

**Kindergarten Parent Survey  
2011  
Niagara Region Public Health**

**Background**

The Kindergarten Parent Survey (KPS) was distributed to parents/caregivers of children in senior kindergarten in the Niagara region during the 2010/2011 school year and completed in 2011.

In Ontario, the need for more information on family characteristics and experiences of children before entering kindergarten led to the development of the Kindergarten Parent Survey (KPS), a parent-completed survey which can be used as a companion document to the Early Developmental Instrument (EDI) (Janus et al, 2007). In Ontario, the survey is completed by the parents of children for whom the teacher is completing the EDI. The KPS is an eight page questionnaire that provides information on the environment and familial influences on children's developmental health at school entry such as: child health and development, child care, children's experiences before kindergarten, regular activities, services and programs accessed, kindergarten experiences, and family and neighbourhood characteristics (Ontario Ministry of Education, 2012). Supplemental questions have been added around a variety of topics to meet the individual community's need where the survey was implemented.

The data includes responses from 1477 parents and 52.1% of the children were male. Any variable with five or less responses was not included.

**Limitations**

- Survey is voluntary for parents/caregivers of senior kindergarten students
- Only focuses on families with a child in senior kindergarten, may not necessarily reflect parenting styles/experiences of families in Niagara with only younger or older children in the home
- Survey was distributed to parents/caregivers from the schools in the child's backpack; possibility of surveys being lost in the process
- Social desirability bias
- Recall bias may occur, especially for questions asked a great length of time to when the survey was completed

## Unhealthy Eating

KPS Question	Niagara region	
<b>How often in a typical week did the child:</b>		
<b>Eat breakfast</b>	Always	85.0%
	Most of the time	11.7%
	Sometimes	3.2%
	Never	.
<b>Eat at least four servings of vegetables and/or fruits each day</b>	Always	27.8%
	Most of the time	49.2%
	Sometimes	19.2%
	Never	3.8%
<b>Eat or drink 2 servings of milk products</b>	Always	75.3%
	Most of the time	21.1%
	Sometimes	3.1%
	Never	0.5%
<b>Eat restaurant food, including take-out</b>	Always	0.8%
	Most of the time	0.8%
	Sometimes	92.7%
	Never	5.6%
<b>Drink pop, sweetened drinks or energy drinks</b>	Always	0.5%
	Most of the time	2.5%
	Sometimes	52.3%
	Never	44.7%
<b>Accessed community food services in the past year</b>		
	Once a week or more	0.8%
	Once a month	1.5%
	3 or 4 times	2.4%
	Once	3.1%
	Not at all	92.2%
<b>% of parents that think most parents find challenging</b>		
	Getting their child to eat healthy	55.7%
	Preparing healthy meals	38.3%
<b>Parents have access to the following services/places in their neighbourhood</b>		
	Grocery store	91.4%

## Physical Inactivity

KPS Question	Niagara region
<b>Parent/someone close to the child participated in the following activities within the past 7 days with the child</b>	
<b>Physical activity/family activities</b>	No 1.5%
	Yes, once or twice 18.1%
	Yes, many times 50.4%
	Yes, everyday 30.0%
<b>Played together (e.g. hide and seek, tag, etc.)</b>	No 4.2%
	Yes, once or twice 22.3%
	Yes, many times 41.4%
	Yes, everyday 32.0%
<b>% of parents that think most parents find challenging</b>	Motivating their child to be physically active 17.6%
	Playing with their children 23.9%
<b>Their child has participated in the following in the past 12 months</b>	
<b>Sports that have a coach</b>	Not at all 14.5%
	Once a year 2.9%
	3 or 4 times a year 4.2%
	Once a month 4.7%
	Once a week or more 73.6%
<b>Sports that do not have a coach</b>	Not at all 2.5%
	Once a year .
	3 or 4 times a year 2.8%
	Once a month 8.9%
	Once a week or more 1.0%
<b>Parents described their own physical activity level as:</b>	
	Passive 35.2
	Moderate 39.1
	Active 19.2
	Very active 6.5
<b>Amount of hours in a typical school day their child watched TV, used a computer or play video games at home</b>	
	None 2.5%
	One 32.3%
	Two 39.3%
	Three 16.4%
	Four 6.8%
	Five or more 2.7%
<b>Parents have access to the following services/places in their neighbourhood</b>	
	Public park or athletic field 94.6%
	Swimming pool/splash pad 83.7%

### Inadequate Sleep

KPS Question	Niagara region
<b>Amount of hours of sleep per night their child gets on a typical school night</b>	
Less than eight	0.7%
Eight to ten	50.9%
Eleven to twelve	47.7%
Thirteen to fourteen	0.6%

### Other

KPS Question	Niagara region
<b>Percent of children breastfed or fed breast milk</b>	
	79.7%
<b>Length of time child was breastfed</b>	
<1 month	12.0%
1 - 6 months	37.0%
7 - 12 months	30.2%
13 - 18 months	13.0%
>18 months	7.7%
Don't know	.
<b>Child's overall health</b>	
Fair	0.8%
Good	10.9%
Very Good	35.5%
Excellent	51.8%
99	0.9%
<b>Eat meals together with the family</b>	
Always	61.8%
Most of the time	33.4%
Sometimes	4.6%
Never	.