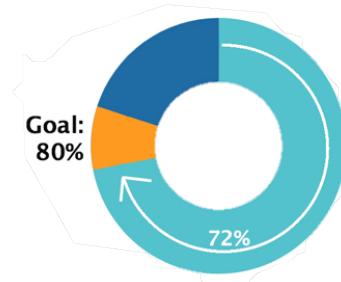




Spanning
37
years

ATP Generation 3 SPECIAL EDITION NEWSLETTER

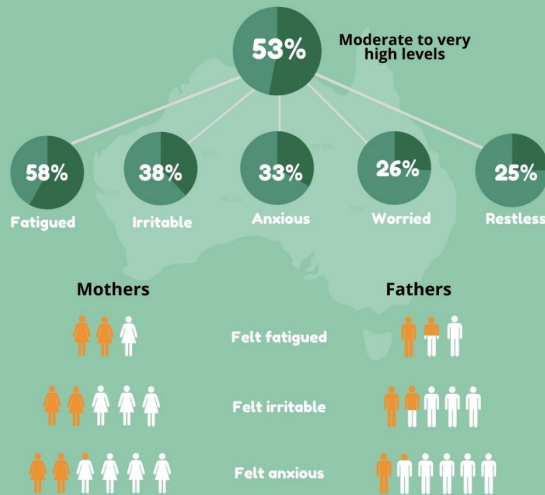
We hope everyone is doing well in these turbulent times! Thank you to everyone who took part in the **ATP Gen3 COVID-19 survey**. We've heard from over 500 parents (885 children!) which is 72% of all of our Gen3 families. In this newsletter we wanted to share some of the insights emerging from the survey, with a focus on **emotional health** during lockdown.



72% of you have completed the survey. To ensure this is as useful for government as possible we are aiming for **80%** participation. To do this we need **60 more of you** to take part. It takes about 10 minutes and we will send you a **\$25 e-gift card** to thank you for participating. If you have not received the survey, please let us know ASAP at atp.nextgen@rch.org.au.

Findings from the COVID-19 Surveys

PARENT EMOTIONAL DISTRESS



1 in 2 of you reported moderate to very high distress on two or more indicators across the COVID-19 lockdown. Mothers reported higher levels of fatigue, irritability, and anxiety than fathers. In response to this, we have put together some mental health support information which you can find on our website:

[ATP Resources](#)

SUBSTANCE USE



32%



7%



2%

1 in 3 reported drinking alcohol on 3 or more days each week across lockdown. This was higher in fathers (37%) than mothers (29%). Rates of smoking and illicit drug use were lower for both mothers and fathers.

LOW QUALITY RELATIONSHIPS

22%

...with their partner



24%

...with family/friends



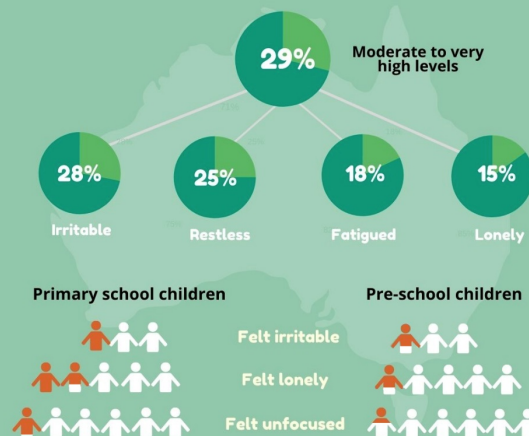
10%

...with their children



1 in 5 reported a poorer quality relationship with a partner. More men (29%) reported poorer quality relationships with friends and family than women (21%). More of you reported poorer relationships with school-aged children (14%) compared to pre-schoolers (5%).

CHILD EMOTIONAL DISTRESS



1 in 3 children had moderate to very high distress on two or more indicators during lockdown. Parents reported 1 in 4 children were irritable or restless. School-aged children were more irritable and lonely than younger children. We have put together some mental health support information to help you support your children, which you can find on our website:

ATP Resources

Thank you again to everyone who took part in the COVID-19 survey!

"For almost 40 years data from the Australian Temperament Project has been informing policy and practice on the health and wellbeing of Australian children and families. And now ATP participants will be helping to guide Australia's response to the COVID-19 pandemic – what a great contribution! Thank you to each and every one of you!"

Prof. Ann Sanson, Founding Director of the ATP



Keep in Touch!

Each and every parent and child in the Gen3 study is vital and we could not do it without you! Please make sure your contact details are up to date so that we can stay in touch.

Phone: (03) 9345 4129

Web: www.melbournechildrens.com/atp

Email: atp.nextgen@rch.org.au

Post: Australian Temperament Project,
Department of Paediatrics,
University of Melbourne,
Level 2 West, Royal Children's Hospital
50 Flemington Road, Parkville VIC 3052

Keep up to date with ATP news and events by following us on Facebook!

Go to: www.facebook.com/ATPGen3 Or via the handle @ATPGen3

The ATP is a joint project between Deakin University, the Melbourne Children's (University of Melbourne, Murdoch Children's Research Institute and the Royal Children's Hospital) and the Australian Institute of Family Studies. Additional collaborators include the University of New South Wales and the University of Otago (New Zealand). The ATP has received financial support from many funding agencies and institutions over the years and is currently supported by grants from the National Health and Medical Research Council and the Australian Research Council.

Melbourne
Children's
A world leader
in child and
adolescent
health

