

How the results are used

Results from the Growing Up in Scotland study help departments across the Scottish Government to:

- Be aware of the important issues facing families with young children in Scotland today and find out the needs and priorities of those families
- Track how those issues and priorities change over time as their children get older
- Develop policies which will work to address these issues and priorities
- Check that policies are working well and, if not, how they can be changed for the better

What next?

The third year of the study is almost complete with many of you having already completed your interview for this year. Our interviewers have enjoyed catching up with you.

Arrangements for the fourth year of the study (which will start in April) are well underway. The questionnaire for next year will include questions on many of the topics that we asked you about this year however a few new sections exploring other topics important to you, your child and your family have also been added.

There are some other important changes - we're hoping to measure your child's

Any questions?

There is more information about the Growing Up in Scotland study on our website: www.growingupinScotland.org.uk

But, if you have any other questions, you can contact us at:

Scottish Centre for Social Research
73 Lothian Road
Edinburgh
EH3 9AW
Tel: 0131 228 2167



Please keep in touch

We really value your contribution to the study. If this newsletter has been forwarded to you at an address that is different from the one we have on record or if you are moving home, please give us your new details by calling us on **Freephone 0800 652 2704**, e-mailing gus@scotcen.org.uk or completing the change of address form on our website: www.growingupinScotland.org.uk

height and weight at the interview and to get your permission to find out about your health, and your child's health, by using information from the NHS.

You'll get more details on these changes before your interview. We hope you'll find your next interview just as interesting as your last one.



We need your help

The fourth year of the study is the last in the current contract. Whilst GUS will definitely be continuing, a research organisation other than the Scottish Centre for Social Research may be undertaking the interviews from year 5 onwards (that is, from April 2009). If this is the case, we will need your permission to pass your details onto the other organisation. It is very important for the success of the study that we get as many people as possible agreeing to this. Other than a change of interviewer, there should be no noticeable changes to how the study is run. More information will be given at the time of your year 4 interview.

GUS News

The Growing Up in Scotland study

Update 3 2008



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Results from Year 2 published!

The report on findings from the second year of the study was published on the 18th February 2008. Many people from all over Scotland who are interested in studying young children's lives attended the launch event in Edinburgh. You may well have seen GUS findings reported in the local and national press. More details on the launch event, and full copies of the Year 2 report can be found on our website:

www.growingupinScotland.org.uk



The Growing Up in Scotland study (GUS)

which you and your family are part of is following the lives of groups of Scotland's children from babies through to their teens. The information collected from you will be used to improve services for children and their families in Scotland. By going back to the same families every year we will get a picture of how people's circumstances change over time.

Thanks!

The GUS team would like to take this opportunity to thank you all for your contributions to Growing Up in Scotland so far. It is your continued support and participation which is ensuring the success of this important and uniquely Scottish study.

What you said in Year 2

- Grandparents can sometimes cause problems when you are trying to encourage healthy eating
- Smacking is **not** a useful tool to get your children to behave
- Mums do most of the work when it comes to bedtime, etc.

Read more Inside

Coming up in Year 4

height and weight measurements

health information (with your permission)

other topics important to you



Children and Families in the Growing Up in Scotland Study: Findings from Year 2

Who took part in Year 2

- 4,512 parents of children aged just under 2
- 2,500 parents of children aged just under 4
- The majority of interviews were carried out with the child's mother. However, this time fathers, or other resident partners, were also given a chance to have their say. In total, 4,516 partners were interviewed.

Your families

- The majority of children still lived in families with two parents with around one in five living in lone parent families.
- Parents who were single last time were more likely to have formed a relationship than couple parents were to have separated. Sixteen percent of lone parents had formed partnerships between years one and two.
- Many GUS children had gained a new brother or sister since year one. By the time the older children were almost four, half had one sibling and a further quarter had two or more siblings.
- A number of parents who did not live with their child last time had started living with them between interviews and many others had initiated or regained contact, or saw the child more often.

Your child's health

- The vast majority of you said that your child's health was good or very good.
- Results from both groups suggest that accidents amongst young children are most common between the ages of 2-3 yrs. Parents of boys continued to be more likely to report their child had had an accident than parents of girls.
- In both age groups, those of you with boys were more likely to report problems with behaviour or language development than those of you with girls.



Food and eating

This time we asked those of you with children in the younger group to tell us about the eating habits of your child.

Every day:

- 85% ate at least two types of fruit
- 70% ate at least two types of vegetable

43% had sweets

12% had a soft drink



Over one third of parents who had difficulty trying to limit their child's sugar intake reported that grandparents offering children sweets or sugary snacks caused problems.

Starting pre-school/nursery

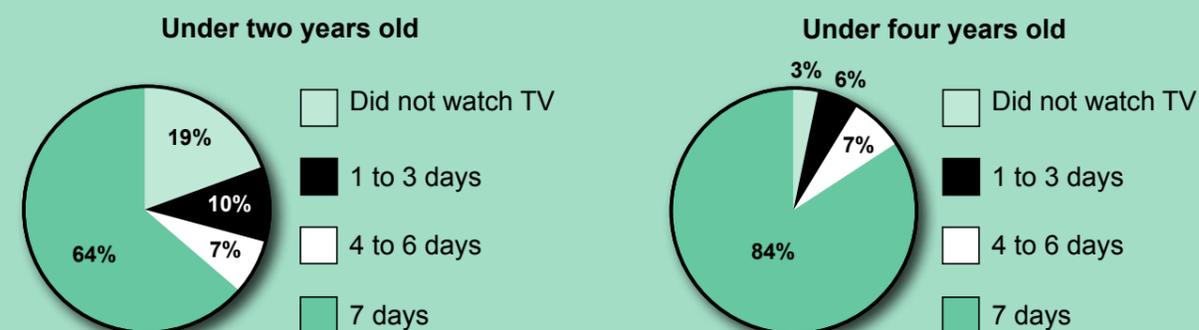
- Almost all children in the older group were attending a pre-school nursery place. Of those in pre-school, 53% were attending a nursery class or department attached to a primary school, 42% attended a separate nursery school or day nursery and 5% attended playgroup. Playgroups were more commonly used in remote areas.
- Most 3 year olds like nursery. 8 in 10 of you said your child said good things about nursery more than once a week, and that they looked forward to going.



Free time

- Almost all of your children had looked at books or read stories in the week prior to the interview with many (79%) doing so every day.
- The majority of your children watch some television every day.

Frequency of children watching television in the previous week by group



Parenting

- Most of you have heard of and use a wide range of discipline techniques, including techniques such as the 'naughty step' and 'time out' made popular by recent television programmes about bringing up young children.
- Smacking was not seen as a particularly useful discipline technique by most of you. Most think it is 'not very useful' or 'not at all useful'.
- The vast majority of you take part in 'bonding' activities like cuddling, playing with your children and just talking to them on a daily basis. However, there are differences between men and women when it comes to activities like bathing children and getting them ready for bed, with women doing these activities more often than their male partners.



Childcare

- Over two-thirds of parents in the younger group, and virtually all parents in the older group were using some form of childcare.
- You used childcare more this time. You used a range of providers and your children spent more time in childcare.
- Most of you who work believe it does not have a negative effect on your enjoyment of family life or your ability to raise or spend time with your child(ren). However, these attitudes did vary depending on the number of hours you work and the job you do.

