

CUIDAR

**STUDY ABOUT TIMES, FORMS AND SPACES OF CARE WITHIN
THE HOUSEHOLD DURING THE PANDEMIC**

AUGUST 2020 - CHILDHOODS REPORT

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PRESENTATION

The **CUIDAR** study was conducted by a multidisciplinary team, aiming to explore the changes in care practices within the context of the Covid-19 pandemic

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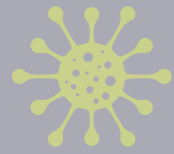
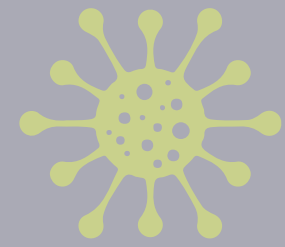
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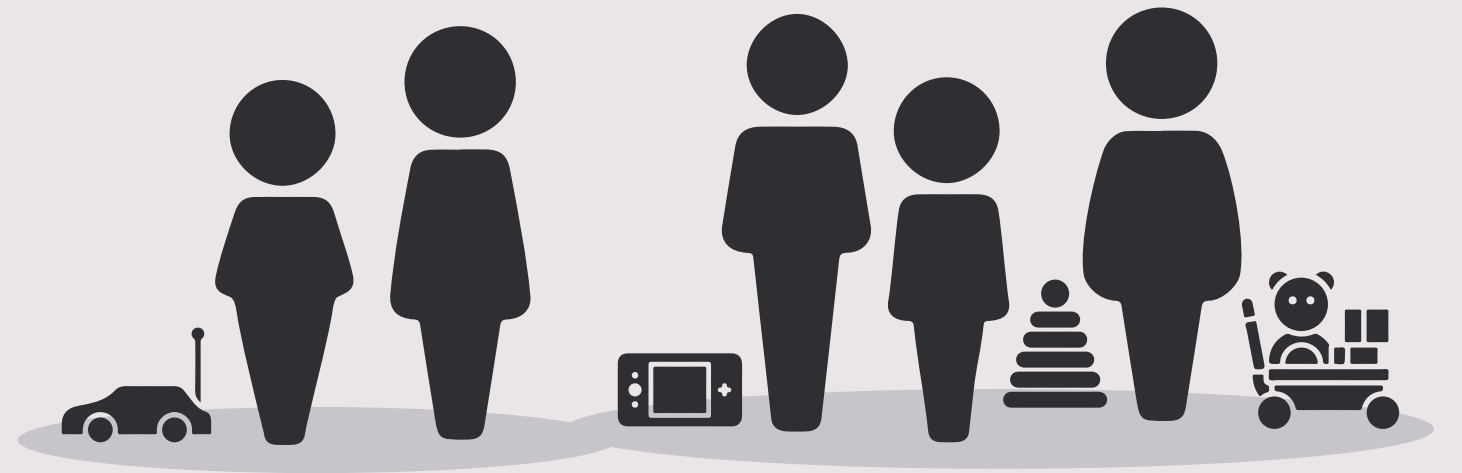
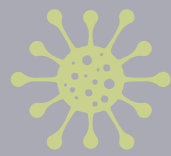
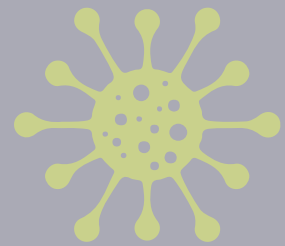
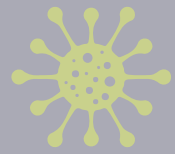
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METHODS

- This report emerges from CUIDAR Study, a survey applied in May 2020.
- Exploratory research on unpaid-care practices that occurs within households in the context of pandemic and confinement.
- Non-probability sampling (n = 2005)
- Online survey applied to the population of the national territory of Chile over 18 years old.
- This report presents some of the most significant data obtained from this study, regarding children at home
- For the purposes of this report, children mean the ones under 12 years old



EVERYDAY
LIVES OF
CHILDREN



ROUTINE COMPLIANCE



■ HAS DECREASED ■ REMAINS THE SAME ■ HAS INCREASED

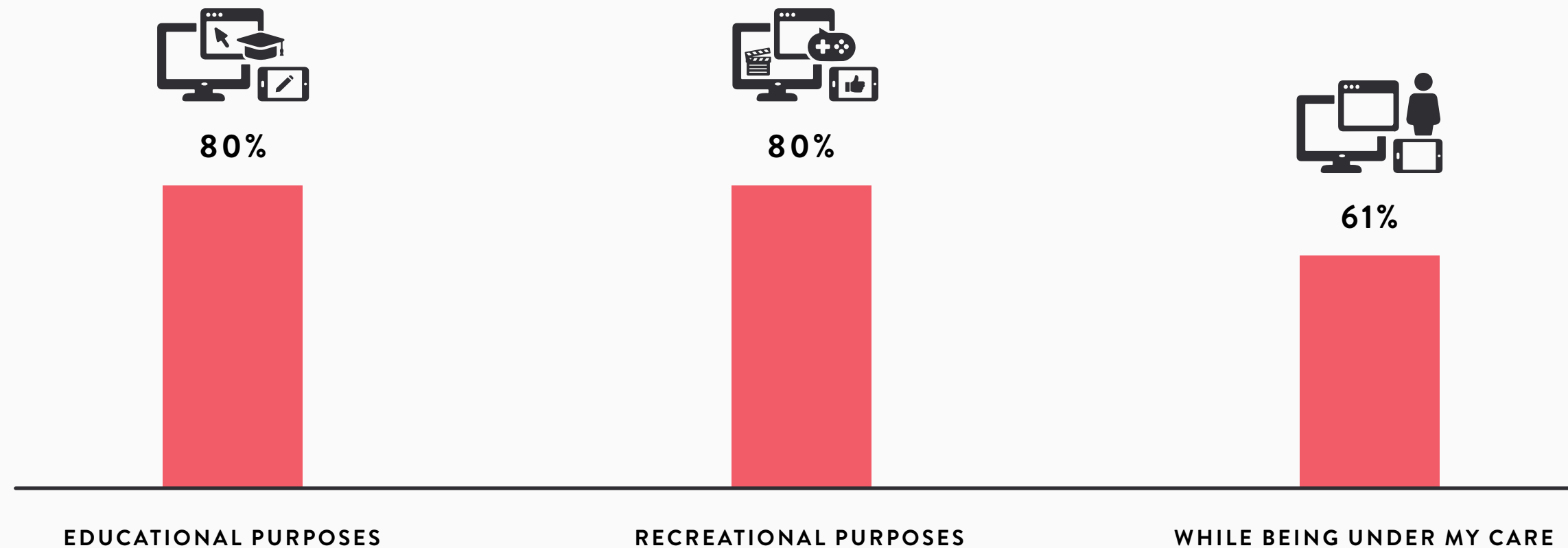


Months-long school closures and quarantines have had repercussions on the continuity of **children's normal routines.**



This has disrupted daily life at home, where **1 in 2 respondents report that compliance with routines that organize children's daily lives has decreased.**

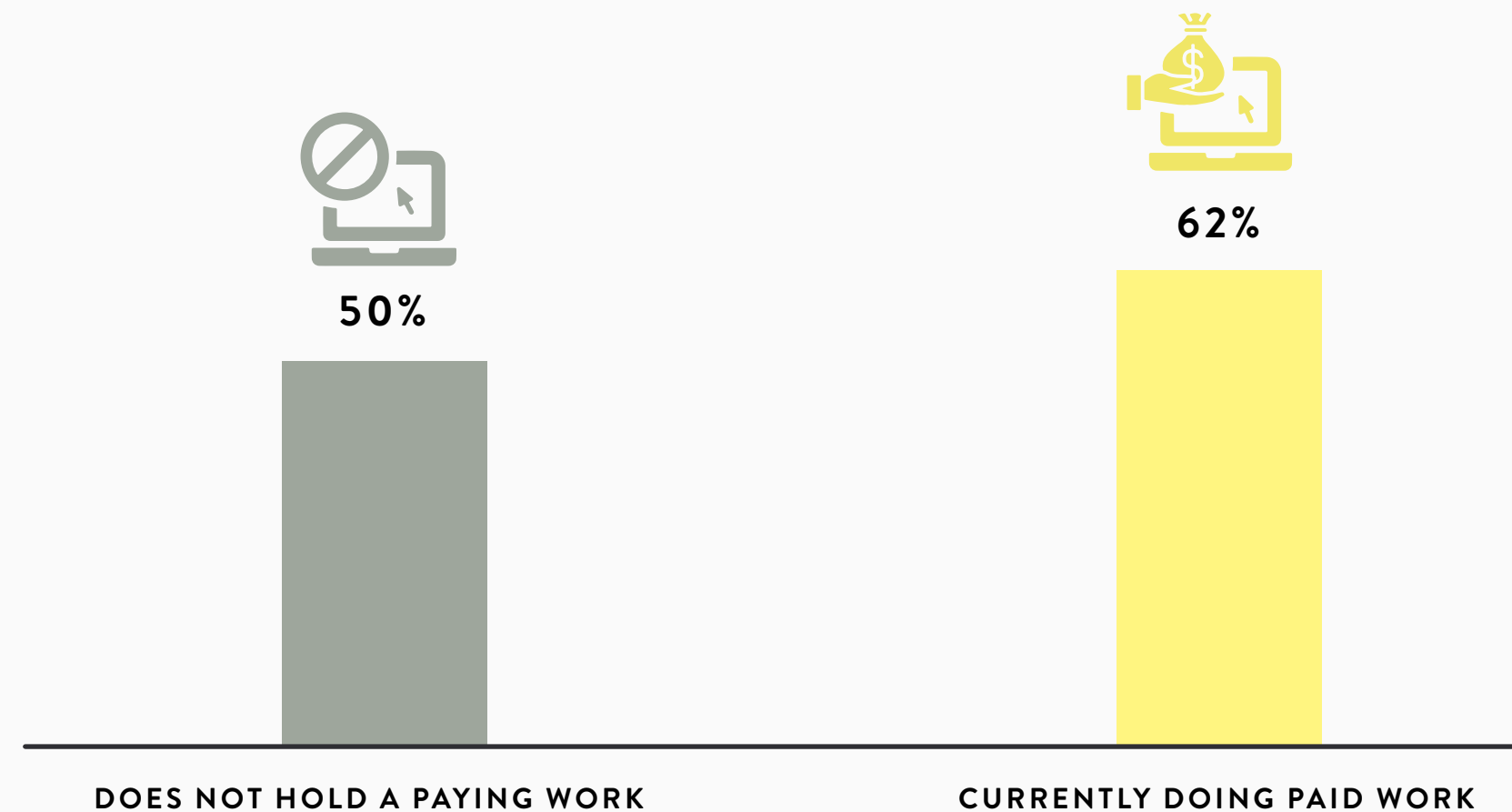
COMPARED TO LAST MONTH, CHILDREN IN YOUR HOME HAVE INCREASED SCREEN-TIME FOR:



In general, children's screen-time has increased, being this increase similar for **educational** and **recreational purposes**.

15% of those who declare an increase in screen-time for educational purposes are not currently under an online curriculum. This means that not all the educational screen-time consumption is attributable to the activities offered by educational establishments.

SCREEN-TIME INCREASED WHEN CHILDREN ARE UNDER

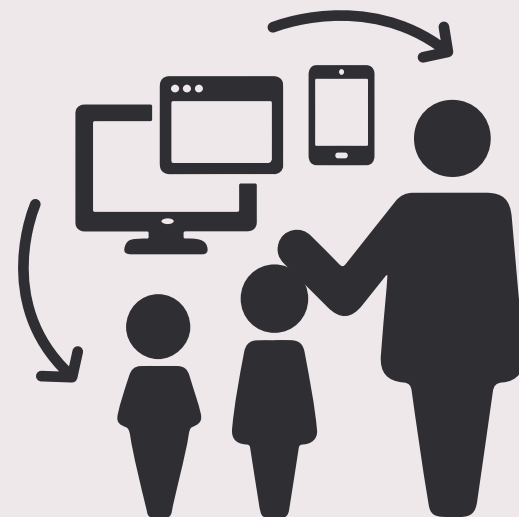


3 out of 4 people with at least one child on distance learning in charge are also working. These caregivers report a greater increase in the children's screen-time under their care. In part, this can be explained as **77% of the caregivers who declare to be doing paid work during the pandemic** are doing so from home while their children are also present. Remote working not only affects the working adult but also affects their direct environment.

Of those caregivers who reported feeling **overwhelmed** during may 2020,



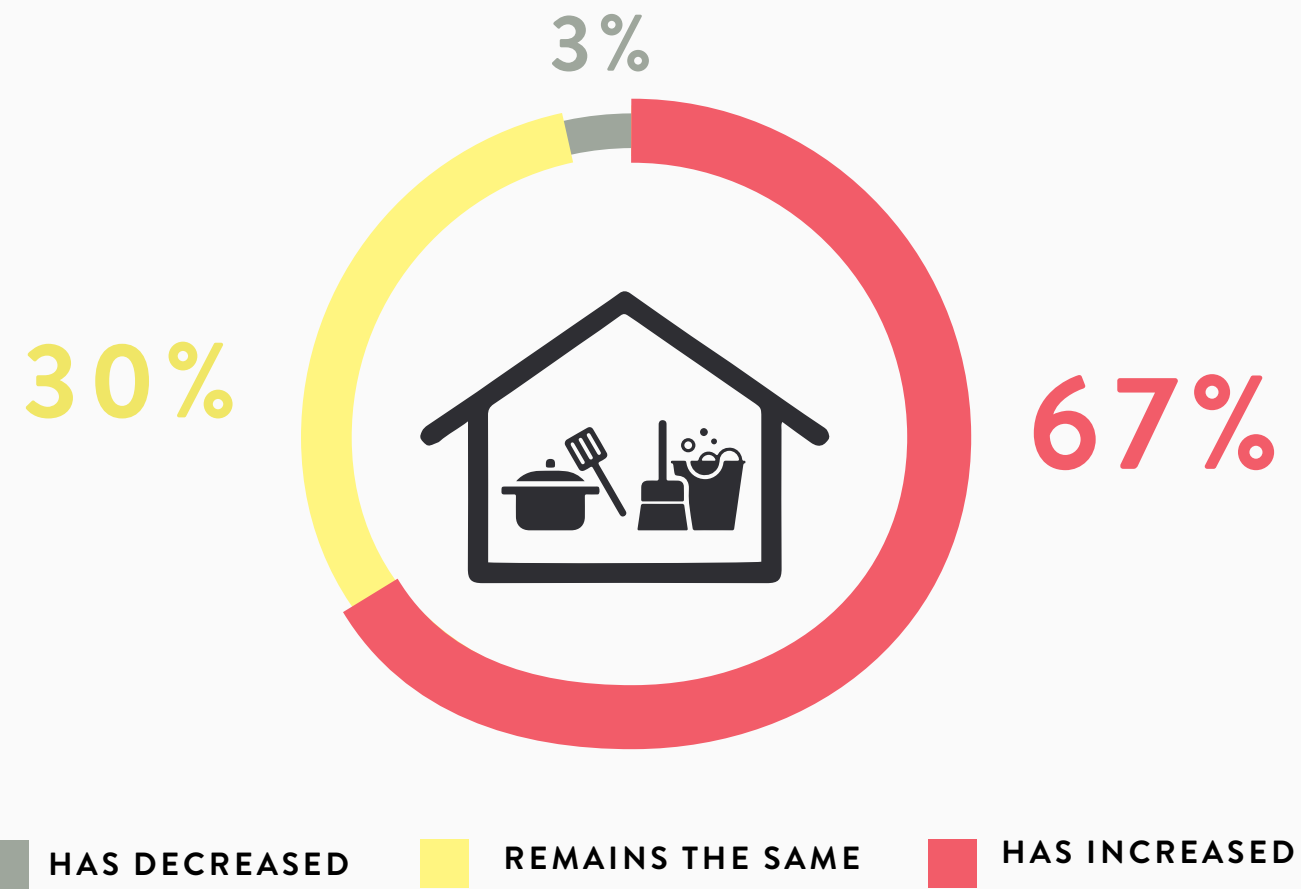
7 out of 10 also mentioned an increase in children's screen-time under their watch.



Thus, it seems that the **screens become an important actor in the family dynamics nowadays**, supporting caregivers to cope with the day-to-day activities and caring for their children.

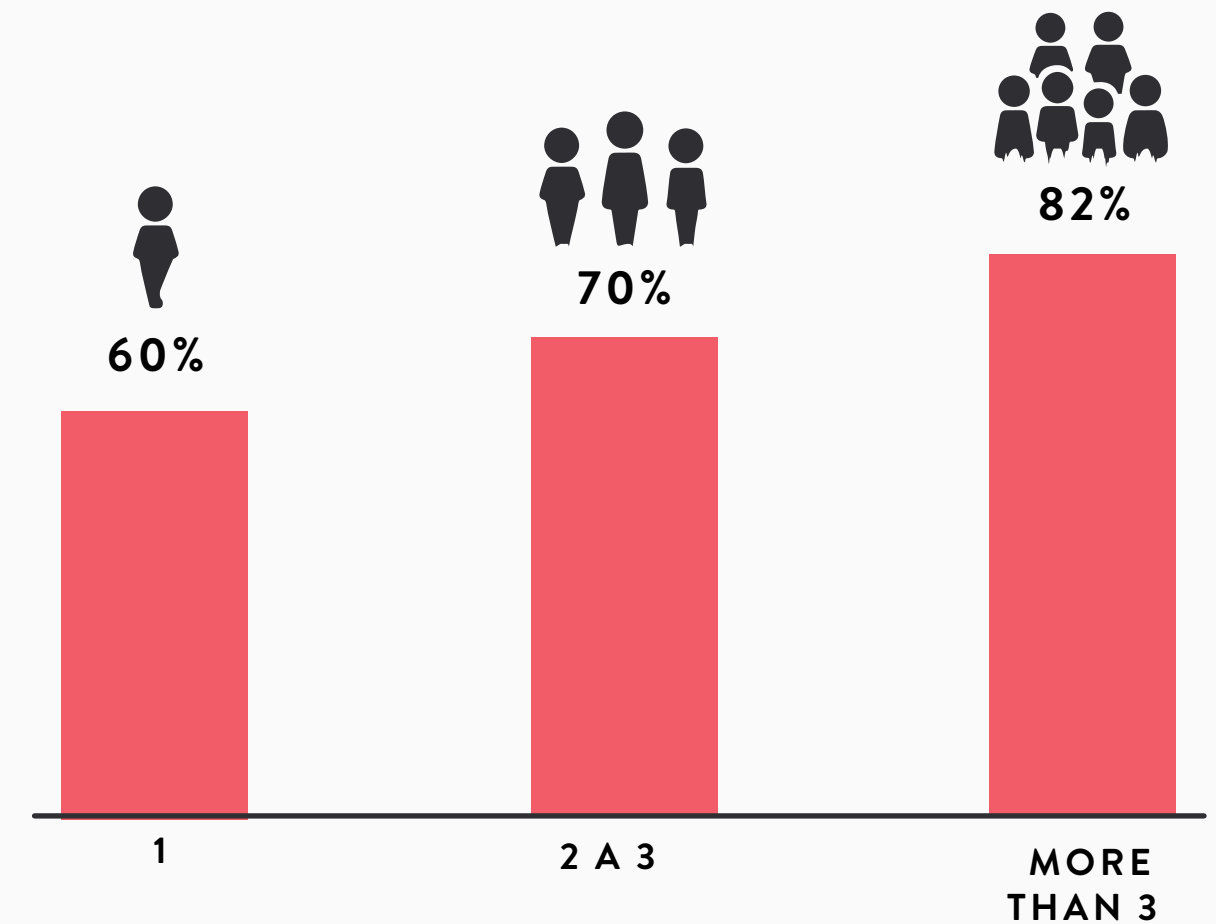
CHILDREN'S PARTICIPATION IN HOUSEHOLD ACTIVITIES

CHILDREN'S PARTICIPATION IN EVERYDAY HOUSEHOLD ACTIVITIES (CLEANING, COOKING, ETC.)



In general terms, we observe **an increase in children's participation** in daily household activities. This participation increases even more **as there are more children at home.**

CHILDREN'S PARTICIPATION IN HOUSEHOLD ACTIVITIES, BY THE NUMBER OF CHILDREN AT HOME

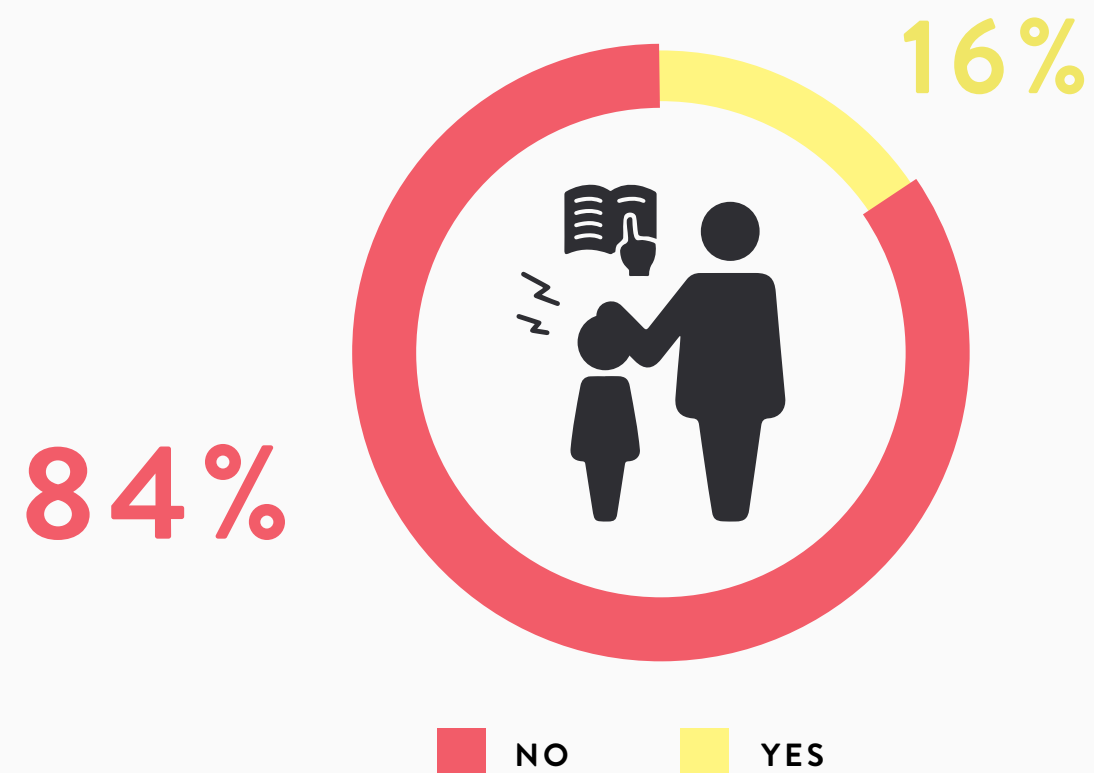


Even more, **1 out of 3 respondents** declares that children at their homes have increased their participation in **care activities** related to other siblings or household members.

**TEMPORARY SPECIAL
EDUCATIONAL NEEDS
(TSEN) AND USE OF
PHARMACEUTICAL AND
OTHER HEALTH SUPPLEMENTS**



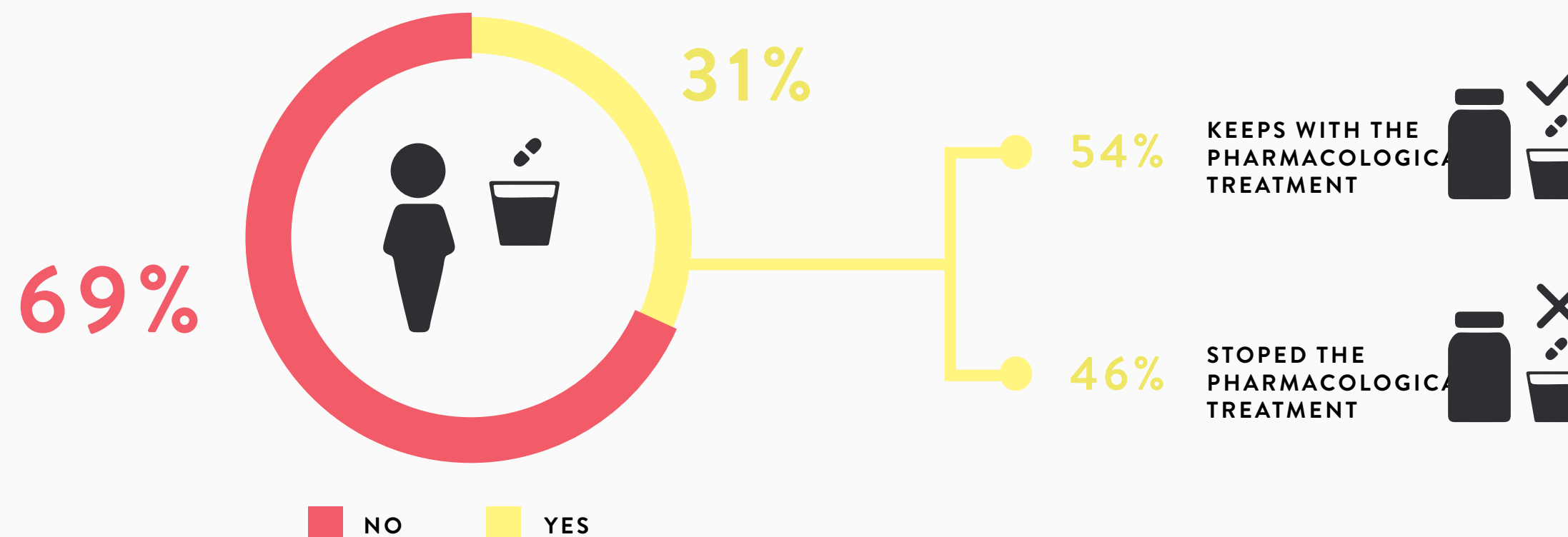
PRESENCE OF CHILDREN WITH DIAGNOSES OF TEMPORARY SPECIAL EDUCATIONAL NEEDS AT HOME



With school closures, it is unknown what happened with the learning processes of those children with diagnoses of Temporary Special Educational Needs (TSEN) who must now learn from home and under the supervision of their caregivers. Of the survey participants, **16% mentioned living with at least one child diagnosed with a Temporary Special Educational Need.**

Although in March 2020, the Chilean Ministry of Education presented Working Guidelines for children diagnosed with Permanent Special Educational Needs, no guidelines have been produced for children diagnosed with TSEN.

USE OF MEDICATION TO TREAT THESE DIAGNOSES



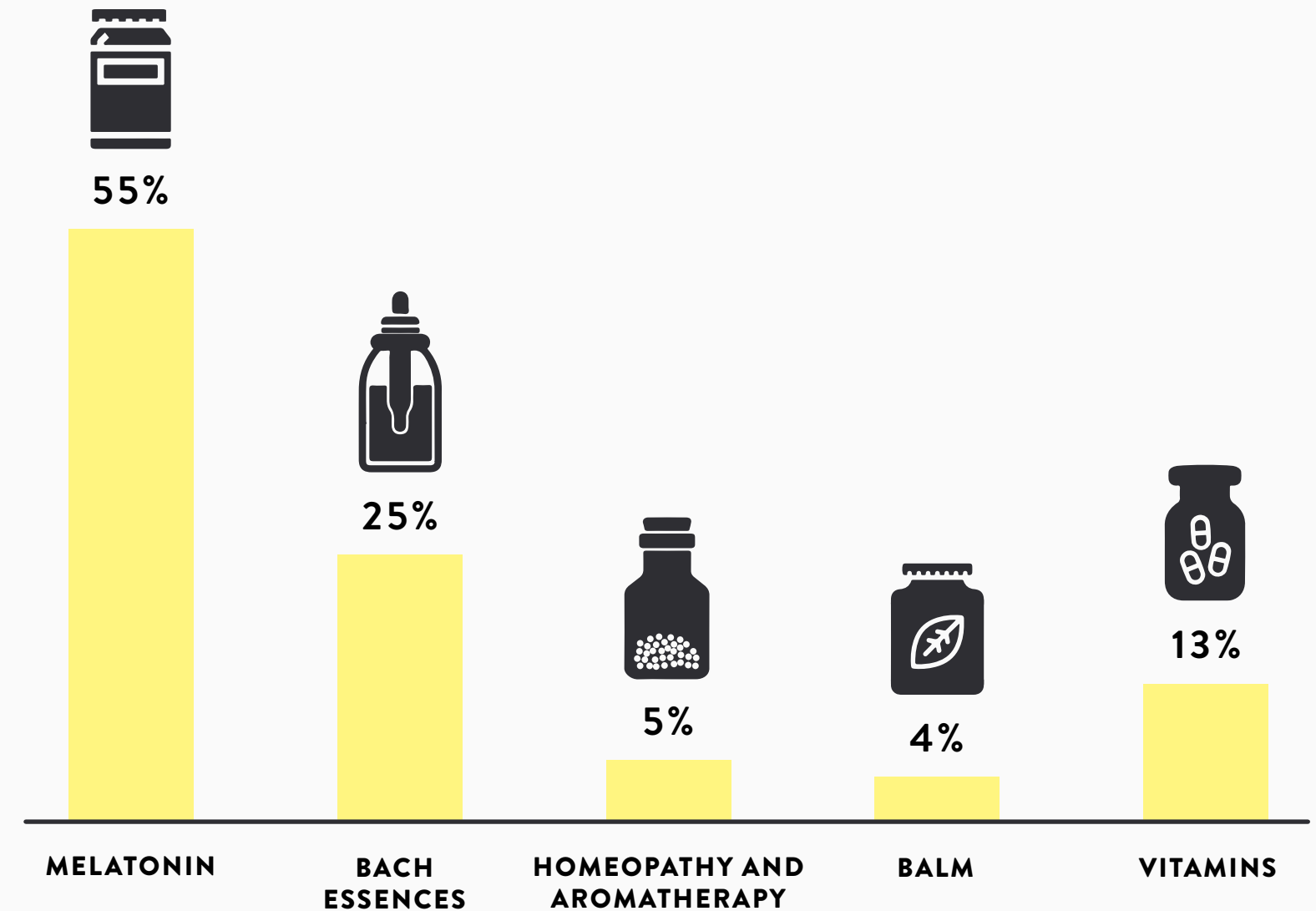
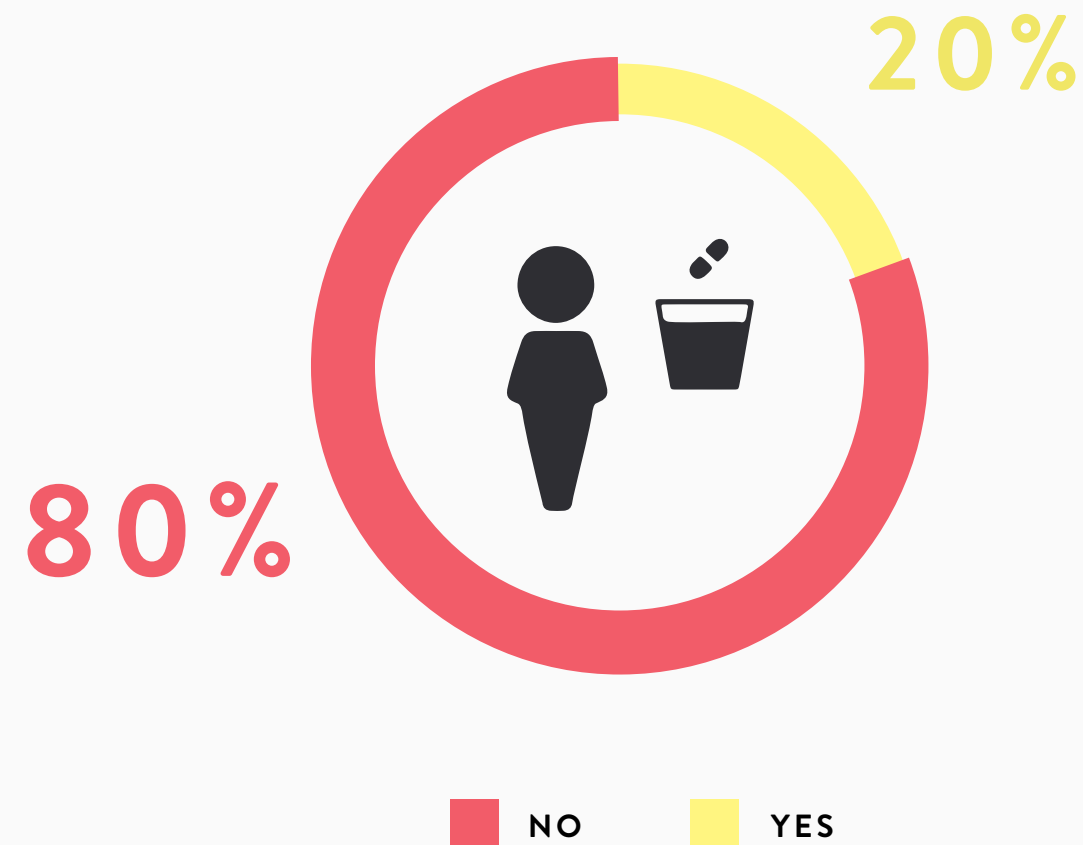
Of the total respondents who declared living at least with one child with a diagnosed TSEN at home, **only 1 out of 3** declared to use **pharmaceuticals to treat these diagnoses prior to the COVID-19 pandemic.**



Of the children who were previously receiving a treatment associated with this diagnosis, in **46% of the cases the families decided to not continue with their treatments during the pandemic.**

USE OF HEALTH SUPPLEMENTS, CHILDREN AT HOME

WHICH ONE?

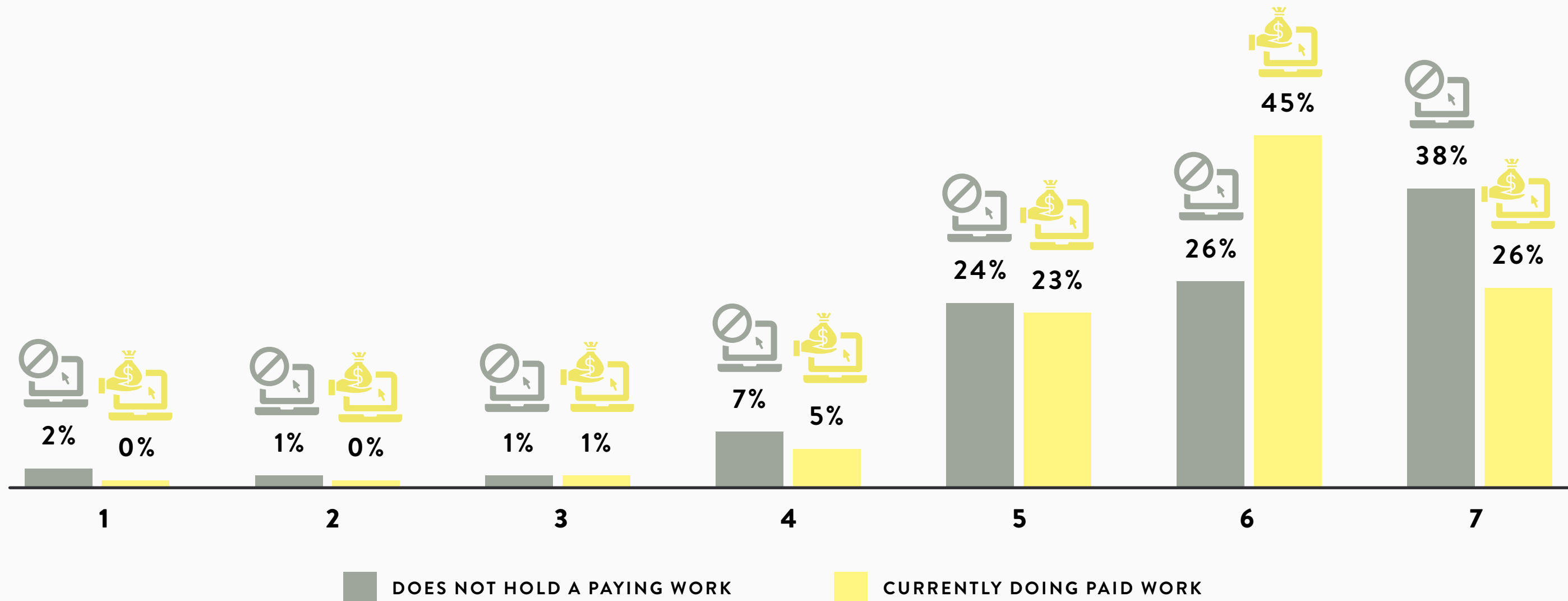


Regardless of whether the children at home have a diagnosis of Special Educational Needs or not, **almost a fifth of the caregivers with children state that they provide them a supplement on a regular base.** Of these, the most frequent one is melatonin.

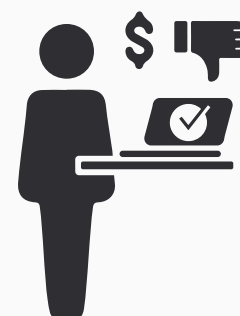
CAREGIVERS



ON A ESCALE FROM 1 TO 7, LIKE SCHOOL GRADES, HOW WOULD YOU GRADE YOUR ABILITIES TO TAKE CARE OF CHILDREN?



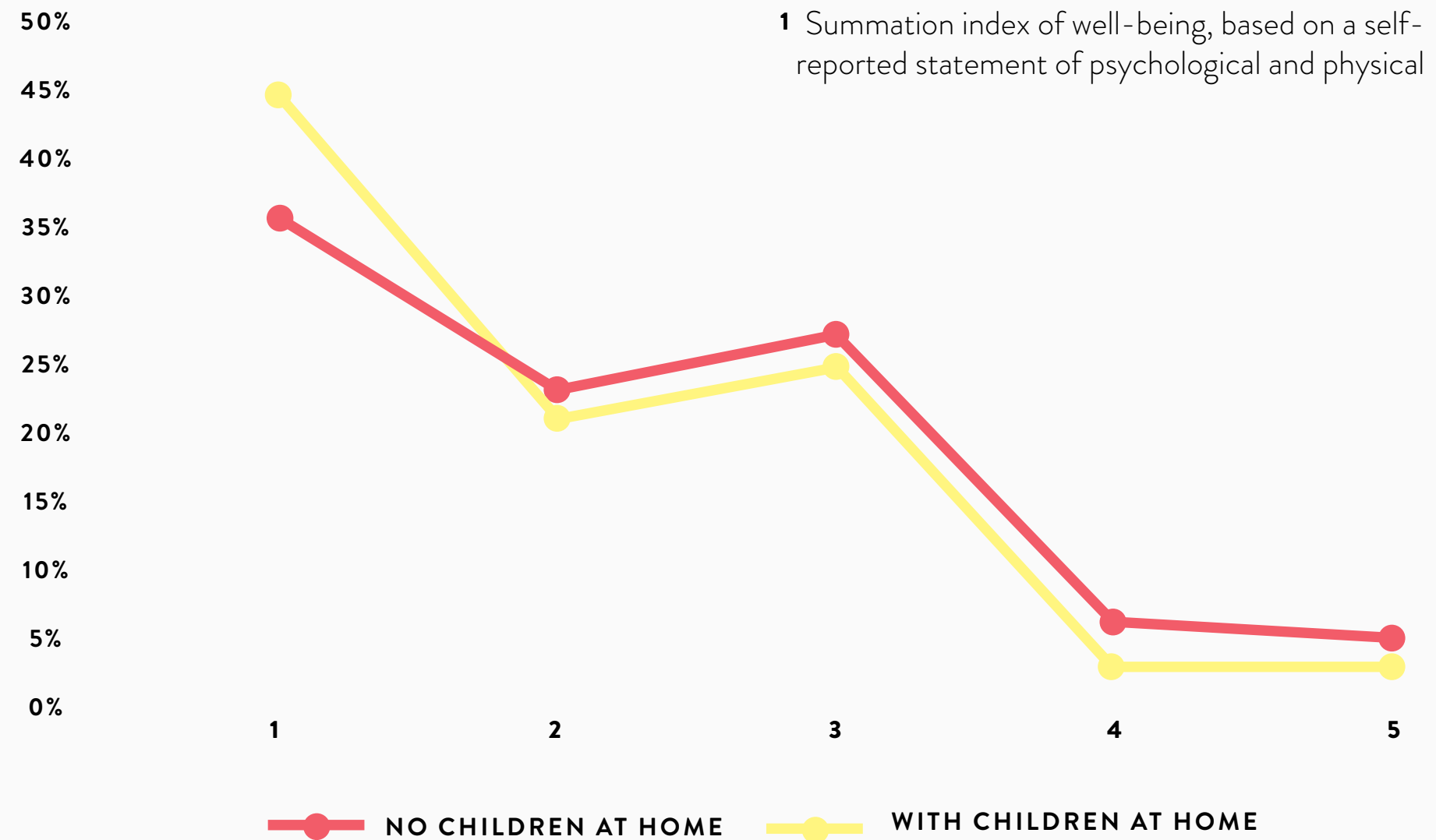
In general terms, **those who care for children are optimistic about their caregiving skills.** On average, the respondents evaluate themselves with a grade of 5.9 (out of 7).



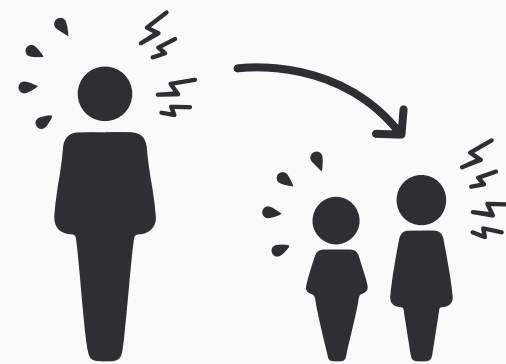
It is interesting to note, however, that **those who are doing paid work during the pandemic rate their caregiving skills worse** than those who are not doing paid work. No statistical differences are observed in relation to gender or educational level.

WELL-BEING INDEX¹

A scale of 1 to 5 was created to measure the physical and psychological well-being of the respondents during the pandemic (May 2020). On this scale, 5 is the optimum for physical and psychological well-being.



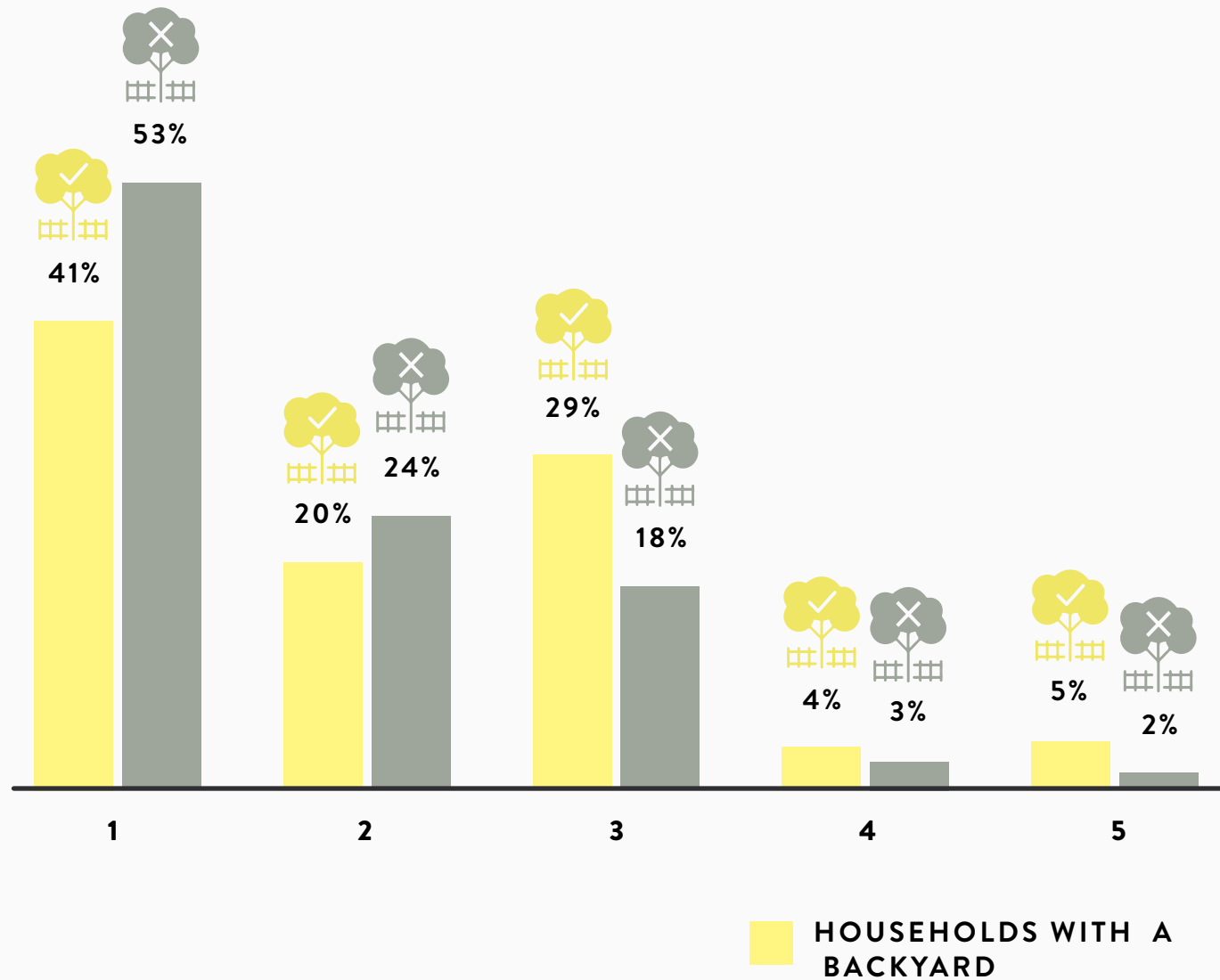
Although in general terms a low level of well-being is observed for everyone, **there are significant differences in the level of well-being between those who have children and those who do not.** Those who live with children during the pandemic are experiencing a greater impoverishment of their sense of physical and emotional well-being.



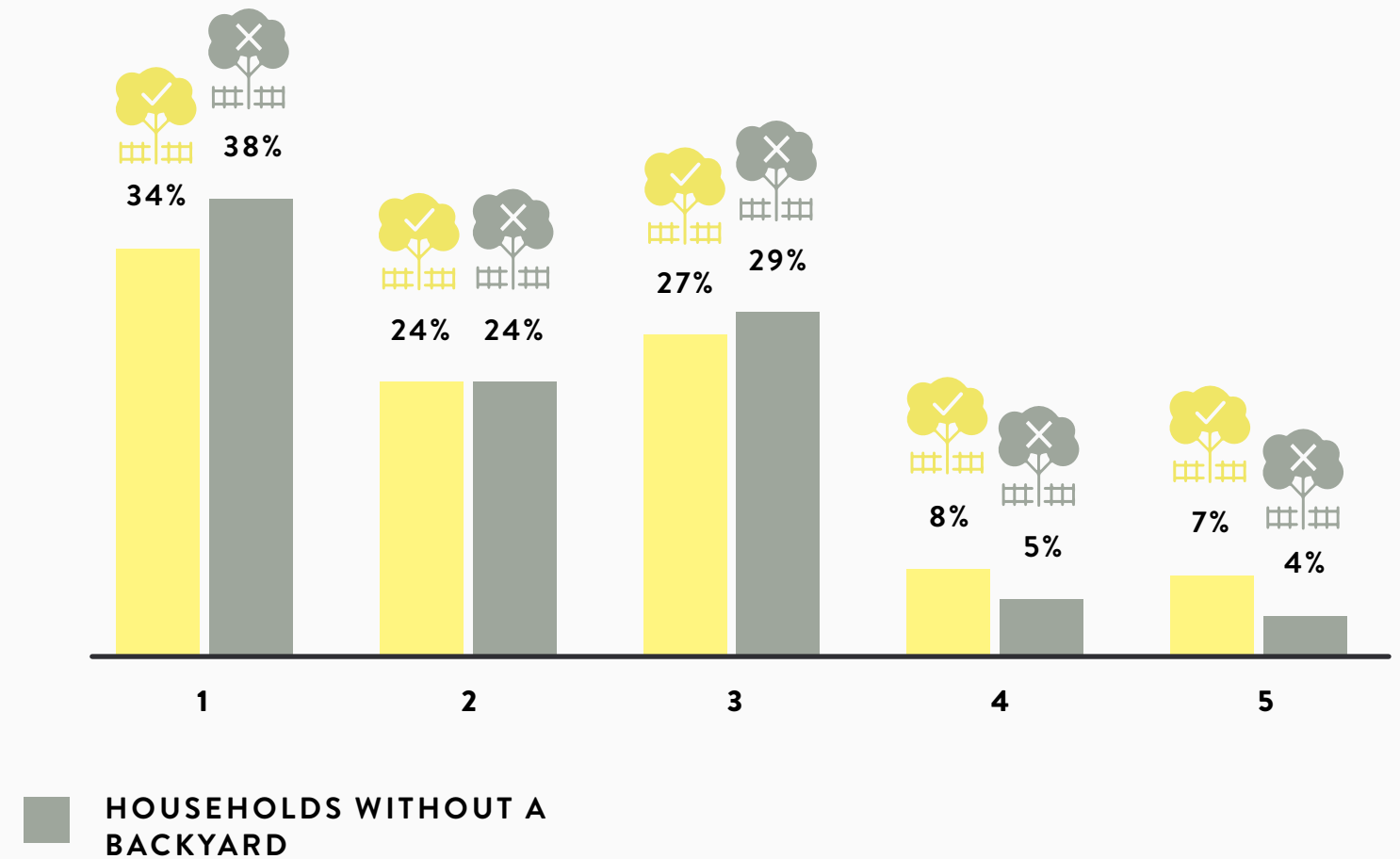
This is particularly troublesome if we consider that the **caregiver's well-being is deeply intertwined with the well-being of the children they take care of.**

WELL-BEING INDEX: WITH CHILDREN AT HOME

WITHOUT CHILDREN AT HOME

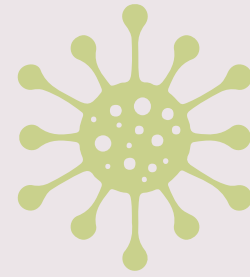


WITH CHILDREN AT HOME



Another **variable that seems to affect the wellbeing** of individuals, and especially those who are caring for children, is **having a backyard**. For the purposes of this study, a backyard is understood as an area for private use, which does not include common areas of buildings or houses.

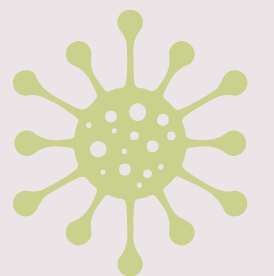
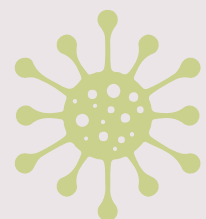
In phases of progressive easing of lockdown measures, countries such as Spain, France, Italy and Germany discussed at length the need to prioritize families with children to use the public spaces during protected time frames. This, as **special emphasis has been placed on the effects that confinement have had on the mental and physical health of children and their caregivers.**



In countries that have gone through the COVID-19 crisis before Latin America, discussions have been held about the different support that caregivers require. **In the case of those who are caring for children, their mental and physical health is directly linked to the wellbeing of children they care for.**

“I think that taking good care of children and working full time from home is incompatible. So, you just do what you can”

(Woman, 40 years old, two children, Providencia county).





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