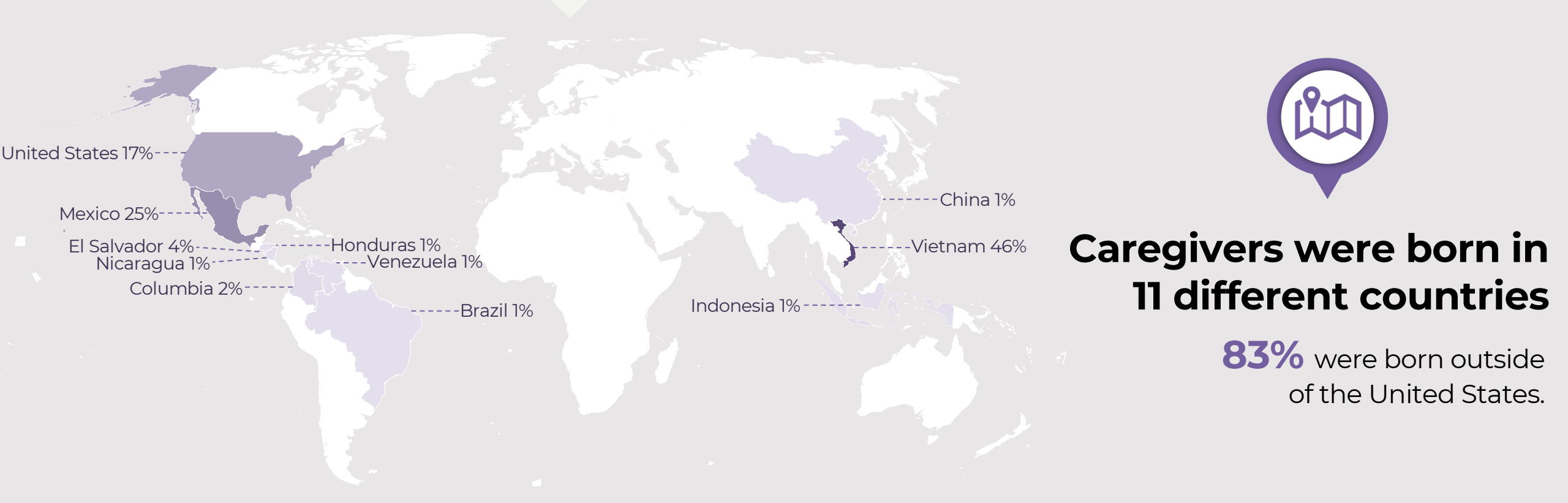
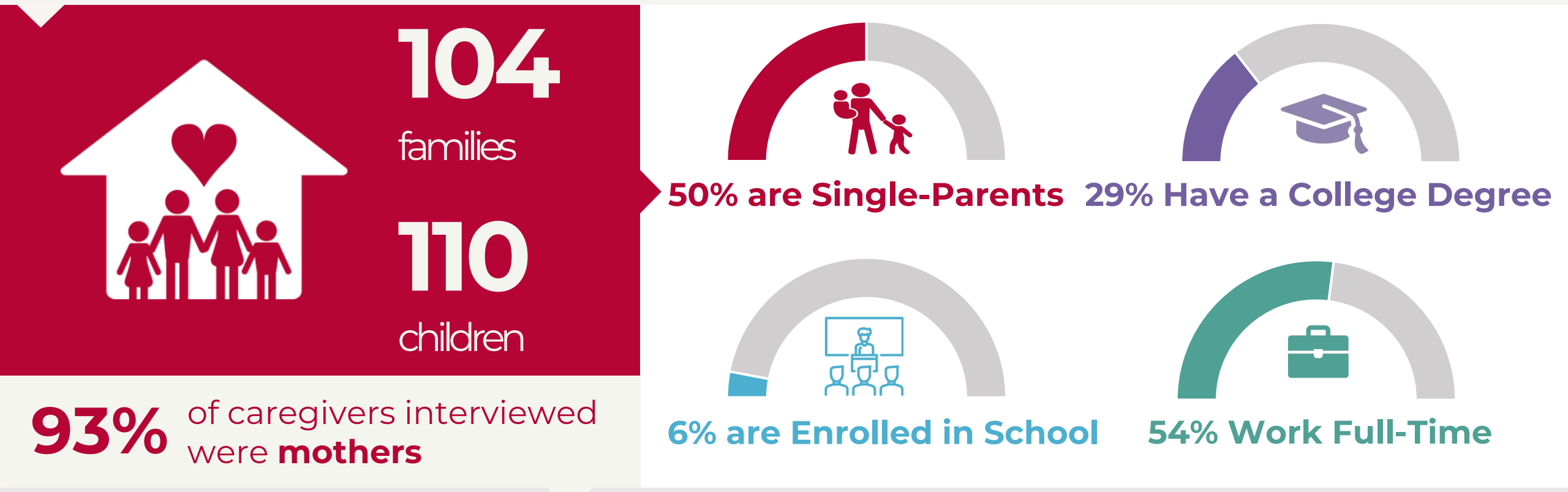
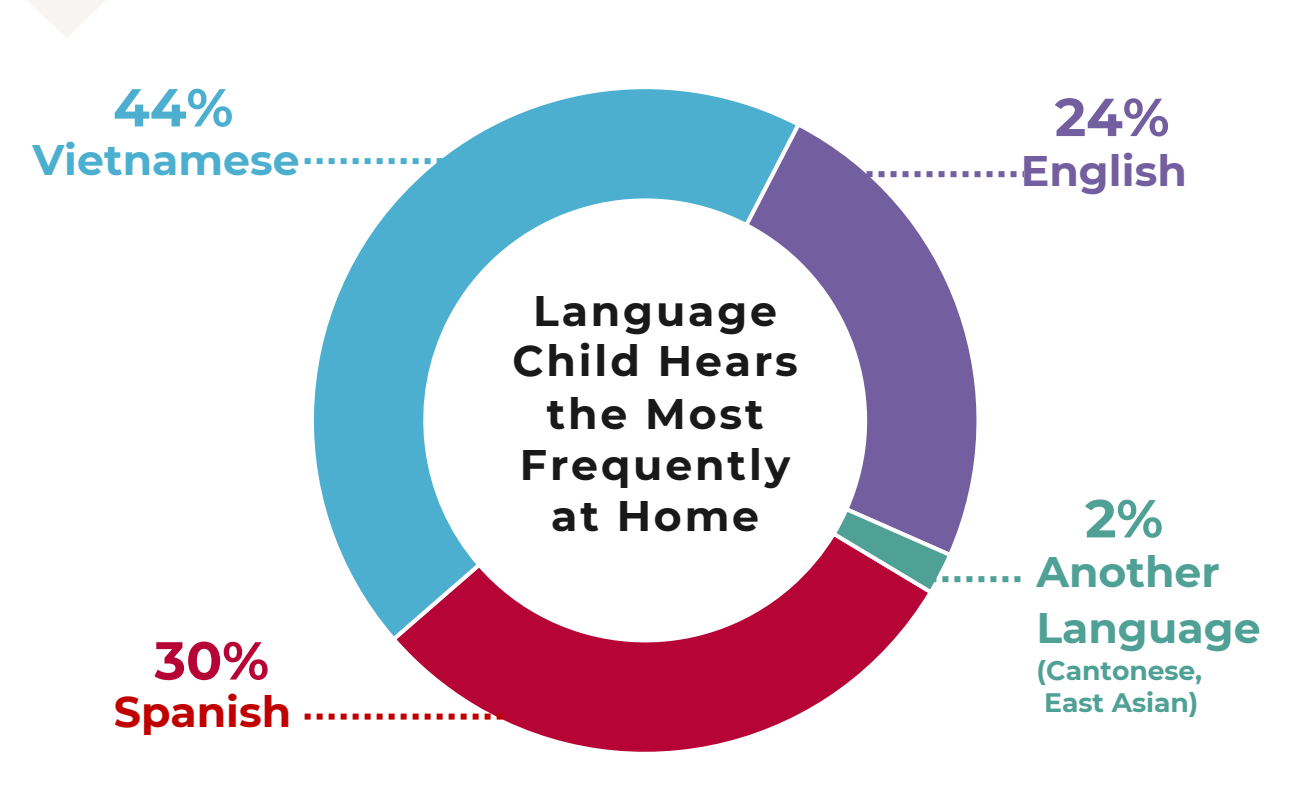


Background
Caregivers of children enrolled at Educare California at Silicon Valley (ECSV) completed a Parent Interview with their Family Engagement Specialist (FES). This report includes families who completed their interview between August and December of 2023 (n=104).

Caregiver Characteristics



Child Characteristics



Supporting ECSV Families

Activities to Support Child Development

Talk, Read, Sing, Play!

“3 or more times a week”

ECSV families report supporting children's learning at home, with many activities that support language development *at least three times a week*. About three in four families who reenrolled at ECSV (n=40) reported reading stories to their child at least three times a week, while just under three-fifths of new families (n=64) reported engaging in this activity.



Talked to their child about everyday tasks



Read their child a story



Sang to their child



Played with toys or games with their child

Reenrolled Families

85%

73%

85%

88%

New Families

91%

57%

72%

94%

Family Social Supports

Families who reenrolled at ECSV rated ECSV Staff as one of the most helpful supports!

Caregivers were asked to rate the helpfulness of others in supporting their family while raising young children over the past 3 to 6 months.

9 in 10 families who reenrolled at ECSV (n=40) rated ECSV staff and professional help from counselors or social workers as *very helpful* in providing support for raising a child. New families (n=64) identified their spouse as their number one social support for raising a child, followed by ECSV staff.

■ Reenrolled families

■ New families



ECSV Staff

98%

91%



Professional Help

94%

67%



Spouse

87%

96%

Family Hardships



1 in 10

Experienced food insecurity



5%

Experienced housing insecurity



62%

Experienced financial insecurity



1 in 20

Lived in a unsafe neighborhood

ECSV Families are Resilient and Hopeful

55%

of caregivers felt high levels of stress

dealing with life experiences that were unpredictable, uncontrollable, and overwhelming. Perceived stress levels were similar across reenrolled and new families.



18%

said they feel **LOW** stress



27%

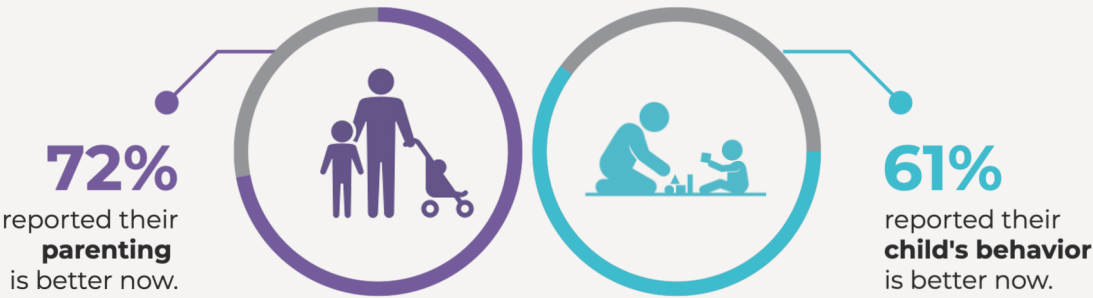
said they feel **MODERATE** stress



55%

said they feel **HIGH** stress

Life Now Compared to Last Year for families who reenrolled at ECSV



Hopes and Dreams for their Child's Future!



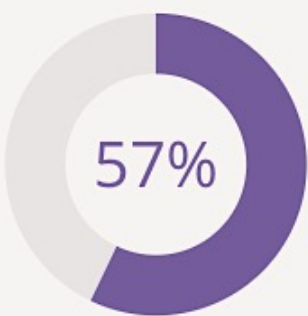
Family Resilience

Resilience refers to the ability to bounce back and adapt to stressful life situations.

More than half of caregivers had positive responses about being resilient. **Higher levels of resilience was correlated with lower levels of perceived stress.**



I tend to bounce back quickly after hard times.



It does not take me long to recover from a stressful event.



I usually come through difficult times with little trouble.

Next Steps and Recommendations

“

My hopes and dreams for my child are for them to be happy and successful in life. May they graduate, achieve their goals, and find fulfillment in both their personal and professional life.”

Support Child Language Development

- 1 **Encourage parents to read to their child every day!** Create reading challenges or programs that incentivize families to read together. Offer recognition for consistent participation in daily reading activities.

Increase Supports

Organize ECSV health support team to conduct regular wellness assessments for caregivers to gauge stress levels, mental health, and overall well-being.
Create parenting support groups where caregivers can share experiences and strategies for managing stress.

- 2 **Address Hardships**
Establish an ECSV food pantry or collaborate with local food banks to provide accessible and nutritious food options.
Offer financial literacy workshops covering budgeting, saving, and debt management.

- 3 **Build Resilience**
Develop and conduct resilience workshops that provide parents with practical coping skills and self-care strategies.
Measure changes in reported stress levels over time to evaluate the impact of resilience-building initiatives.