

## Survey Facts

1. What is the most important thing you want to know about parenting?

How to make punishment work	34%
How to help school performance	28%
How to discipline	18%
How to teach values	17%
How to build self esteem	10%

2. What are some of the mistakes you know you have made as a parent?

Being too lenient and over-protective	30%
Taking out stress on kids	13%
Being too strict	12%

3. What are some problems you have with sleep issues?

Sleeping with parents	29%
Sleeping through the night	20%
Bed wetting	8%

4. Problems in developing close relationship with children:

Communication	32%
Bonding	28%
Spending time together	11%

5. 48 % rated their parents as having too high expectations and feel that this caused high anxiety and obsessive traits in them as adults.

6. 50 % rated their parents as being too authoritative as being significantly related to their high depressions as parents.

7. 53% indicated significant resentment in making sacrifices as a parent.

8. 40 % reported that they would not have children if they knew the problems in creating a family.

9. The biggest problems for blended families were:

1. Discipline
2. Resolving conflict
3. Splitting responsibility
4. Feeling totally responsible for child rearing
5. Establishing authority roles within a blended family

10. Most feared challenges as a parent:
  1. Explaining sex
  2. Determining standards in the child's world
  3. Confronting co-parent with different discipline and spiritual standards
  
11. The three most important goals:
  1. Raising children with self-confidence
  2. Creating enough internal strength to resist temptations
  3. Getting them to listen
  
12. When asked of teen parents, what are their most important issues:
  - #1 – Peer pressure – what do they do when away from supervision
  
13. Top problems for immediate advice:
  1. Getting child to listen
  2. Getting respect
  3. Raising children in family cultural values
  
14. What is your biggest health problem?
 

1. Diet / weight	47%
2. Drugs / alcohol	30%
3. Sex	11%
4. Mental Illness	12%
  
15. Biggest problems in development
 

1. School	28%
2. Special problems	19%
3. Self confidence	17%
  
16. What are your biggest emotional issues with children?
 

1. Coping with stress / anxiety	32%
2. Goal setting	14%
3. Depression	14%
4. Assigning blame	15%
5. Phobias	9%
  
17. Top behavioral problems seen
 

1. Not paying attention	34%
2. Spoiling	14%
3. Tantrums	7%
4. Losing control	10%
5. Talking back	10%

18. When describing the Ideal Parent on a scale of 1 to 10, [1 being low and 10 being the most), the average ratings indicated the most characteristic adjectives as:

Description	Average rating
Understanding	8.89
Sensitivity	8.60
Selflessness	8.32
Caring	7.19
Authoritarian	7.17
Religious	7.06

19. When comparing themselves to the qualities of their perceived Ideal Parent, the greatest differences or lowered self appraisals were the following (A difference score of more than 3.00 is considered significant.)

Description	Difference score
Understanding	70.72
Religious	57.17
Authoritarian	43.40
Sensitivity	33.13
Selflessness	7.39
Caring	3.52

20. Percentages of participants who rated their parents' styles in the most destructive ranges:

Too authoritative	50%
Not understanding	49%
Too permissive	22%
Too high expectations	48%
Too religious	20%
Too selfish	25%
Psychologically unsound	39%
Too rule-bound	30%