

University of  
Reading

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Southampton

Supporting Parents and Young Children during Covid-19:

# How are families coping and what we can do to help?

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01

About the Co-SPYCE Study

02

Findings so far

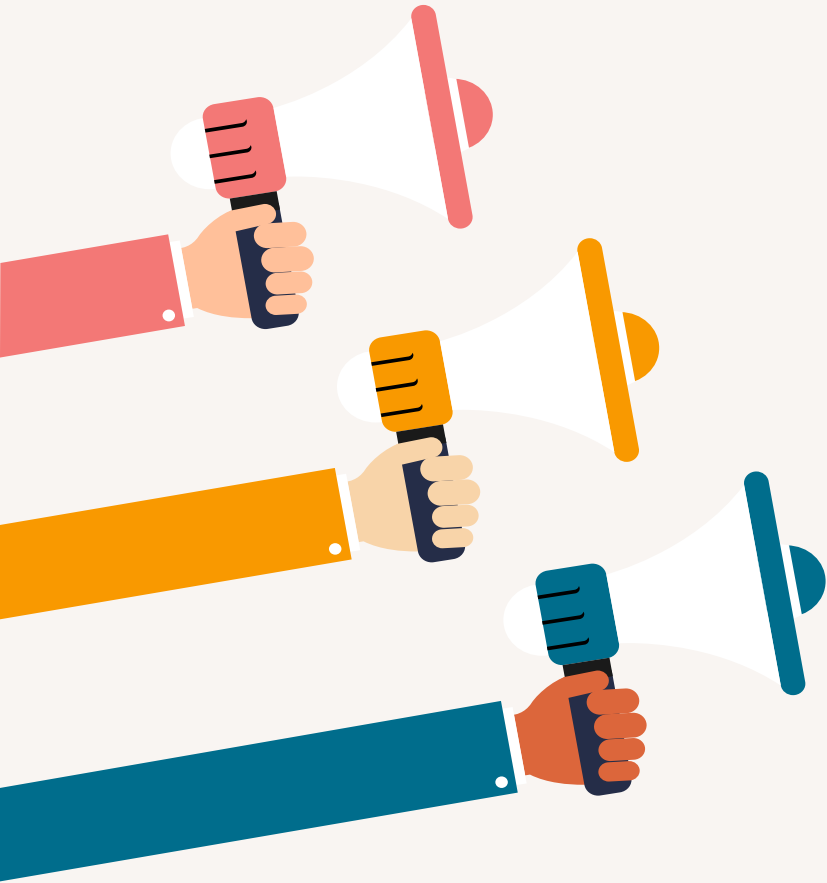
03

Practical parenting



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# 01 About the Co-SPYCE Study (1/2)



## WHO?

Parents / carers with pre-school children (aged 2 – 4 years) living in the UK

## WHAT?

Online surveys (monthly follow-up) and interviews

## WHY?

- To understand how families have been getting on during the COVID-19 pandemic
- To share our findings with policy makers and organisations to find out how to support families

Parents/carers of children aged 2-4: [www.cospyce.org/survey](http://www.cospyce.org/survey)

Parents/carers of children and young people aged 4-16: [www.cospaceoxford.com/survey](http://www.cospaceoxford.com/survey)

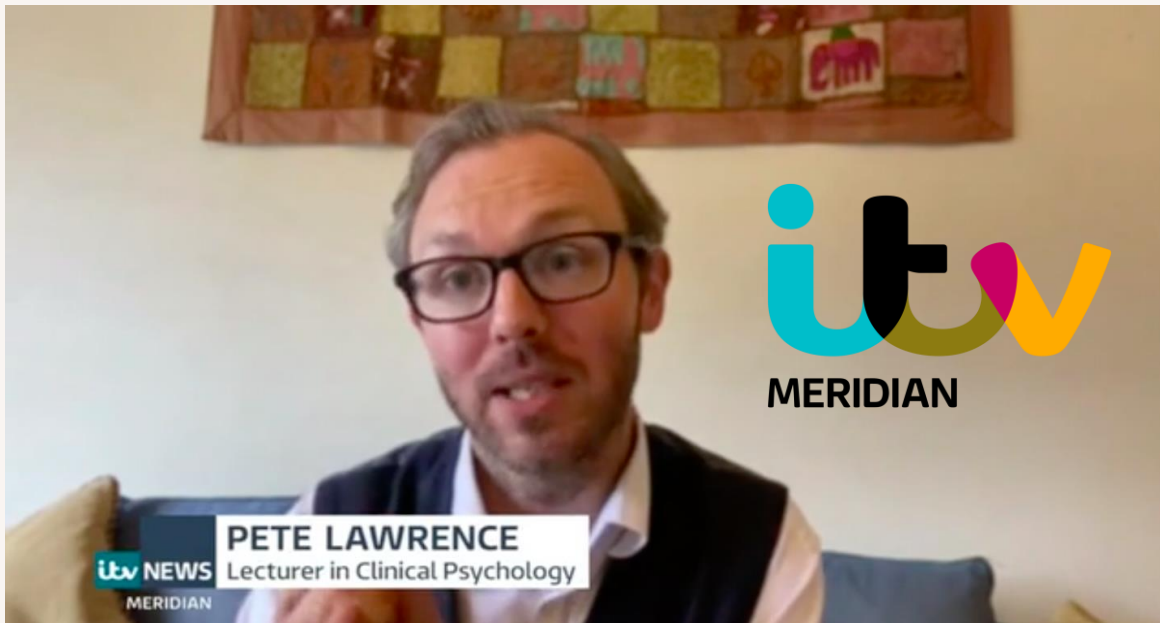


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# 01 About the Co-SPYCE Study (2/2)

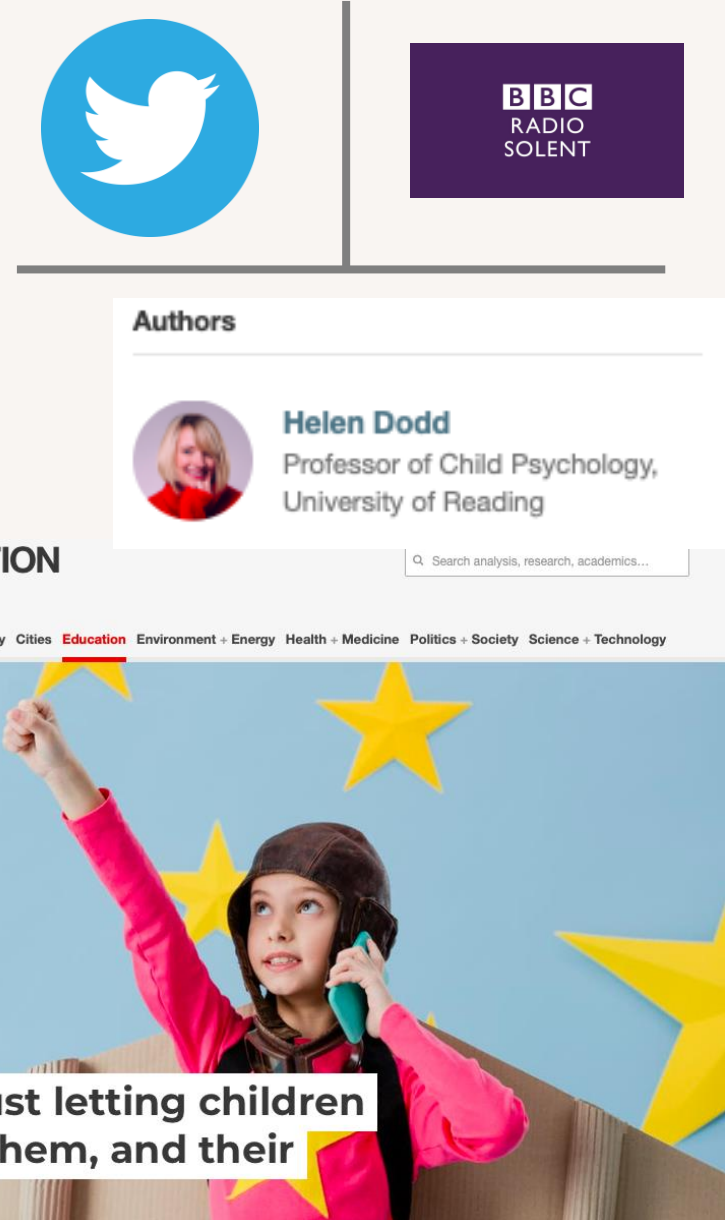
## HOW WE'VE RECRUITED SO FAR.

- Social media (Twitter, Facebook, Instagram)
- Organisations and charities
- Media (News, articles, radio)



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## 02 Findings so far (1/3)



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## 02 Findings so far (2/3)



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## 02 Findings so far (3/3)



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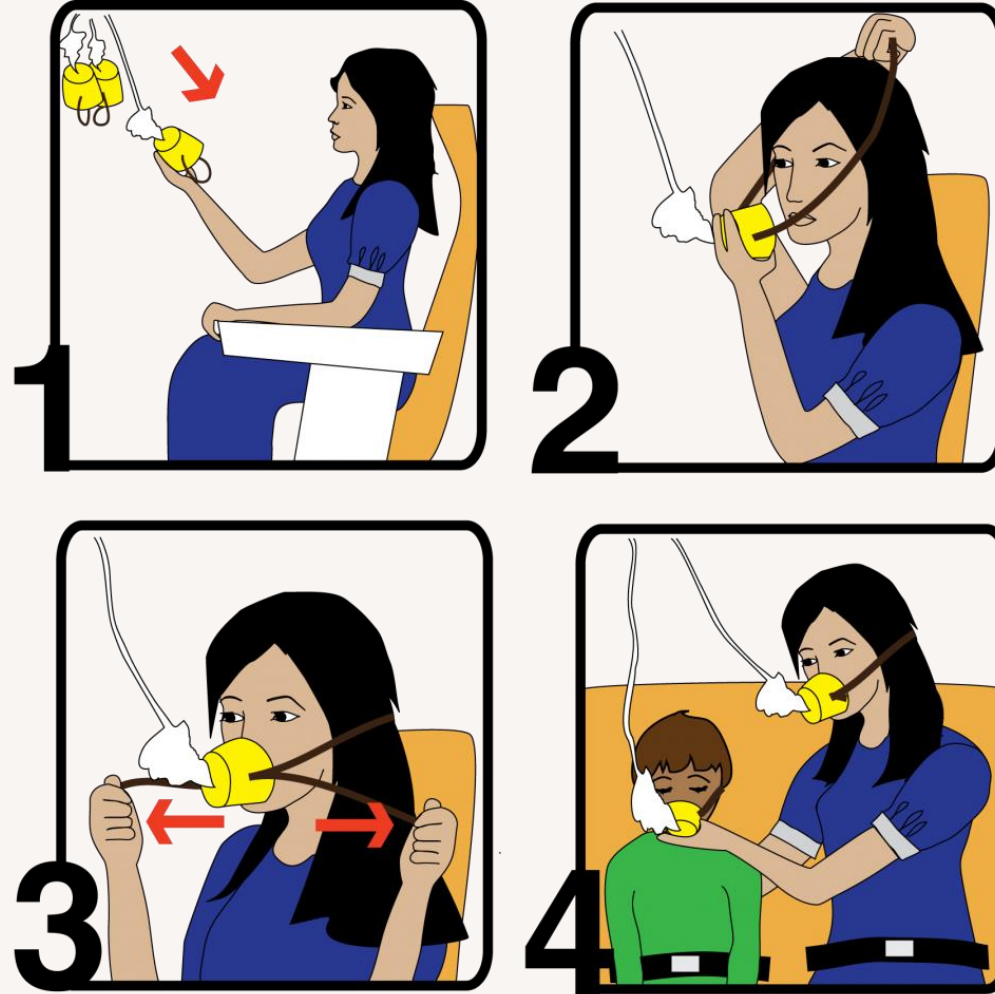


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# 03 Practical parenting

## WHAT TO DO.

- Look after yourself



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# 03 Practical parenting

## WHAT TO DO.

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- Play



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# 03 Practical parenting

## WHAT TO DO.

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- Active

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# 03 Practical parenting

## WHAT TO DO.

- Look after yourself
- Play
- Active
- Be imperfect

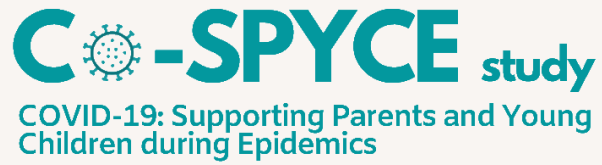


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Thank you for joining us this evening.

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