

Topline Results

Infant Early Childhood Mental Health Survey

Margin of sampling error = ± 3.3 percentage points

Fielded May 31 to June 18, 2017

18 minutes

June 2017

N=1605 registered voters (English and Spanish), including:

- N = 559 Parents of children 0-5 years old (MOE = ± 5.8 percentage points)
- N = 103 African-American parents of children 0-5 years old
- N = 108 Latino parents of children 0-5 years old
- N = 175 “First time” parents
- N = 202 Millennials (MOE = ± 7.8 percentage points)
- N = 151 Non-metro participants (n=150)

Initial Demos/Screening

1. How many children do you have under the age of 18?

None	76
1	10
2	9
3	4
4	1
5	0
6	-
7	-
8+	-
DK/REF	-

2. IF CHILDREN: What are the ages of your children?

Less than 1 year	3
1 year	2
2 years	1
3 years	2
4 years	2
5 years	2
6 to 9 years	9
10 to 12 years	8
13 to 18 years	14

Introduction

For the first few questions, think about babies and children ages 3 or younger.

3. How much do you feel you know about brain development in babies and children ages 3 or younger?

A lot.....	11
Some	40
A little	28
Nothing at all.....	22
DK/REF	0

4. Do you think it is very important, somewhat important, not too important, or not important at all to understand more about how the brain develops in babies and children ages 3 or younger?

Very important	64
Somewhat important	29
Not too important	4
Not important at all	3
DK/REF	2

5. Do you think most parents these days are doing a very good job, a good job, a fair job, or a poor job of encouraging the healthy brain development of their children ages 3 or younger?

Very good job	3
Good job.....	38
Fair job.....	44
Poor job	13
DK/REF	1

6. At what age do you think young children...

RANDOMIZE

a) Experience feelings like fear and sadness

Less than 6 months old	48
6 months to 12 months old	27
13 months to 24 months old	13
25 months to 36 months old	5
More than 36 months old	5
DK/REF	1

b) Are affected by their parents' moods

Less than 6 months old	60
6 months to 12 months old	19
13 months to 24 months old	12
25 months to 36 months old	5
More than 36 months old	4
DK/REF	1

c) Are affected by shouting in the home, even when they are asleep

Less than 6 months old	58
6 months to 12 months old	23
13 months to 24 months old	10
25 months to 36 months old	4
More than 36 months old	4
DK/REF	1

d) Are affected by witnessing repeated violence

Less than 6 months old	35
6 months to 12 months old	30
13 months to 24 months old	20
25 months to 36 months old	6
More than 36 months old	7
DK/REF	1

7. Do you agree or disagree with the following statements:
RANDOMIZE

a) Most brain development happens after a child is three years or older.

Strongly agree.....5
Somewhat agree.....20
Somewhat disagree33
Strongly disagree.....41
DK/REF 1

b) A child age 3 or younger cannot have mental health issues.

Strongly agree.....4
Somewhat agree.....12
Somewhat disagree35
Strongly disagree.....49
DK/REF 1

c) Babies do not develop emotions, like joy, sadness, and anger, until they start talking.

Strongly agree.....4
Somewhat agree.....9
Somewhat disagree24
Strongly disagree.....62
DK/REF 1

d) Parents' emotions affect their baby's emotions and his or her brain development.

Strongly agree.....52
Somewhat agree.....39
Somewhat disagree5
Strongly disagree.....3
DK/REF 1

e) (SPLIT A) In the first 3 months of a baby's life, his or her physical needs are more important than his or her emotional needs.

Strongly agree.....9
Somewhat agree.....31
Somewhat disagree34
Strongly disagree.....24
DK/REF2

- f) (SPLIT B) In the first 3 months of a baby's life, his or her emotional needs are just as important as his or her physical needs.

Strongly agree.....64
Somewhat agree.....28
Somewhat disagree6
Strongly disagree2
DK/REF 1

- g) All new parents are overwhelmed in the first few months with a baby. It takes everything they have just to cope with feedings, sleep schedules, and diaper changes.

Strongly agree.....30
Somewhat agree.....48
Somewhat disagree16
Strongly disagree5
DK/REF 1

- h) (SPLIT A) Emotional trauma that a child age 3 or younger experiences can lead to long-term problems like depression or Attention Deficit Hyperactive Disorder (ADHD).

Strongly agree.....33
Somewhat agree.....49
Somewhat disagree13
Strongly disagree4
DK/REF 1

- i) (SPLIT B) Experiences in the first 3 years of a child's life can lead to mental health issues later in life.

Strongly agree.....43
Somewhat agree.....42
Somewhat disagree11
Strongly disagree3
DK/REF 1

- j) Too much is expected of parents of young children these days.

Strongly agree.....7
Somewhat agree.....22
Somewhat disagree37
Strongly disagree33
DK/REF 1

8. IF HAVE ANY CHILDREN: Thinking of babies and young children ages 3 or younger, do you think most parents spend too much time, too little time, or the right amount of time...

RANDOMIZE

a) Playing games like peek-a-boo with their young children

Spent too much time3
Spent too little time.....43
Spent the right amount of time53
DK/REF 1

b) Smiling at their young children

Spent too much time4
Spent too little time.....42
Spent the right amount of time54
DK/REF 1

c) Hugging their young children

Spent too much time2
Spent too little time.....47
Spent the right amount of time50
DK/REF 1

d) Reading to their young children

Spent too much time3
Spent too little time.....70
Spent the right amount of time26
DK/REF 1

e) Creating a calm and safe environment for their young children

Spent too much time4
Spent too little time.....46
Spent the right amount of time49
DK/REF 1

f) Helping their young children cope with emotions

Spend too much time6
Spent too little time.....67
Spend the right amount of time27
DK/REF 1

g) Stimulating the brains of their young children

Spend too much time3
Spent too little time.....69
Spend the right amount of time27
DK/REF 1

h) Talking with their young children about the different emotions and feelings they experience

Spend too much time3
Spent too little time.....70
Spend the right amount of time26
DK/REF 1

9. In general, how prepared do you think most new parents are to deal with the emotions and feelings of their young children ages 3 and under?

Very prepared2
Somewhat prepared38
Not too prepared48
Not at all prepared 12
DK/REF 1

10. IF CHILDREN 5 AND UNDER How prepared do you think you were as a new parent to deal with the emotions and feelings of your young child(ren) ages 3 and under?

Very prepared23
Somewhat prepared39
Not too prepared28
Not at all prepared9
DK/REF 1

11. How much of an impact does a parent's emotional state (like whether a mother or father is happy or sad in the months following his or her baby's birth) have on their child's emotional development?

Big impact.....	49
Some impact	43
Minor impact.....	7
No impact	1
DK/REF	1

12. What impact do you think experiencing a trauma – such as abuse, physical or emotional neglect – has on the emotional development of babies and toddlers?

Big impact.....	78
Some impact	18
Minor impact.....	2
No impact	1
DK/REF	1

Below is a little more information about this topic.

Paying attention to the emotional development of babies and toddlers is important. It starts at birth and is the foundation for how babies build relationships, show emotions, and interact with others throughout their lives. Much like physical development, how a baby develops emotionally can tell us whether they're on track to becoming stable and healthy teenagers and adults. Recent research studies suggest that forming close relationships with parents and caregivers, showing emotions, and being interested in the world around them – these are all important signs of a baby's emotional wellbeing.

SHOW ON NEXT PAGE

13. After learning more about this issue, what do you think is the best phrase to describe it? Select the TWO phrases you think are the best way to describe this issue.

RANDOMIZE

Healthy emotional development in babies and toddlers	34
Healthy social and emotional development in babies and toddlers	46
Healthy behaviors in babies and toddlers	12
Brain development in babies and toddlers.....	24
Social and emotional well-being in babies and toddlers.....	31
Infant and early childhood mental health	17
Mental health in babies and toddlers	11
Emotional health in babies and toddlers	16

Other (Specify)	0
None	0
DK/REF	1

Roles of Providers in IECMH Support

Now, for the purposes of this survey, the issue will be called “emotional development.” So, when you see “emotional development,” we are referring to the topic described earlier.

14. **BENCHMARK** How important should it be for society in general to support the healthy emotional development of children ages 3 and younger?

Very important	75
Somewhat important	21
Not too important	1
Not important at all	2
DK/REF	1

15. IF CHILDREN 5 AND UNDER: Have you ever had any discussions with your spouse, partner, or another family member about your child(ren)’s emotional development?

Yes	76
No	23
DK/REF	2

16. IF YES IN Q15: Did you find having those discussions to be easy or difficult?

Very easy	42
Somewhat easy	41
Somewhat difficult	14
Very difficult	3
DK/REF	0

ROTATE Q17/Q18

17. IF CHILD(REN) 5 AND UNDER: Thinking about your child(ren) who are 5 or younger, how much do you think about their emotional development?

A lot.....	54
Somewhat.....	33
Just a little.....	14

Not much at all0
DK/REF0

18. IF CHILD(REN) 5 AND UNDER: Thinking about your child(ren) who are 5 or younger, how much do you think about their mental health?

A lot.....45
Somewhat.....38
Just a little.....13
Not much at all5
DK/REF0

19. How much do you trust pediatricians in general to provide advice on...

RANDOMIZE

a) The emotional development of young children

A lot.....32
Somewhat47
A little16
Not at all.....3
DK/REF1

b) The brain development of young children

A lot.....40
Somewhat44
A little13
Not at all.....2
DK/REF1

c) The mental health of young children

A lot.....31
Somewhat48
A little16
Not at all.....4
DK/REF1

20. What role should pediatricians play in helping parents understand the importance of their child's emotional development? Should they play a...

Major role.....	73
Minor role.....	25
No role at all.....	1
DK/REF	1

21. IF CHILD(REN) 5 AND UNDER: Thinking about your children who are 5 or younger, does your pediatrician or another doctor ever talk to you about your child's emotional development? Some examples would be asking you how frequently your baby gets fussy and what helps her calm down; asking how your toddler reacts when you drop her off at child care; discussing how your toddler plays with other children. Do they talk with you...

Frequently	19
Sometimes.....	44
Occasionally	21
Never	15
DK/REF	1

22. IF FREQUENTLY/SOMETIMES/OCCASIONALLY IN Q21: How helpful was the discussion with your pediatrician or another doctor about your child's emotional development?

Very helpful	25
Somewhat helpful	59
Not very helpful.....	16
Not at all helpful.....	0
DK/REF	0

23. IF CHILD(REN) 5 AND UNDER: Thinking about your children who are 5 or younger, has your pediatrician or another doctor ever raised concerns about your child's emotional development?

Yes.....	10
No	88
I'm not sure.....	2
REF	1

24. IF YES IN Q23: What emotions or feelings did you experience when your pediatrician or another doctor raised concerns about your child’s emotional development? Select any that apply. RANDOMIZE

Fear.....	13
Anxiety.....	18
Confusion.....	36
Shock.....	0
Sadness.....	19
Concern.....	55
Anger.....	0
Relief.....	28
Support.....	59
Thankful.....	52
Other (Specify).....	0
None.....	0
DK/REF.....	0

25. IF CHILD(REN) 5 AND UNDER: Thinking about your children who are 5 or younger, if you had concerns about their emotional development, would you feel comfortable or uncomfortable raising this issue with your pediatrician?

Very comfortable.....	62
Somewhat comfortable.....	34
Somewhat uncomfortable.....	4
Very uncomfortable.....	0
DK/REF.....	0

26. Do you agree or disagree with the following statement?

Right now, pediatricians often focus on physical milestones (e.g. sitting up, crawling, walking) with parents of young children. However, it is important that pediatricians also discuss emotional development milestones (e.g. attachment to adults, fear of strangers, engaging in back-and-forth interactions) with parents.

Strongly agree.....	60
Somewhat agree.....	35
Somewhat disagree.....	4
Strongly disagree.....	0
DK/REF.....	1

27. Which milestones do you think are more important for pediatricians to focus on – physical milestones, emotional milestones, or both equally?

Physical, much more	5
Physical, somewhat more.....	18
Emotional, somewhat more	7
Emotional, much more.....	1
Both equally	69
DK/REF	1

28. Now think about childcare providers of babies and children ages 3 or younger like licensed workers in daycare centers. Do you trust licensed workers in daycare centers to provide parents with advice on the issue of emotional development for young children?

Yes, a lot	5
Yes, somewhat	25
Yes, a little	34
No	35
DK/REF	2

29. Do you agree or disagree with the following statements? ROTATE

a) It is a licensed worker in a daycare center's role to raise potential concerns about a child's emotional development.

Strongly agree.....	24
Somewhat agree.....	58
Somewhat disagree	13
Strongly disagree	3
DK/REF	1

b) It is a licensed worker in a daycare center's role to raise potential concerns about a child's mental health.

Strongly agree.....	24
Somewhat agree.....	56
Somewhat disagree	17
Strongly disagree	
DK/REF	1

- c) Licensed workers in a daycare center overstep their role when they talk to parents about a child’s emotional development or mental health.

Strongly agree.....	6
Somewhat agree.....	24
Somewhat disagree.....	50
Strongly disagree.....	19
DK/REF.....	1

30. Is it very important, somewhat important, not too important, or not at all important that parents have access to resources that could help them watch for emotional developmental milestones?

Very important.....	70
Somewhat important.....	27
Not too important.....	2
Not at all important.....	1
DK/REF.....	1

31. IF CHILD(REN) 5 AND UNDER: Thinking about your child(ren) who are 5 or younger, do you feel like it is easy or difficult for parents to find help and information on issues like child development, including issues like brain development and emotional development?

Very easy.....	28
Somewhat easy.....	51
Somewhat difficult.....	20
Very difficult.....	1
DK/REF.....	1

Messages

32. Below you will see reasons people give for why there should be a greater focus on the emotional development of young children ages 3 or younger. Please indicate how convincing each is as a reason to focus on the emotional development of young children. Do you think it is a...

RANDOMIZE

- a) Parents and caregivers influence babies’ brain development from the start. As early as 3 months – well before a baby utters his or her first words – babies experience a whole range of emotions like joy, sadness, anger, interest, and excitement. Children who feel loved, comforted, and have the

freedom to play form more brain connections, which increases their ability to trust, relate, communicate, and learn.

Very convincing reason62
Somewhat convincing reason30
Not very convincing reason5
Not convincing reason at all1
DK/REF2

- b) If you do not pay attention to a baby’s emotional development, he or she can feel the impact for years to come. Without loving interactions and everyday learning, such as talking, singing, reading, and helping them explore their world, babies are unsure of whether their needs will be met and live in an aroused state of fear and insecurity. This elevates stress for extended periods of time and interferes with healthy brain growth.

Very convincing reason52
Somewhat convincing reason36
Not very convincing reason10
Not convincing reason at all1
DK/REF2

- c) A child’s brain grows the most in the first 3 years of life. During this time, more than 1 million new neural connections form every second. Because of this, the early years are a time of great vulnerability as well as great opportunity to lay a healthy foundation.

Very convincing reason57
Somewhat convincing reason32
Not very convincing reason7
Not convincing reason at all1
DK/REF2

- d) Babies pick up on your emotions. They can sense your mood and when you feel happy, sad, or angry as early as 3 months. By 6 months, babies are affected by stress in their environment, like shouting in the home, even while asleep. If stress is prolonged, they risk having emotional and behavioral problems throughout their childhood and life.

Very convincing reason58
Somewhat convincing reason33
Not very convincing reason6
Not convincing reason at all1
DK/REF2

- e) Babies’ earliest experiences—both good and bad— affect their brains and their health. The first 1,000 days of a child’s life give the best opportunity and highest risk for their healthy emotional development. Building strong relationships, showing love, and avoiding stress help put babies on the right track.

Very convincing reason	54
Somewhat convincing reason	37
Not very convincing reason.....	6
Not convincing reason at all	1
DK/REF	2

Policies

- 33. Would you support or oppose government policies that allow parents to spend more time with their children when they are very young?

Strongly support	54
Somewhat support	33
Somewhat oppose.....	8
Strongly oppose	4
DK/REF	1

- 34. What role should government policies play in helping parents to spend more time with their young children?

Major role.....	35
Minor role.....	45
No role at all.....	19
DK/REF	1

- 35. Below are some policy ideas that people say would help families focus more on the emotional development of their young children. For each policy, please indicate whether you would be supportive of this policy. Would you be...

RANDOMIZE

- a) Expand access to affordable, quality childcare for working families.

Very supportive.....	53
Somewhat supportive.....	33
Not too supportive.....	9
Not supportive at all	4
DK/REF	2

- b) Give new parents more flexible paid time off options so they can spend more time at home with their babies.

Very supportive.....49
Somewhat supportive.....34
Not too supportive.....10
Not supportive at all6
DK/REF2

- c) Increase access to home visits by child development professionals for new parents.

Very supportive.....27
Somewhat supportive.....41
Not too supportive.....22
Not supportive at all8
DK/REF2

- d) Expand Early Head Start to give more low-income families access to medical, mental health, nutrition, and education services.

Very supportive.....48
Somewhat supportive.....32
Not too supportive.....12
Not supportive at all6
DK/REF2

- e) Expand access to child development specialists or pediatricians so it is easier to get help with emotional development.

Very supportive.....44
Somewhat supportive.....41
Not too supportive.....9
Not supportive at all4
DK/REF2

- f) Increase funding for training programs for child psychiatrists, child psychologists, and other mental health clinicians.

Very supportive.....33
Somewhat supportive.....39
Not too supportive.....20
Not supportive at all7
DK/REF2

36. **BENCHMARK** Thinking again, how important should it be for society in general to support the healthy emotional development of children ages 3 and younger?

Very important	62
Somewhat important	31
Not too important	5
Not important at all	1
DK/REF	1

Demographics

37. Do you have a primary health care provider for yourself?

Yes.....	84
No	13
I'm not sure.....	2
DK/REF	1

38. IF CHILD(REN) 5 AND UNDER: Thinking about your children who are 5 or younger, do they have a primary pediatric provider or group of pediatric providers for their check-ups?

Yes.....	96
No	4
I'm not sure.....	0
DK/REF	0

39. Are you a health care provider (ex. a doctor or nurse)?

Yes, doctor	11
Yes, nurse.....	3
Yes, something else (Specify).....	3
No	83
DK/REF	1

40. Are you a childcare provider or teacher of children ages 18 and younger?

Yes, child care provider	3
Yes, teacher.....	4
Yes, something else (Specify).....	3
No	89
DK/REF	1

41. IF CHILD(REN) 5 AND UNDER: In your child's first few months, did your baby get fed mostly breast milk, mostly formula, or a combination of breast milk and formula?

Mostly breast milk63
Mostly formula22
Combination of both 14
I'm not sure..... 1
DK/REF0

42. Have you, your family, or your children ever received mental health services?
Select all that apply

Yes, me21
Yes, my spouse or partner8
Yes, my child/children 13
No68
DK/REF 1

43. Do you currently have health insurance coverage? This could include Medicaid/STATE NAME or Tricare?

Yes, I have health insurance93
No, I do not have health insurance6
DK/REF 1

44. IF INSURED: Which of the following is your MAIN source of health insurance coverage? Is it...

A plan through your employer40
A plan through your spouse's employer..... 13
A private plan you purchased for yourself
or through a broker or agent.....4
A Healthcare.Gov plan you purchased for yourself
or through a broker or agent.....4
Medicare.....22
Medicaid/[STATE NAME] 7
A plan through your parents5
A plan from somewhere else 1
TriCare2
DK/REF 1

45. IF CHILD(REN) 5 AND UNDER: Thinking about your child(ren) who are 5 or younger, do they currently have health insurance coverage? This could include Medicaid/STATE NAME or Tricare.

Yes, they have health insurance98
 No, they do not have health insurance2
 DK/REF0

46. IF INSURED: Which of the following is your children’s MAIN source of health insurance coverage? Is it...

A plan through your employer39
 A plan through your spouse’s employer29
 A private plan you purchased for them or through a broker or agent3
 A Healthcare.Gov plan you purchased for them or through a broker or agent 1
 Medicare3
 Medicaid/[STATE NAME] 17
 A plan through your parents2
 A plan from somewhere else3
 TriCare3
 DK/REF3

Gender

Male48
 Female52

Age

18 to 29 18
 30 to 4424
 45 to 5928
 60+31

Income

Under \$25k 13
 \$25k to \$50k 19
 \$50k to \$100k32
 \$100k or more35

Education

Less than high school.....	7
High school.....	27
Some college.....	31
Bachelor's degree or higher.....	35

Race/Ethnicity

White, non-Hispanic.....	68
Black, non-Hispanic.....	12
Hispanic.....	13
Other, non-Hispanic.....	6
2+ race, non-Hispanic.....	1

Region

Northeast.....	18
Midwest.....	22
South.....	37
West.....	22

Party ID

Strong Democrat.....	24
Not strong Democrat.....	13
Lean Democrat.....	17
Don't lean/independent.....	2
Lean Republican.....	16
Not strong Republican.....	14
Strong Republican.....	15

Metro

Metro.....	86
Non-metro.....	14

Marital

Married.....	59
Widowed.....	3
Divorced.....	10
Separated.....	1
Never married.....	21
Living with partner.....	6

Employment status

Working.....	63
Working, as a paid employee.....	55
Working, self-employed	8
Not working.....	38
Not working, temporary layoff from job	1
Not working, looking for work	4
Not working, retired.....	22
Not working, disabled	5
Not working, other.....	6