

## ABSTRACT SUBMISSION FORM

LET'S TALK ABOUT

# SEX + GENDER

Exploring the role of sex and gender on health research



## CHR D 2020: Abstract Submission Form

### Submitter Name

Shaelyn Stienwandt

### Email

stienwas@myumanitoba.ca

### Title

Keeping Kids Busy: Family Factors Associated with Play, Screen Time, and Physical Activity During the COVID-19 Pandemic

### Background

Parent-child interactions are crucial for child development. The COVID-19 pandemic has negatively impacted mental health and increased parenting challenges and stress influencing these interactions.

### Objective

To examine the relationship between parent factors and child activities to identify parental needs.

### Methods

A convenience sample of parents (N = 530) with children ages 2-8 years completed an online questionnaire between April 14-May 30, 2020. Parent-child activities were measured as total weekly time and combined time across activities within three domains: dyadic hands-on interactions (e.g. crafts), dyadic or parent-supervised non-screen activities (e.g. biking), and dyadic or parent-supervised screen activities (e.g. tablet games). Bivariate correlations informed block-wise linear regression models.

### Results

Total non-screen activity time was positively associated with number of children ( $F(6,589) = 29.12, p < .001$ ) and negatively related to needing more childcare,  $F(6,589) = 5.36, p = .021$ . Combined non-screen activity was positively related to parent age ( $F(3,501) = 3.92, p = .048$ ) and inversely associated to parental anxiety,  $F(3,501) = 3.92, p = .048$ . Total time engaging in hands-on play was positively associated with number of children ( $F(3,450) = 7.79, p = .005$ ) and parenting stress ( $F(3,450) = 4.84, p = .028$ ), but negatively associated with parental anxiety ( $F(3,450) = 9.71, p = .002$ ). Screen-time activities were significantly positively related to mental health history ( $F(3,447) = 6.17, p = .013$ ) and parenting stress,  $F(3,447) = 7.19, p = .008$ . Combined screen-time activities was inversely associated with parental anxiety,  $F(2, 502) = 5.25, p = .022$ . Results will also be presented across child age groups.

**Conclusion**

Children's activities during the pandemic are impacted by family structure and parent mental health. Addressing childcare needs and unmet parent mental health needs are important considerations for promoting family functioning and child development during the pandemic. Further discussion regarding implications will be presented.

**Theme:**

Clinical

**Do you have a table/figure to upload?**

No

**Are you willing to participate in Goodbear's Den?**

Yes

**Presenter Status:**

Masters Student

**What was your role in the project?**

Design

**Authors**

<b>Name</b>	<b>Email</b>	<b>Role</b>	<b>Profession</b>
Shaelyn Stienwandt	stienwas@myumanitoba.ca	Presenting Author	Graduate Student
Emily Cameron	camero51@myumanitoba.ca	Co Author	Post-Doctoral Fellow
Melanie Soderstrom	m_soderstrom@umanitoba.ca	Co Author	Associate Professor
Mercedes Casar	casarm@myumanitoba.ca	Co Author	Graduate Student
Cindy Le	lec3456@myumanitoba.ca	Co Author	Undergraduate Student
Leslie Roos	leslie.roos@umanitoba.ca	Co Author	Assistant Professor