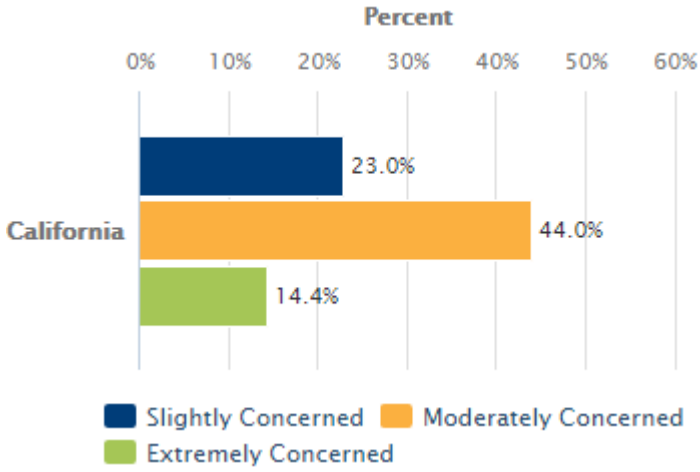
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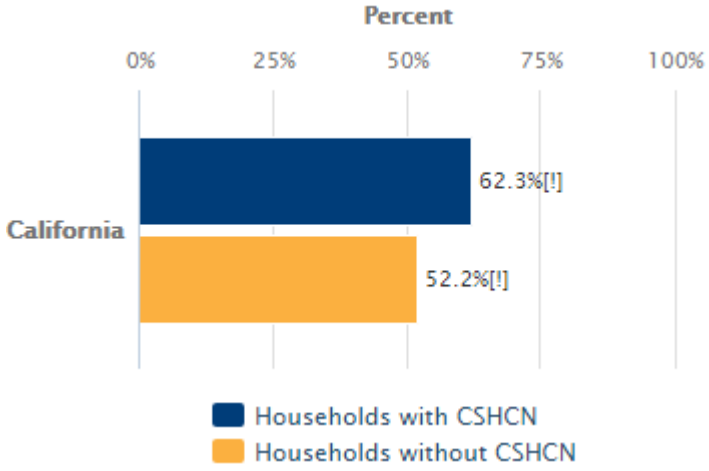
Family Experiences During the COVID-19 Pandemic

Level of Concern for Children's Safety Following Relaxed Public Health Measures: Jun. 2022



Definition: Estimated percentage of adults with caregiving responsibilities for children ages 0-17, by level of concern about their children's safety after the rollback of masking and other pandemic-related public health measures (e.g., in Wave 4 (Jun. 3 – Jun. 29, 2022), 14.4% of California caregivers were extremely concerned about their children's safety following relaxed public health measures).
Data Source: *Family Experiences During the COVID-19 Pandemic*. (Jun. 2022). *Questionnaire*: American Academy of Pediatrics, Centers for Disease Control and Prevention, Prevent Child Abuse America & Tufts Medical Center; *California oversample*: Lucile Packard Foundation for Children's Health & California Essentials for Childhood Initiative (California Dept. of Public Health, Injury and Violence Prevention Branch & California Dept. of Social Services, Office of Child Abuse Prevention).

Children Who Received Mental Health Counseling in the Previous Year, by Household CSHCN Status: Jun. 2022



Definition: Estimated percentage of adults with caregiving responsibilities for children ages 0-17 whose oldest child received psychological or emotional counseling from a mental health professional in the previous 12 months, among those needing care, by presence of children with special health care needs (CSHCN) in the household (e.g., in Wave 4 (Jun. 3 – Jun. 29, 2022), among California caregivers living in households with one or more CSHCN whose oldest child needed mental health counseling in the previous year, 62.3% received services).
Data Source: *Family Experiences During the COVID-19 Pandemic*. (Jun. 2022).

What It Is

On kidsdata.org, measures of how children and families in California are faring during the COVID-19 pandemic come from a national questionnaire, *Family Experiences During the COVID-19 Pandemic*. Caregivers with children ages 0-17 are asked a series of questions relating to the pandemic's impact on family economic security, public service use, emotional and behavioral experiences, health care, child care, and education. Estimates based on their responses are available for California and seven sub-state regions. At the state level, data also are broken down by household income level, caregiver's race/ethnicity, and for families with and without children with special health care needs (CSHCN).

Why This Topic Is Important

Before the COVID-19 pandemic, millions of U.S. families already were struggling with poverty, food insecurity, housing instability, mental illness, and difficulty accessing quality health care, education, and other resources. The onset of the pandemic dramatically worsened these issues, leaving many parents out of work or with reduced incomes and struggling to meet their families' basic needs. At the same time, families grappled with child care and school closures, shifts to remote learning and working, and disconnection from extended family, friends, and other social supports. Many families also experienced illness and the loss of loved ones due to the disease. Not surprisingly, mental health problems increased for both children and parents during the pandemic.

Some families were particularly vulnerable to the COVID-19 crisis, including those already struggling to make ends meet, hourly workers and those with unstable employment, families of color (who faced inequities in health outcomes and access to care before the pandemic), and families with young children or children with special health care needs. The pandemic's effects on young people are of particular concern, as adverse childhood experiences, especially in early childhood, can have negative, long-term impacts on health and well being. The more traumatic events a child experiences, the more likely the impact will be substantial and long lasting.

Every effort should be made to ensure that children and families recover fully from the pandemic and that their physical, emotional, educational, and material needs are met consistently. Beyond meeting basic needs, children also need positive experiences and stable, nurturing relationships and environments in order to thrive.

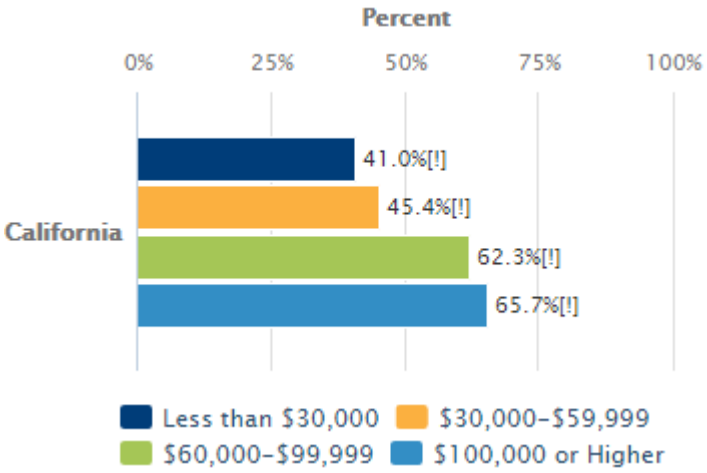
Questionnaire: American Academy of Pediatrics, Centers for Disease Control and Prevention, Prevent Child Abuse America & Tufts Medical Center; *California oversample*: Lucile Packard Foundation for Children's Health, California Essentials for Childhood Initiative & California Dept. of Public Health, Office of Suicide Prevention.

Caregivers Who Quit or Changed Jobs During the Pandemic, by Race/Ethnicity: Jun. 2022

California	Percent
African American/Black	12.9%[!]
Asian	13.2%
Hispanic/Latino	8.7%
White	7.1%

Definition: Estimated percentage of adults with caregiving responsibilities for children ages 0-17 who due the COVID-19 outbreak quit or changed jobs, by caregiver's race/ethnicity (e.g., in Wave 4 (Jun. 3 – Jun. 29, 2022), 8.7% of Hispanic/Latino caregivers in California had quit or changed jobs during the pandemic).
Data Source: *Family Experiences During the COVID-19 Pandemic*. (Jun. 2022). *Questionnaire*: American Academy of Pediatrics, Centers for Disease Control and Prevention, Prevent Child Abuse America & Tufts Medical Center; *California oversample*: Lucile Packard Foundation for Children's Health & California Essentials for Childhood Initiative (California Dept. of Public Health, Injury and Violence Prevention Branch & California Dept. of Social Services, Office of Child Abuse Prevention).

Availability of Telehealth for Mental Health Care, by Household Income Level: Jun. 2022



Definition: Estimated percentage of adults with caregiving responsibilities for children ages 0-17, by household income level and availability of telehealth as an option for caregiver's family members (i.e., themselves, their children, or others) to receive mental health care (e.g., in Wave 4 (Jun. 3 – Jun. 29, 2022), telehealth was not available as an option for mental health care in the areas where 12.7% of California caregivers living in households with annual incomes below $30,000 lived).
Data Source: *Family Experiences During the COVID-19 Pandemic*. (Jun. 2022). *Questionnaire*: American Academy of Pediatrics, Centers for Disease Control and Prevention, Prevent Child Abuse America & Tufts Medical Center; *California oversample*: Lucile Packard Foundation for Children's Health, California Essentials for Childhood Initiative & California Dept. of Public Health, Office of Suicide Prevention.

How Children Are Faring

The COVID-19 pandemic remained a source of disruption and stress for many California families more than two years after outbreak, according to estimates from the fourth wave of a questionnaire administered in June 2022. At the time of questionnaire, a third (33%) of adults with caregiving responsibilities for children ages 0-17 statewide had experienced feelings of nervousness or stress always or most of the time in the previous month, and 23% had felt difficulties piling up so high that they could not be overcome. Overall, fewer than 2 in 5 (36%) felt confident in their ability to control important things in their lives at least most of the time.

Many caregivers expressed concern for their children's physical, emotional, and academic well-being. An estimated 58% were more than slightly concerned for their children's safety following the rollback of masking and other pandemic-related public health measures. At the time of questionnaire, the oldest child of just over half (53%) of caregivers statewide was fully vaccinated against COVID-19. Caregivers also expressed concern for their children's academic progress, with 35% more than slightly concerned that their youngest school-aged child was falling behind at school. At the time of questionnaire—near the end of the 2021-22 school year—the youngest school-aged child of an estimated 42% of caregivers had fallen behind at school during the 2019-20 or 2020-21 school years and still hadn't caught up. Similarly, 36% of caregivers were more than slightly concerned for their oldest child's emotional or mental health in the previous month. During the year prior to questionnaire, among caregivers whose oldest child needed psychological or emotional counseling from a mental health professional, 59% had received services. Estimates of children's receipt of needed mental health counseling were higher among caregivers in households with children with special health care needs (CSHCN) (62%) when compared with households without CSHCN (52%).

View references for this text and additional research on this topic:
https://m.kidsdata.org/topic/105/family-experiences-during-the-covid-19-pandemic/summary