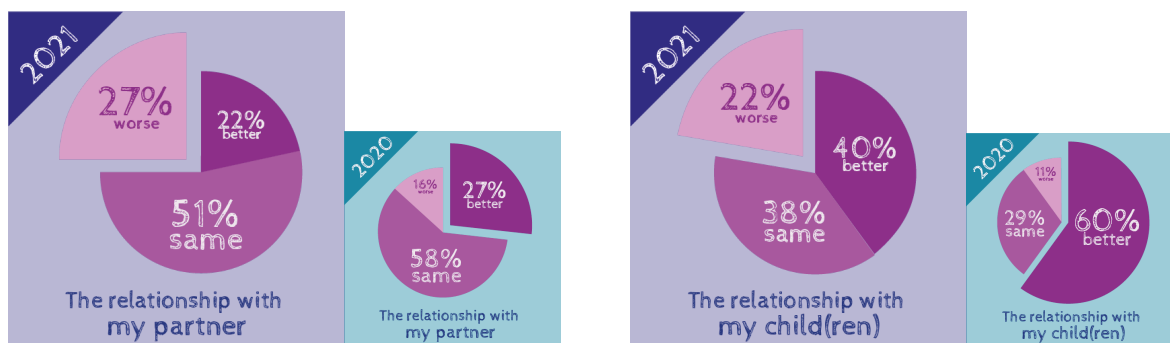
Mental Health

The second lockdown is taking a significant toll on dads mental health. The number of dads who rated their **mental health bad or very bad has increased by 14%**. It is encouraging that 88% of dads are looking for support but sadly this has dropped by 8% since last year.



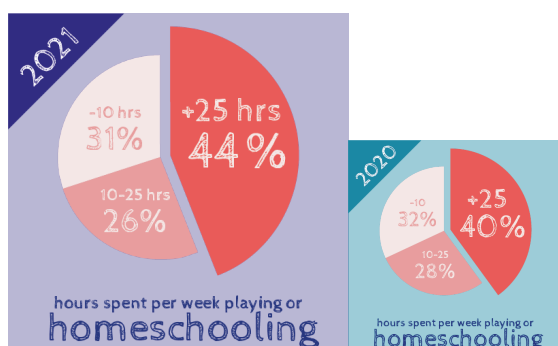
Familial Relationships

Perhaps the most striking change between the first and second Lockdown is the deterioration in familial relationships. In 2021 **27% of dads said that their relationship with their partner had got worse compared to 16% in 2020**. The same pattern can be seen in dad's relationship with his children, with **22% telling us that their relationship with their child(ren) has got worse - double the number of dads in 2020**.



Life at Home

In more positive news dads are more engaged with their children. Since the last lockdown the number of dads playing or homeschooling for more than 25 hours a week has increased by 4%



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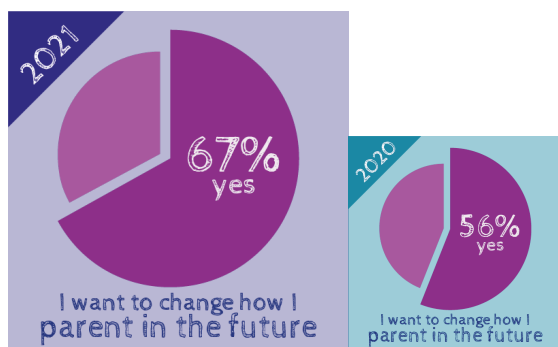


The Future

Dad's outlook is also more hopeful. When asked to rate how optimistic they felt about the next 12 months - **43% were optimistic or very optimistic an increase of 7% since the first lockdown** (★ = not worried ★★★★★ = very optimistic) (r-156)

- 12% (18) ★★★★★
- 31% (48) ★★★★★
- 35% (54) ★★★
- 17% (26) ★★
- 6% (10) ★

Similarly to last year just over half of the dads survey struggle balancing work and family life during the second lockdown. But perhaps the best news from this survey is that **67% of dads told us that the experience has changed the way they would like to parent in the future an increase of 11% since the first lockdown** (r-156).



They told us:

"Work life balance is so important. I knew this but it has been emphasised this last year. I would like to work from home more often so I can see more of my children and spend more time with them."

"I would like to have more involvement in my children's learning at school."

"I hope to continue to work from home and spend more time with my children, do the school runs etc. I'm able to take them to the park during my lunch hour on Fridays after they've finished school. None of this was possible before lockdown as I was rarely given the opportunity to work from home."

"I'm actively seeking alternative employment with better hours so I can spend more time with my kids."

Dads During Lockdown 2 2021 Survey Results



WHAT DADS HAVE LOVED DOING WITH THEIR CHILDREN



"The simple things. Silly dancing, playing games, reading and family camp outs at home all make your kids so happy."

"During the heavy snow we went sledding, made a snowman, had a snowball fight etc. It was wonderful, the best fun I'd had in a while."

"We have all become obsessed with playing board games together. We've had fun all sleeping in the living room together."

"I have loved the time to explore our local area and loved building Lego with my kids."

