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| **Early Years Wellbeing Survey Data Analysis**  |
| **Version 6 (17 July 2021)** |
| **Survey responses: 1001** | **No’s of schools completed** |
| **Wellbeing: Early Years** |  | **50 Primary schools, 14 nurseries (incl. “Other” settings that specify “Nursery”)**  |

**Demographics:**

3.3% of respondents answered on behalf of a child with a disability.

49.35% answered on behalf of a child entitled to a free school meal (7.89% didn’t know if they were entitled or not).

2.9% of respondents answered on behalf of a child with an Education health Care Plan (EHCP).

**Access to food:**

5.09% of respondents reported it was **difficult to access food during lockdown.** Of these respondents the following made it difficult:

* Short on money (67.31%)
* Lone parent (44.23%)
* Self-isolating (30.77%)
* Shops didn’t have the food they needed (32.69%)
* Were at work (11.54%)
* Other:17.31

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| 1 | Fear of going to the shop with the kids and unable to do it when partner returned home from work |
| 2 | Due to my sons additional needs |
| 3 | I recieved a shielding letter |
| 4 | I was 7 month pregnant at the start of lockdown and on maternity pay |
| 5 | Without going out to supermarkets i couldn't get delivery slots from supermarkets |
| 6 | Sheilding |
| 7 | Difficult as nobody to watch the boys whilst i shopped |
| 8 | I was shielding on furlough |
| 9 | N/A |

**Physical Activity:**

* 16.98% reported their child was more physically active during lockdown
* 42.46% reported their child had the same physical activity level as before lockdown
* 40.56% reported their child was less physical active during lockdown

**The top 3 barriers to children enjoying physical activity were:**

* Nowhere to go (47.04%)
* Happy to stay indoors (39.94%)
* Self-isolating (24.70%)
* Other (21.60%)

**Of the 21.60% of respondents reporting ‘Other’** these answers included**:**

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| Both parents working virtually full time at home. |
| Reduced physical activity as being home schooled alongside parents working from home. Has a daily walk and plays outside but less than a usual day at school. |
| Missing the gymnasium & swimming pool |
| Playgrounds shut, organised activities such as football not being run |
| We took daily exercise but it’s less physical activity than she would have experienced at school |
| Weather |
| Extremely vulnerable sheilding |
| Was extremely active at school during breaks and before and after school clubs. Did lots of additional clubs that have all stopped due to covid. |
| She usually dances twice a week, goes to gymnastics and swimming lesson. None have been on. |
| Didn’t want to go out as was too scared |
| Weather |
| My son staying homeless |
| Dance school closed, gymnastics closed, swimming closed |
| All her clubs aren’t open, swimming, brownies, after school sports, not able to mix with other kids |
| parent suffering from anxiety |
| Meltdowns, sensory overload sensitivity |
| Weather |
| New baby at home |
| Initially limited places to exercise - has got better recently |
| Sheilding |
| Work commitments |
| Mum pregnant |
| Sibling ASD |
| Domestic violence |
| Domestic violence |
| I have been working from home so sometimes difficult to manage both my workload and childcare |
| Shielding. |
| No problems to enjoy physical activity |
| No garden, so space at home to run and play |
| To scared to take them anywhere due to virus |
| Staying safe |
| Not having other kids to interact and play |
| Only possible to go out for a walk if both parents were available due to understanding of safety. We got soft play at home to climb and activities to do in the garden. |
| Limited time out |
| parent contracted Coronavirus, had to isolate and suffered effects from long covid |
| Didn’t want to leave house |
| Working full time |
| Parents work |
| Parent's work |
| older siblings which were doing home schooling & had to be supervised |
| Leisure centres shut |
| Trying to work full-time with kids at home |
| Struggled to get them outside as they did not want to go out. |
| Predominance of online learning activity, Lack of facility e.g. playground, swimming pool, |
| She didn’t want to leave the house sometimes |
| Closure of local parks |
| We don’t have a garden |
| Frightened to go out |
| Not at nursery |
| When time to go outside was limited and parks were also closed. |
| Parents working full time from home so limited opportunity to enjoy outside. |
| Weather dependent |
| Parents working |
| Gym closed, daily lessons |
| Some weekly activities were cancelled |
| playgrounds closed |
| Both parents having to work so difficult to find the time to do exercise every day |
| Parents both working full time from home |
| Both Working parents |
| Missing friends |
| All his activities were cancelled. He was a very active boy |
| Parents having to work from home |
| Unable to see family and friends presented low mood at times as expected |
| We're a very outdoors family who enjoy predominantly outdoor physical activity. Restrictions on these activities meant our physical activity changed considerably |
| Swimming lessons, dance classes etc cancelled. |
| Single key worker parent |
| Parents working |
| Live in a flat and both parents working full time one from home |
| Weather too cold to stay in a park for so long |
| Parents having to work from home |
| Couldn’t play with others |
| Couldn’t meet others |
| Parents working |
| Could not play outside with her friends, afterschool/weekend activities closed. |
| Only 30 minutes exercise allowed |
| Both parents working |
| Classes that he normally attends closed |
| No garden |
| Myself and my husband were both working from home which limited the amount of time outside we could do. |
| Sheilding so activities inside or garden only |
| None |
| Bored and started to be nervous about leaving the house once we could |
| Swimming baths and gymfinity was shut |
| Having to be at grandparents while mum and dad worked full time. Grandparents dont drive and nothing local around for walks |
| Parents both working |
| Swimming stopped and football |
| Football and swimming classes cancelled |
| Parents juggling work and schooling |
| Dad was working mum had to shield |
| Enjoys being able to climb apparatus as well as running and other activities and these weren’t available. |
| Only toward the end of lockdown, Mum had a broken ankle |
| WFH so had limited time to go outside |
| Less variety during lockdown |
| Reluctant of child to go out |
| Just less time playing outside with other kids |
| Dance, gymnastics and swimming closed |
| We did daily walks, but they were less interested in exercise without children to play with |
| Too many baby siblings |
| usual swim classes, football training not happening |
| WORKING FROM HOME |
| Rules around swimming lessons went against our preferences so couldn’t take her anymore |
| We were only allowed one outing a day in lockdown |
| He usually attends footy classes these were not on so physically activity was less. We did however play in the garden and did some significantly long walks that surround our village once a week, but he is naturally more active at school with more room to run round and more people to play with |
| Playgrounds closed |
| Lack of interaction with friends and family contributed to her doing less of her usual activity which we tried to compensate for with walks and playing in the garden. |
| Not running around with friends |
| we chose as a family to not go out to help reduce the risk of Covid spread |
| limited time to take them out whilst working |
| Playgrounds closed |
| Parents working |
| Limited due to weather |
| Winter weather |
| Time, as both parents working and home schooling. |
| Weather |
| Less extra curricular activities so we tried to do more walks and bike rides to keep up to normal but not always possible with school and work |
| Working parents |
| Not doing the walk to school |
| Trying to balance working from home with supporting my child's development |
| small garden, small house |
| Weather |
| Extra curricular clubs and facilities closed |
| Finding time whilst also trying to do school work for older child. Lack of motivation due missing school and friends |
| Weather |
| Husband is a keyworker so out at work everyday. I had a baby just before lockdown who needed some sort of routine, home schooling took most of the day too. |
| Activities closed |
| We don’t drive and both have a health condition which didn’t allow us as much exercise and freedom as we would have liked |
| I was sheilding |
| We still went out on a daily walk but I feel he was less active than when he was at school |
| Working from home |
| Parents workload pressures |
| Went walking but all usual activities cancelled |
| New baby born during lockdown |
| Not able to continue swimming and gymnastics |
| Classes not being on |
| Demands of home schooling left little time to go outdoors for exercise & we were not walking to school anymore. |
| to avoid contact with other household |
| Both parents working full time |
| too many zoom lessons to attend |

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During lockdown, **35.4%** of respondents reported their children were **more worried**, **32.7%** reported their children were **more angry** and **36.7%** reported their children were **more sad**.

**Where children were worried, upset or anxious:**

* 84.43% reported it was because of not seeing friends and missing them
* 80.24.% reported it was due to not seeing family members and missing them
* 68.74% reported it was because of missing school/nursey and their teachers

**3.71%** reported if their child was worried, upset or anxious it was due to a bereavement, 1.32% reported it was due to being ill themselves, and 4.43% reported it was because someone close to them was ill.

**Other answers included:**

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| Boredom and frustration. |
| Lack of regular routine, boredom |
| Their parents wedding having to be postponed |
| Elderly neighbour dying |
| She was content at home most days but inevitably she missed her friends and school/teachers at times |
| Frustration at the restrictions |
| Missing activities |
| No where to go |
| Routines |
| More worried about the virus |
| Domestic violence |
| Domestic violence |
| Domestic violence |
| Picking up on vibes and news, worried if he will die, mum or dad etc will die |
| Lonely |
| No one |
| Immediate family member having to go out eg. shopping |
| Family split |
| Worried about others getting ill |
| Autistic - loss of routine |
| Being autisic my son missed the routine and discipline of school |
| Not being able to visit places we usually would. |
| Mother diagnosed with breast cancer |
| Upset that we couldn't give level of attention they are used to or supervise tasks fully whilst trying to work |
| Not being able to have days out |
| Worried over all the rules to follow |
| angry when we were working and he was bored |
| Lack of physical activity |
| A little anxious about covid at first but we read a book together all about it and she was fine after thst |
| Wondering ""when will the virus go away"" |
| Frightened |
| Don’t know |
| Not fully understanding the gravity of the situation and becoming frustrated with how long it lasted |
| not having normal routine, things being repetitive |
| Another big life change- about to welcome a new baby into the family |
| Worry about the pandemic |
| Not being bothered as the days went on |
| Idea of going outside |
| Unsure what is causing this |
| The restrictions to every day life; no swimming, swing park, visiting family far away etc |
| probably change in routine |
| More tension in the house and less attention to needs |
| The world changed for my little boy. When we eventually went back to the supermarket he was alarmed by the queues, people wearing masks and the general sense of people being too scared to go near each other. |
| Anxiety over covid |
| She sad so can't do lots nice things like before |
| The change in routine |
| Not understanding why we couldn't go to certain places |
| Sheilding and being different to friends |
| Worry about people becoming ill in future |
| We worked full time so left to own devices. |
| Sudden, unexpected changes to routines. Worried about breaking rules. |
| Change of routine |
| parents having less time to spend with him due to work |
| Disruption in usual routines |
| Worried he’d get ill or someone he knew would get ill |
| Worried about the whole situation and seeing people after such a long time, he was anxious to be near them despite being really happy to see them |
| Worry about the situation |
| Concept of social distancing when going out |
| Worried about getting covid |
| Couldn’t understand the I was keyworker and that’s why they had to attend school |
| General worry over Covid |
| Complete change to routine. Mum not being her usual happy self. |
| changes to routines and staffing changes at nursery |
| Not liking home school and worried when I had to go to work |
| Worried family members might get coronavirus. Worried that people he saw when out for a walk were not wearing a mask or social distancing. Worried he will have forgotten how to swim or skateboard. |
| Change of routine, lack of structure not in classroom |
| wouldn't say |
| Fear of someone they love being ill |
| General uncertainty and lack of routine |
| I was WFH full time and she was also upset she didn't get to spend time with mummy like other children |
| Worried been out in public she would get covid. Worried that mum n dad would get it because still going out to work. |

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56.344% felt their child’s behaviour had changed during lockdown, and 48.15% felt their child’s sleep pattern had changed during lockdown.

37.9% of respondents felt their school/early years setting supported them very well during lockdown, whilst 8.1% didn’t feel supported at all.

Local services accessed by telephone or remotely:

* GP practice (77.98%)
* 111 helpline (26.26%)
* Other (13%)

**Other answers included:**

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| School |
| Hospital emails / Physio telephone |
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| Nb I feel very well supported by my sons school but wasn’t sure if 1 or 5 was meant to be good |
| Not contact any one |
| Just calls from others support people too |
| School |
| No one of service |
| Didn’t access any of the above |
| Cham |
| Camhs /Family support worker/Sleep scope |
| approachable parenting |
| Paediatrician |
| Teachers calls |
| Private autism diagnosis; CAMHS |
| Speech therapy |
| Speech & Language Therapy |
| Church service |
| Contacted by health visitor for youngest child’s 9 month review |
| Not for my son. For my mum who couldn’t get a GP appointment until her symptoms got so bad. Even the she was rushed in and out and not listened to. In the end, 111 told her to go to the hospital where it was found d she had problems with her heart, and a suspected stroke. |
| Women's aid and Leeds carers |
| Speech and Language therapy |
| School pastoral care |
| Sleep consultant |
| These were just for normal illnesses that occur and just need advice or repeat prescriptions |
| School support |
| Chatter bugs |
| Mind mate |
| Pharmacy advice, OCD symtoms/signs developing in child. |
| in school support for anxiety |
| None |
| Social Care |
| Social Work team |

41.35% answered ‘other’ to needing support from a service.

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| I don’t know but my child does need help |
| Ehcp so this never happens to my children again |
| No one of service |
| Outpatients at LGI for existing medical condition |
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| My family support worker |
| CAMHS |
| Bit can't get an appointment |
| CAMHS |
| I’m accessing support from work |
| Chatter bugs |
| Child Behavioural support |
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| Concerned about child’s anxiety and stress - a previously happy child has become what i can only describe as depressive. |
| Social Care |
| Social Work team |