



# Growing Up in Scotland

**The circumstances and  
experiences of 3-year-old  
children living in Scotland in  
2007/08 and 2013**

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# Topics covered in report

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- **Interviewed just before child turns 3 years-old:**
  - **BC1 in 2007/08 and BC2 in 2013**
- **Overview** – parental employment status, receipt of benefits, area deprivation, maternal age, parental level of education, family type
- **Child health:** general health, longstanding illnesses, accidents
- **Child development:** physical development milestones, cognitive ability
- **Child television viewing:** time spent watching TV
- **Parenting support:** Informal support, attitudes to parental support
- **Parental health:** General health, longstanding illness/disability, physical and mental wellbeing, smoking habits

# Outcomes looked at by key socio-economic variables

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- Parental level of education
- Area deprivation measured using Scottish Index of Multiple Deprivation (SIMD)
- Mother's age at birth of child
- Equivalised household income

# Key questions

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- What is the relationship between the outcome (e.g. child's good health) and the key socio-economic variables?
- What is the nature of this relationship in each cohort?
- Are there any differences in the nature of this relationship between the cohorts?

Note: This report does not look in to the reasons behind any differences

# Topics covered in this presentation

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- **Overview:** parental employment status, receipt of benefits, area deprivation, maternal age, parental level of education, family type
- **Parental health:** General health, longstanding illness/disability, physical and mental wellbeing, smoking habits
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# Employment

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Slight increase (between BC1 and BC2) in full-time employment amongst main carers:

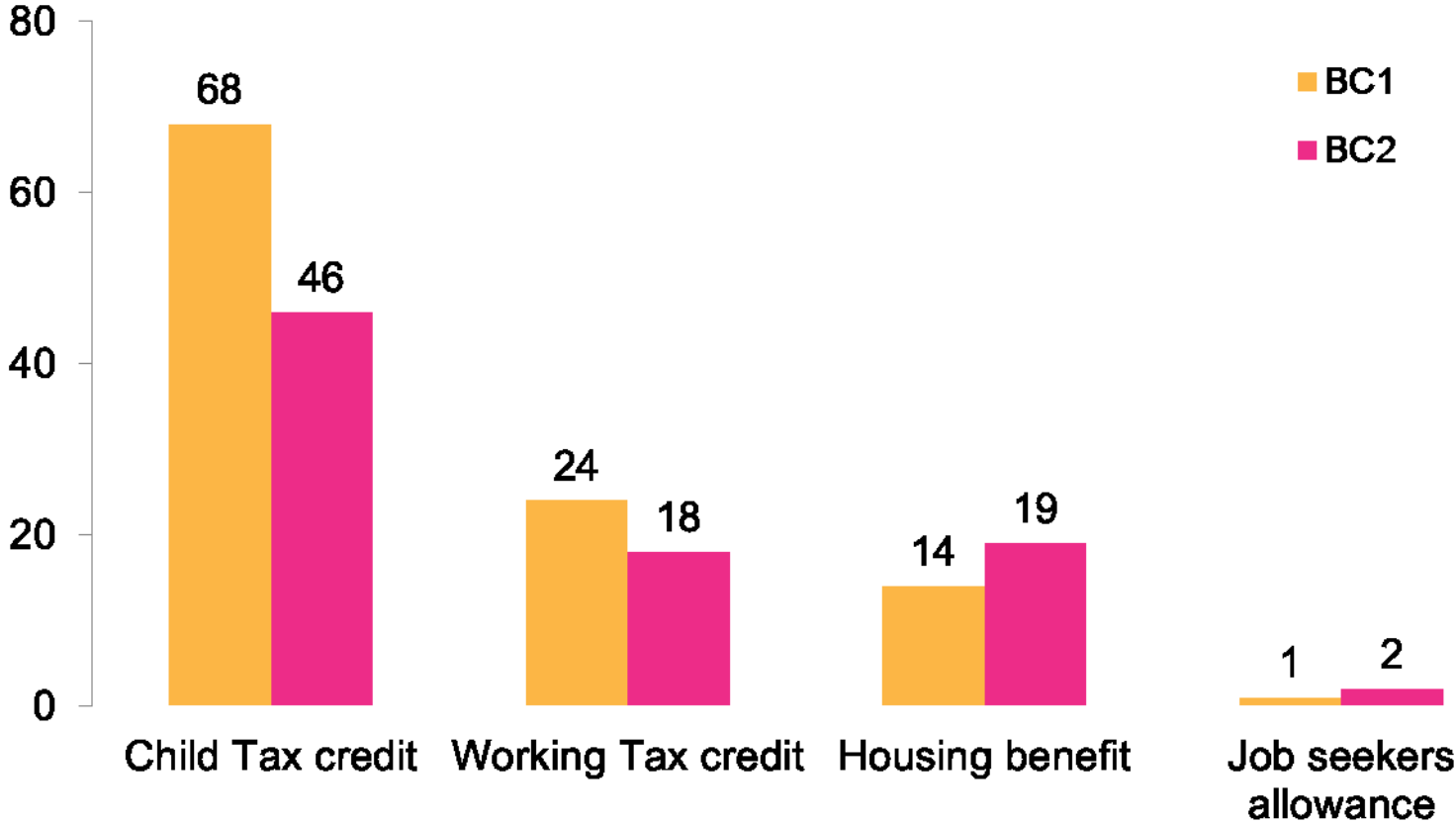
**14%** in BC1

**16%** in BC2

Decrease in households where one parent work full-time: **72%** BC1 versus **67%** BC2

BC2 partners (fathers) are less likely to work full-time (**86%** BC1 versus **83%** BC2)

# Receipt of benefits and tax credits by cohort



# Parental education

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BC2 children more likely to live in households where at least one adult is educated to degree level:

**34%** in BC1

**42%** in BC2

Previous analysis from GUS data has shown better outcomes for parents and children when parents have higher levels of education.

**Will this equate to better outcomes for BC2 children?**



# Parental general health

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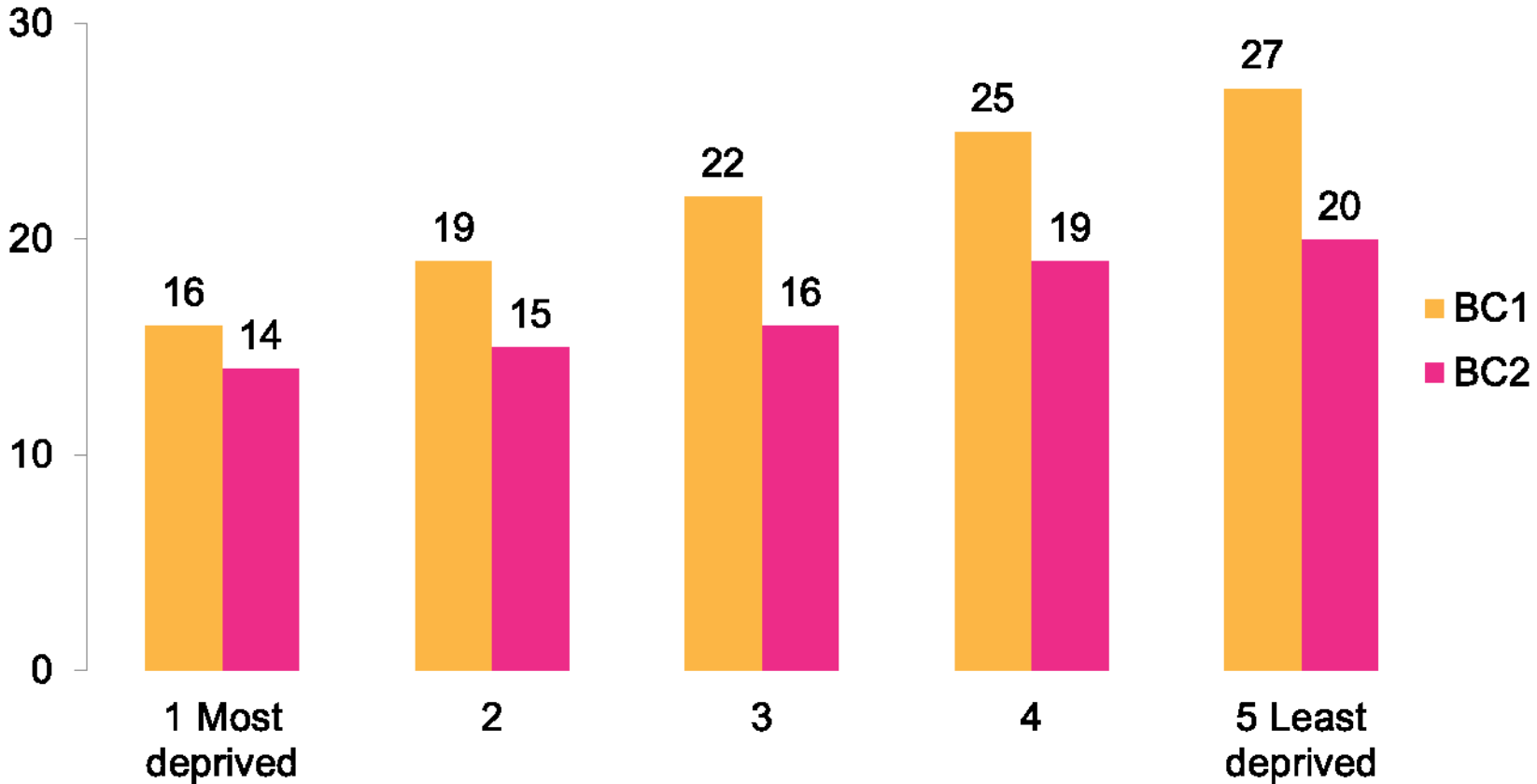
**Self-reported 'excellent' health amongst parents decreased from 21% in BC1 to 17% in BC2**

**However, no difference in reported levels of at least 'good' health between the cohorts:  
86% in BC1 and BC2**

**Excellent health in both cohorts associated with higher education and income, older mothers and lower levels of deprivation**

**No difference in the strength and nature of this relationship between the cohorts**

# % parents with excellent health by area deprivation



# Parental mental wellbeing (mean score)

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Mental wellbeing mean score (SF 12) has increased from:

**49.6 in BC1**

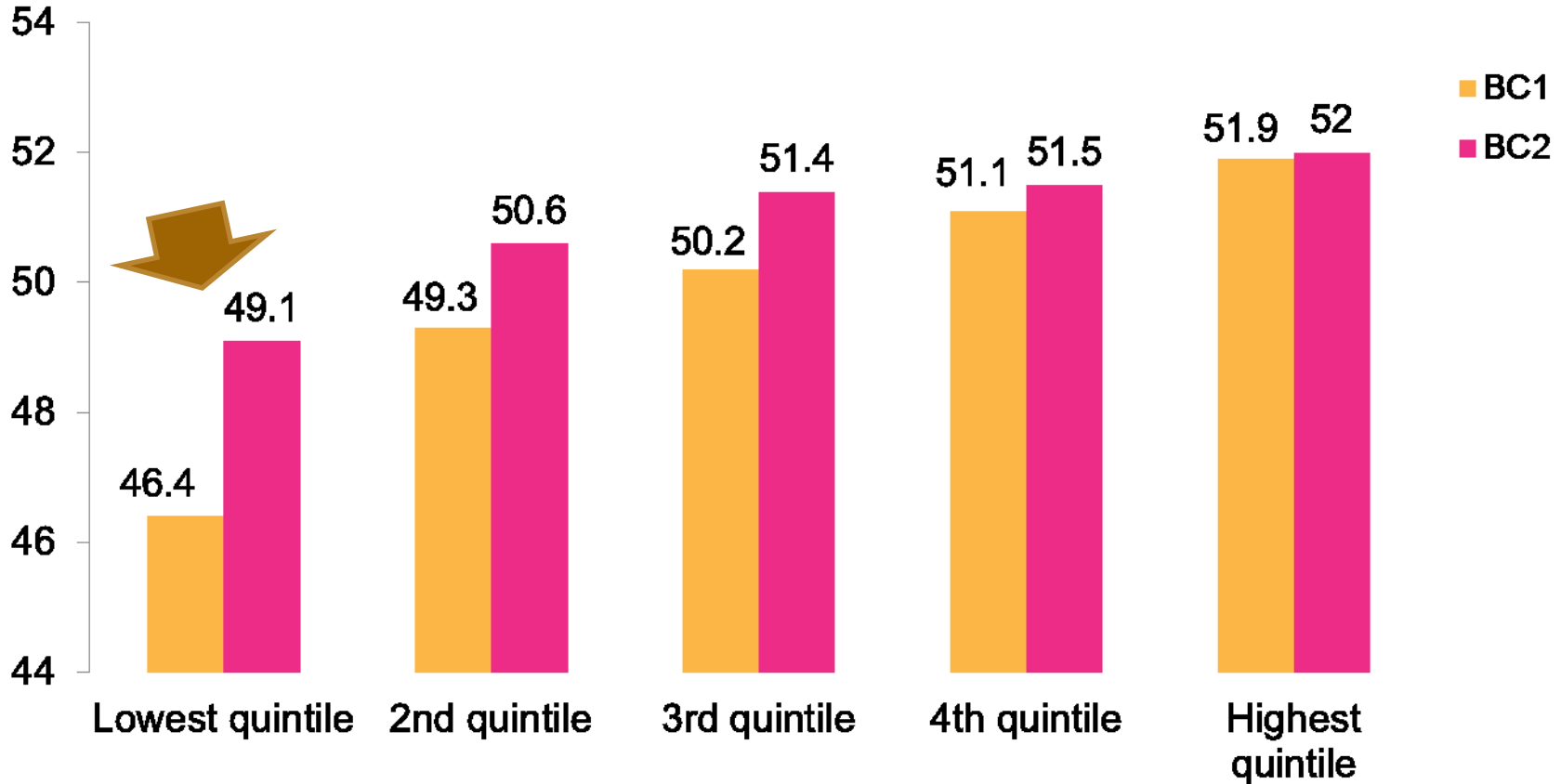
**50.8 in BC2**

Higher mental wellbeing associated in both cohorts with:

- Higher household income
- Higher levels of education
- Lower levels of deprivation

Not with maternal age

# Mean mental wellbeing scores by equivalised household income and cohort



# Parenting support

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How easy or difficult would it be to find someone to look after the cohort child for a couple of hours during the day at short notice?

Very/fairly easy:

BC1: **77%**

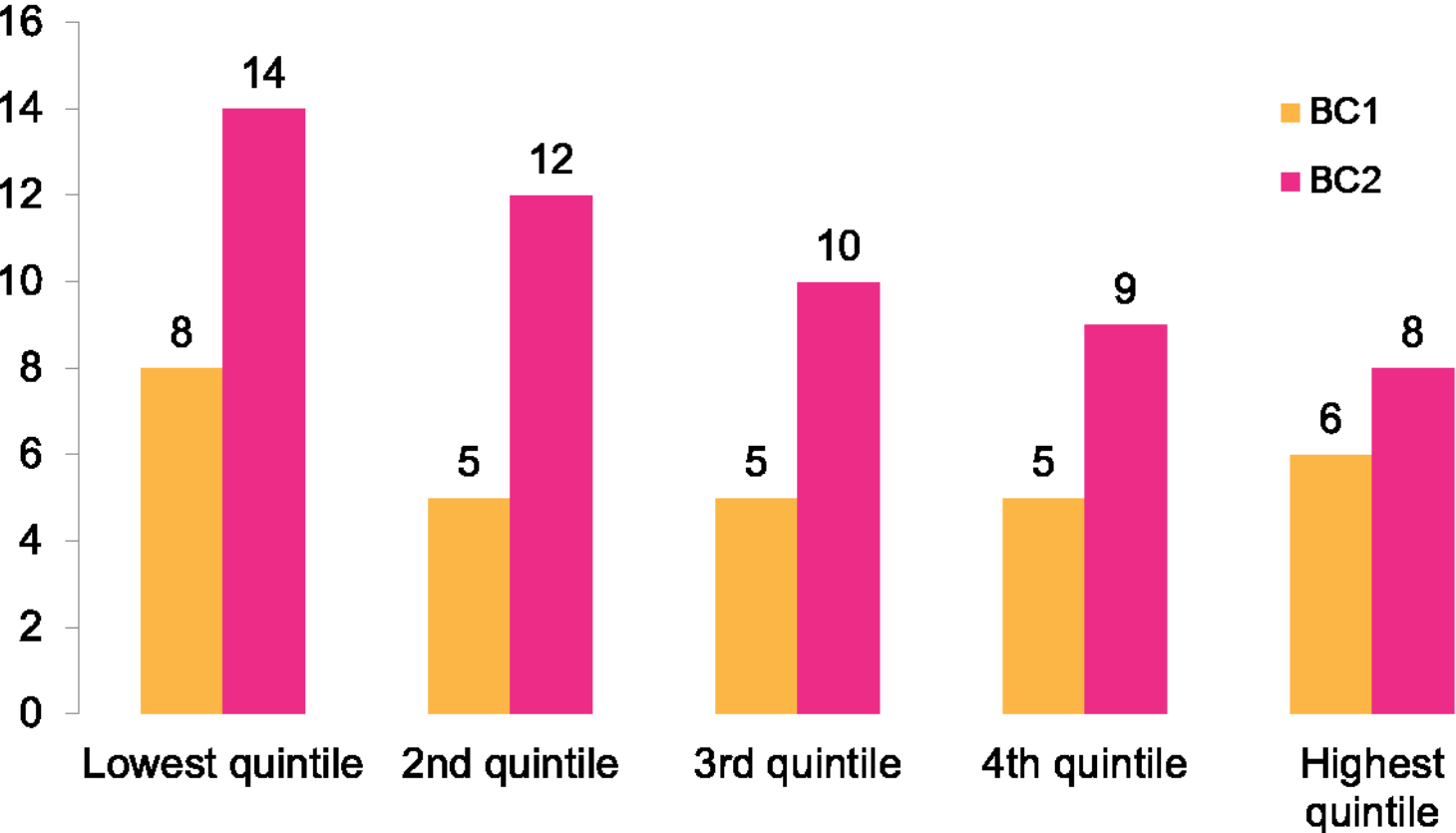
BC2: **68%**

Very/fairly difficult:

BC1: **17%**

BC2: **26%**

# % of parents finding it very difficult by equivalised household income quintile and cohort



# Child television viewing

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**Main carer asked about time child spends watching TV.**

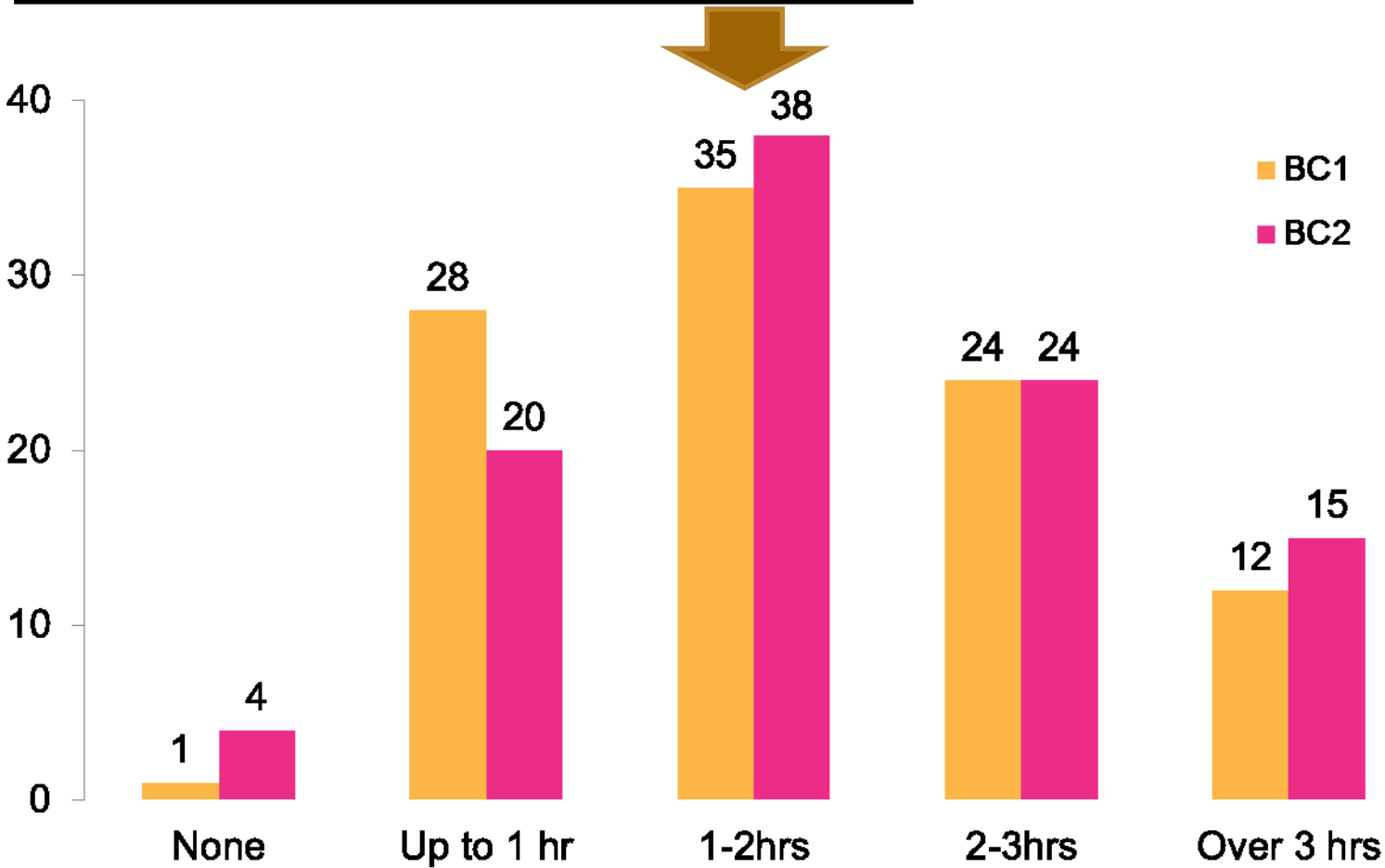
**Data here includes time spent watching a film, DVD on a computer or laptop but NOT other screen time such as games console or using a computer**

**Majority of children in BC1 and BC2 had watched TV every day during past week:**

**82% BC1 86% BC2**

**BC2 children spend more time watching TV both on a typical weekday and weekend**

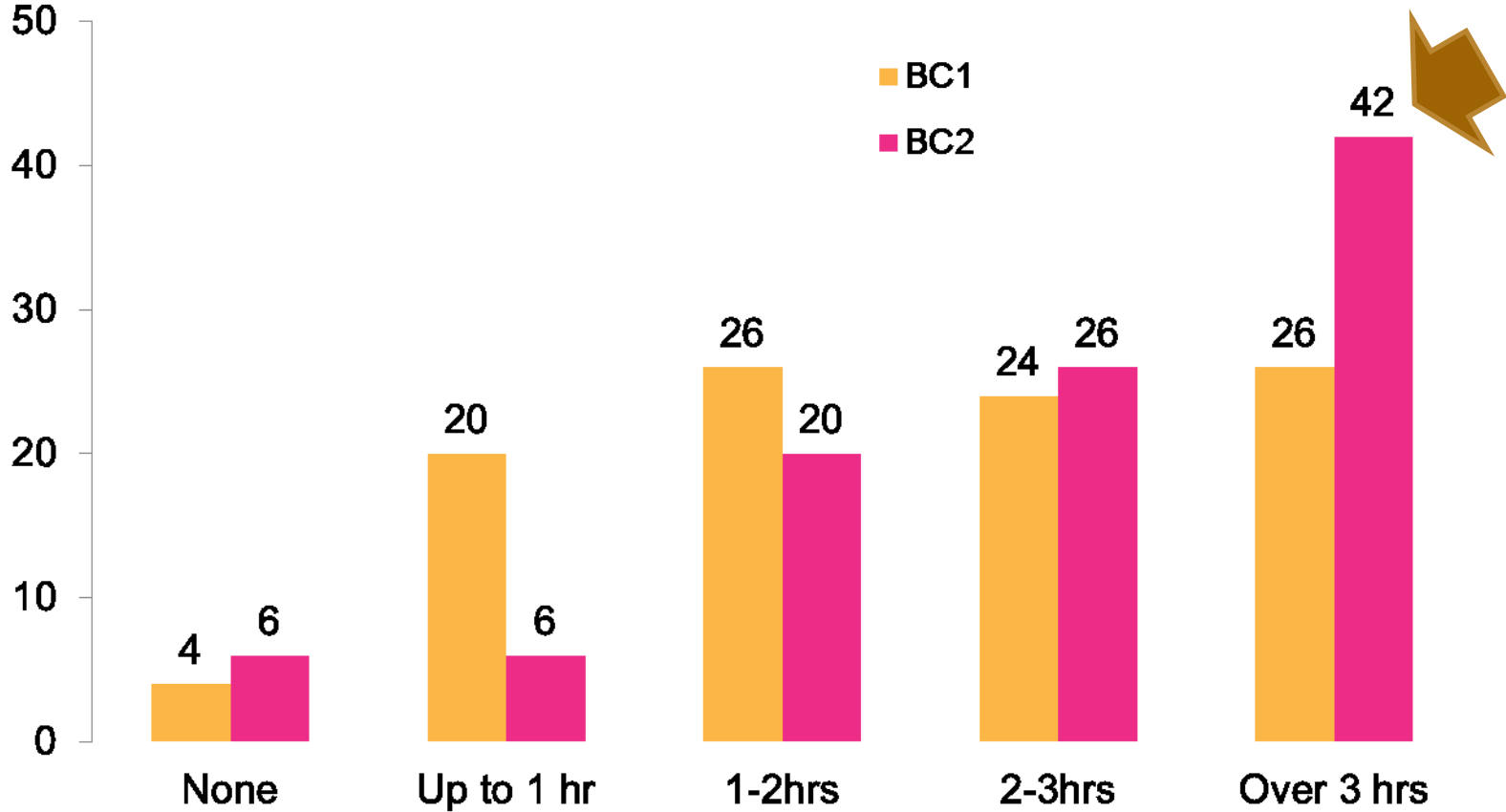
# Time spent watching television on a typical weekday by cohort



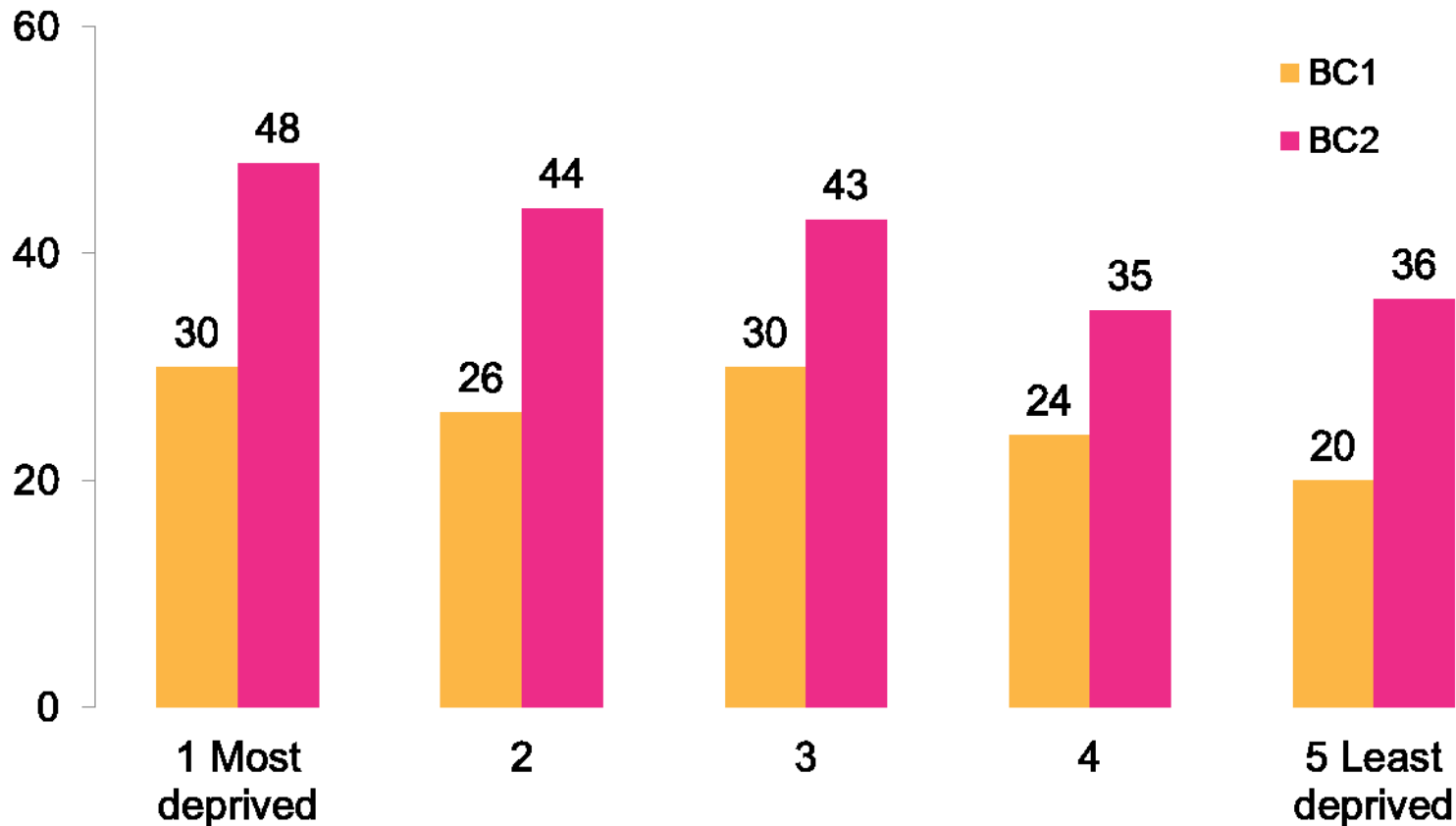


# Time spent watching television on a typical weekend by cohort

Increase to 42% in BC2



# % children watching 3 or more hours of television at the weekend by area deprivation and cohort



# The consequences of increase in TV viewing

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Other studies have shown high exposure to TV viewing has adverse impact on cognitive development.

E.g. ALSPAC found greater usage of television in home during early years was associated with lower levels of language development at 24 months

Link between TV viewing and obesity?

GUS report on BC1 children shows screen time (not just TV, also games) at ages 3 and 6 not associated with overweight and obesity at age 6

See this increase in BC2 children so what will this mean for them?

# Thank you

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Read the full report:

The circumstances and experiences of 3-year-old-children  
living in Scotland in 2007/08 and 2013

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[www.growingupinScotland.org.uk](http://www.growingupinScotland.org.uk)

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