



## FATHERHOOD & COVID-19 STUDY 2020 – DATA TABULATIONS

These are the findings of an Intensions Consulting study conducted between May 8, 2020 and May 11, 2020, on behalf of the Canadian Men’s Health Foundation. For this study an online survey was administered with a sample of 1,019 Canadian fathers, between the ages of 19 and 74 years, who have at least child who is under the age of 19 years.

The sample was stratified to ensure that the sample’s composition reflected the underlying distribution of the Canadian population as determined by Census data. A traditional probability sample of comparable size would have produced results considered accurate to within plus or minus 3.1 percentage points, 19 times out of 20.

Below are selected results from the survey.

REGION	PERCENT	COUNTS
BC	12.6%	128
AB	12.2%	124
SK / MB	6.8%	69
ON	40.2%	410
QC	21.5%	219
ATL / YT / NT / NU	6.8%	69
<b>TOTAL SAMPLE (N)</b>	<b>100.0%</b>	<b>1,019</b>

### 1. QUESTION: What is your current living status as it relates to Covid-19 (Coronavirus)? Select one

	Percent	Counts	BC	AB	SK / MB	ON	QC	ATL / YT / NT / NU
I am living my life as normal	5.5	56	7.0	4.0	11.6	5.9	2.3	7.2
I am living almost as normal but I have cut down on some usual activities	24.3	248	27.3	30.6	31.9	20.7	21.9	29.0
I am staying home and only going out for essentials or exercise	68.7	700	64.8	65.3	56.5	71.7	72.6	63.8
I am fully isolating at home and not going out at all	1.5	15	0.8	0.0	0.0	1.7	3.2	0.0
<b>Total Sample Base (N)</b>	<b>100%</b>	<b>1,019</b>	<b>128</b>	<b>124</b>	<b>69</b>	<b>410</b>	<b>219</b>	<b>69</b>



2. **QUESTION:** Using the scale below, please indicate how the outbreak of Covid-19 (Coronavirus) has IMPACTED the following aspects of YOUR LIFE:

Table shows Percent (%)	Discrete responses (%)					Roll up responses (%)	
	Very Negative Impact	Somewhat Negative Impact	No real Impact	Somewhat Positive Impact	Very Positive Impact	Negative Impact	Positive Impact
Your relationships with immediate family (i.e. live with you)	3.5	23.2	43.3	24.8	5.2	26.7	30.0
Your romantic relationship(s)	7.3	24.8	52.8	12.4	2.7	32.1	15.1
Your overall physical health	8.3	41.0	35.8	11.3	3.5	49.4	14.8
Your overall sense of meaning / purpose	6.5	33.1	45.7	11.5	3.2	39.5	14.7
Your financial situation	13.7	34.9	36.7	12.1	2.6	48.7	14.6
Your relationships with extended family (i.e. do not live with you)	10.4	35.8	41.8	9.3	2.6	46.2	12.0
Your work situation	19.1	38.9	31.1	7.9	3.0	58.0	10.9
Your overall mental health	8.4	42.3	39.8	7.5	2.0	50.7	9.4
Your friendships / social relationships	15.3	48.5	30.4	4.5	1.3	63.8	5.8

**Total Sample Base (N) = 1,019**

Roll up responses - Positive Impact (%)	Percent	Counts	BC	AB	SK / MB	ON	QC	ATL / YT / NT / NU
Your relationships with immediate family (i.e. live with you)	30.0	306	28.1	26.6	31.9	31.5	31.1	26.1
<b>Total Sample Base (N)</b>	<b>100%</b>	<b>1,019</b>	<b>128</b>	<b>124</b>	<b>69</b>	<b>410</b>	<b>219</b>	<b>69</b>
Roll up responses - Negative Impact (%)	Percent	Counts	BC	AB	SK / MB	ON	QC	ATL / YT / NT / NU
Your relationships with immediate family (i.e. live with you)	26.7	272	35.2	26.6	24.6	25.9	24.7	24.6
Your romantic relationship(s)	32.1	327	31.3	32.3	33.3	31.7	30.6	39.1
Your overall physical health	49.4	503	51.6	47.6	42.0	51.5	50.2	40.6
Your overall sense of meaning / purpose	39.5	403	41.4	40.3	31.9	40.0	39.3	40.6
Your financial situation	48.7	496	53.1	56.5	40.6	45.6	51.6	43.5
Your relationships with extended family (i.e. do not live with you)	46.2	471	50.8	37.1	43.5	46.3	46.1	56.5
Your work situation	58.0	591	57.0	58.1	49.3	60.5	57.1	56.5
Your overall mental health	50.7	517	51.6	49.2	44.9	52.2	49.8	52.2
Your friendships / social relationships	63.8	650	71.1	61.3	71.0	63.2	61.2	59.4
<b>Total Sample Base (N)</b>	<b>100%</b>	<b>1,019</b>	<b>128</b>	<b>124</b>	<b>69</b>	<b>410</b>	<b>219</b>	<b>69</b>



3. **QUESTION:** Compared to how you were feeling before the outbreak of Covid-19 (Coronavirus), please indicate how you are feeling at this moment:

Table shows Percent (%)	Discrete responses (%)					Roll up responses (%)	
	Much less ...	Less ...	About the same	More ...	Much more ...	Less ...	More ...
... motivated	9.9	37.2	38.1	13.2	1.7	47.1	14.8
... confident	5.9	34.6	50.0	8.3	1.2	40.5	9.5
... optimistic	9.7	41.1	39.6	8.5	1.0	50.8	9.5
... happy	10.2	44.7	36.6	7.1	1.5	54.9	8.5
... in control	12.1	45.0	34.6	7.4	.9	57.1	8.2
... stable	8.2	34.5	50.1	6.5	.6	42.8	7.1

**Total Sample Base (N) = 1,019**

Roll up responses - Less... (%)	Percent	Counts	BC	AB	SK / MB	ON	QC	ATL / YT / NT / NU
... motivated	47.1	480	40.6	39.5	40.6	51.7	49.8	43.5
... confident	40.5	413	35.9	42.7	31.9	43.4	40.2	37.7
... optimistic	50.8	518	50.0	50.0	47.8	51.5	53.0	46.4
... happy	54.9	559	49.2	52.4	50.7	56.1	56.6	60.9
... in control	57.1	582	52.3	55.6	47.8	59.5	59.8	55.1
... stable	42.8	436	41.4	45.2	34.8	46.1	39.7	39.1
<b>Total Sample Base (N)</b>	<b>100%</b>	<b>1,019</b>	<b>128</b>	<b>124</b>	<b>69</b>	<b>410</b>	<b>219</b>	<b>69</b>



4. **QUESTION:** Since the outbreak of Covid-19 (Coronavirus), have you used any of the following STRATEGIES for the purpose of DECREASING STRESS? Select all that apply

	Percent	Counts	BC	AB	SK / MB	ON	QC	ATL / YT / NT / NU
I haven't used any of these strategies to decrease stress	47.5	484	43.0	58.1	53.6	45.4	47.9	42.0
Alcohol use	28.0	285	31.3	21.8	24.6	29.8	26.9	29.0
Overeating / eating junk food	26.2	267	20.3	21.8	24.6	28.3	27.4	30.4
Masturbation / sex	17.6	179	18.8	16.1	17.4	17.1	18.7	17.4
Pornography use	10.9	111	12.5	12.9	10.1	11.0	9.6	8.7
Marijuana / cannabis use	10.1	103	11.7	8.1	8.7	12.0	6.4	13.0
Cigarette smoking	6.2	63	4.7	5.6	10.1	7.3	5.9	0.0
Other drug use	1.2	12	1.6	0.0	2.9	1.7	0.5	0.0
Self-harm / self-injury	0.4	4	0.0	0.0	1.4	0.7	0.0	0.0
<b>Total Sample Base (N)</b>	<b>100%</b>	<b>1,019</b>	<b>128</b>	<b>124</b>	<b>69</b>	<b>410</b>	<b>219</b>	<b>69</b>

5. **QUESTION:** Since the outbreak of Covid-19 (Coronavirus), have you made any CHANGES that would improve your PHYSICAL HEALTH? Select all that apply

	Percent	Counts	BC	AB	SK / MB	ON	QC	ATL / YT / NT / NU
I haven't made any changes	41.5	423	43.8	46.8	49.3	38.3	42.5	36.2
Increased exercise, sports or physical activity	28.2	287	30.5	22.6	23.2	28.5	30.1	30.4
Made an effort to sit less and walk more	19.7	201	18.8	26.6	13.0	21.0	14.6	24.6
Changed diet or improved eating habits	18.6	190	17.2	12.9	20.3	18.5	20.1	26.1
Improved consistent sleep quality	17.2	175	14.8	14.5	11.6	19.8	16.9	17.4
Lost weight	12.1	123	12.5	8.1	8.7	12.9	11.0	20.3
Reduced stress level	7.1	72	7.8	3.2	8.7	7.6	7.8	5.8
Drank less alcohol	6.5	66	7.8	3.2	7.2	8.3	5.5	1.4
Had a routine check-up or visit to doctor	2.3	23	0.0	4.8	5.8	2.0	0.9	4.3
Quit smoking or reduced amount smoked	1.6	16	0.0	2.4	0.0	2.4	0.9	1.4
Other (please specify)	1.9	19	1.6	0.0	2.9	2.7	1.4	1.4
<b>Total Sample Base (N)</b>	<b>100%</b>	<b>1,019</b>	<b>128</b>	<b>124</b>	<b>69</b>	<b>410</b>	<b>219</b>	<b>69</b>

6. **QUESTION:** Since the outbreak of Covid-19 (Coronavirus), which of the following HOUSEHOLD BEHAVIOURS have you been DOING MORE OFTEN? Select all that apply

	Percent	Counts	BC	AB	SK / MB	ON	QC	ATL / YT / NT / NU
Doing household chores (e.g. cleaning, washing)	61.7	629	56.3	54.8	53.6	66.8	58.0	73.9
Preparing household meals	48.8	497	49.2	33.9	47.8	53.4	46.6	55.1
Outdoor home maintenance (e.g. exterior repairs, mowing lawn)	45.3	462	53.1	54.0	40.6	41.2	44.7	46.4
Indoor home maintenance (e.g. interior repairs, plastering)	37.8	385	40.6	31.5	24.6	40.5	37.9	40.6
Shopping for household food / groceries	37.5	382	31.3	33.9	30.4	38.5	42.0	42.0
Child minding / babysitting	31.4	320	26.6	25.0	26.1	33.2	38.8	23.2
Shopping for household necessities (e.g. toilet paper, laundry detergent)	29.0	296	29.7	23.4	24.6	29.8	30.1	34.8
Managing household finances / bills	28.6	291	26.6	25.0	23.2	28.5	32.0	33.3
Caring for household pets (e.g. feeding, walking, grooming)	13.5	138	14.8	4.8	20.3	14.9	12.3	15.9
Caring for sick family members	3.8	39	2.3	1.6	1.4	4.9	4.6	4.3
None of these	8.7	89	7.8	12.9	10.1	8.5	7.8	5.8
<b>Total Sample Base (N)</b>	<b>100%</b>	<b>1,019</b>	<b>128</b>	<b>124</b>	<b>69</b>	<b>410</b>	<b>219</b>	<b>69</b>

7. **QUESTION:** Since the outbreak of Covid-19 (Coronavirus), which of the following PARENTING BEHAVIOURS have you been DOING MORE OFTEN with your CHILDREN? Select all that apply

	Percent	Counts	BC	AB	SK / MB	ON	QC	ATL / YT / NT / NU
Providing companionship (e.g. listening to child, talking to child)	61.4	626	60.2	70.2	49.3	59.0	64.4	65.2
Providing guidance (e.g. morals, values)	56.1	572	53.9	58.9	46.4	55.4	60.7	55.1
Teaching new life skills (e.g. how to cook, how to fix something)	54.2	552	52.3	56.5	53.6	52.0	58.0	55.1
Providing verbal affection (e.g. praise, encouragement)	51.9	529	50.8	54.0	33.3	53.2	54.8	52.2
Providing physical affection (e.g. hugging, kissing)	46.9	478	43.0	46.0	36.2	47.3	53.4	43.5
Teaching new social skills (e.g. manners, conflict resolution)	38.3	390	39.1	37.9	43.5	38.5	37.9	31.9
Providing discipline (e.g. punishment, rewards)	37.2	379	37.5	31.5	30.4	36.3	45.7	31.9
None of these	11.8	120	10.9	9.7	18.8	12.7	8.7	14.5
<b>Total Sample Base (N)</b>	<b>100%</b>	<b>1,019</b>	<b>128</b>	<b>124</b>	<b>69</b>	<b>410</b>	<b>219</b>	<b>69</b>

8. **QUESTION:** Since the outbreak of Covid-19 (Coronavirus), which of the following PARENTING BEHAVIOURS have you been DOING MORE OFTEN with your CHILDREN? Select all that apply

	Percent	Counts	BC	AB	SK / MB	ON	QC	ATL / YT / NT / NU
Eating meals together	64.1	653	53.9	63.7	58.0	67.6	65.8	63.8
Talking together	58.9	600	56.2	52.4	50.7	60.5	64.8	55.1
Watching television or on-demand videos together	56.2	573	52.3	51.6	47.8	59.8	58.0	53.6
Helping with schoolwork	52.5	535	48.4	45.2	53.6	59.8	48.9	40.6
Recreating together (e.g. playing sports, video games)	41.1	419	44.5	45.2	36.2	41.2	41.1	31.9
Managing school communication	35.2	359	35.9	31.5	29.0	37.3	38.4	24.6
Reading together	28.6	291	22.7	31.5	27.5	26.8	34.7	26.1
Helping with nighttime routines (e.g. putting on pajamas, going to sleep)	23.1	235	16.4	22.6	21.7	22.7	28.8	21.7
Helping with morning routines (e.g. waking up, getting dressed)	21.2	216	18.8	21.8	18.8	20.7	25.1	17.4
Helping with grooming (e.g. cutting hair, brushing teeth)	20.0	204	10.9	20.2	13.0	21.0	25.1	21.7
Coordinating social activities (e.g. safe playdates, facetime with friends)	18.7	191	15.6	21.0	20.3	18.8	17.8	21.7
Shopping online together	11.6	118	12.5	4.8	13.0	13.2	12.3	8.7
None of these	7.7	78	8.6	8.9	13.0	7.1	2.7	17.4
<b>Total Sample Base (N)</b>	<b>100%</b>	<b>1,019</b>	<b>128</b>	<b>124</b>	<b>69</b>	<b>410</b>	<b>219</b>	<b>69</b>

**9. QUESTION:** Which of these BEHAVIOURS will you CONTINUE TO DO after life returns to normal? Select all that apply

	Have NOT been doing more often		Have been doing more often, will NOT continue to do		Have been doing more often, will continue to do	
	Percent	Counts	Percent	Counts	Percent	Counts
Eating meals together	35.9	366	11.9	121	52.2	532
Doing household chores (e.g. cleaning, washing)	38.3	390	10.0	102	51.7	527
Providing companionship (e.g. listening to child, talking to child)	38.6	393	12.5	127	49.0	499
Talking together	41.1	419	11.1	113	47.8	487
Providing guidance (e.g. morals, values)	43.9	447	9.9	101	46.2	471
Providing verbal affection (e.g. praise, encouragement)	48.1	490	8.3	85	43.6	444
Teaching new life skills (e.g. how to cook, how to fix something)	45.8	467	11.8	120	42.4	432
Watching television or on-demand videos together	43.8	446	14.4	147	41.8	426
Preparing household meals	51.2	522	8.9	91	39.8	406
Providing physical affection (e.g. hugging, kissing)	53.1	541	7.3	74	39.6	404
Helping with schoolwork	47.5	484	13.1	133	39.5	402
Outdoor home maintenance (e.g. exterior repairs, mowing lawn)	54.7	557	6.6	67	38.8	395
Recreating together (e.g. playing sports, video games)	58.9	600	8.2	84	32.9	335
Shopping for household food / groceries	62.5	637	6.1	62	31.4	320
Providing discipline (e.g. punishment, rewards)	62.8	640	6.4	65	30.8	314
Indoor home maintenance (e.g. interior repairs, plastering)	62.2	634	7.9	80	29.9	305
Teaching new social skills (e.g. manners, conflict resolution)	61.7	629	9.6	98	28.7	292
Managing household finances / bills	71.4	728	4.6	47	23.9	244
Reading together	71.4	728	5.8	59	22.8	232
Shopping for household necessities (e.g. toilet paper, laundry detergent)	71.0	723	6.4	65	22.7	231
Managing school communication	64.8	660	13.6	139	21.6	220
Child minding / babysitting	68.6	699	10.2	104	21.2	216
Helping with nighttime routines (e.g. putting on pajamas, going to sleep)	76.9	784	5.7	58	17.4	177
Helping with morning routines (e.g. waking up, getting dressed)	78.8	803	6.1	62	15.1	154
Helping with grooming (e.g. cutting hair, brushing teeth)	80.0	815	6.6	67	13.4	137
Coordinating social activities (e.g. safe playdates, facetime with friends)	81.3	828	6.2	63	12.6	128
Caring for household pets (e.g. feeding, walking, grooming)	86.5	881	3.0	31	10.5	107
Shopping online together	88.4	901	4.4	45	7.2	73
Caring for sick family members	96.2	980	0.6	6	3.2	33

**Total Sample Base (N) = 1,019**



**10. QUESTION:** Using the scale below, please indicate how the outbreak of Covid-19 (Coronavirus) has IMPACTED your ROLE AS A FATHER:

Discrete responses (%)					Roll up responses (%)	
Very Negative Impact	Somewhat Negative Impact	No Impact	Somewhat Positive Impact	Very Positive Impact	Negative Impact	Positive Impact
3.2	17.1	39.5	34.6	5.5	20.3	40.1

**Total Sample Base (N) = 1,019**

	Percent	Counts	BC	AB	SK / MB	ON	QC	ATL / YT / NT / NU
Roll up responses - Positive Impact (%)	40.1	409	35.2	41.9	39.1	39.3	44.3	39.1
Roll up responses - Negative Impact (%)	20.3	207	24.2	16.1	20.3	19.5	21.0	23.2
<b>Total Sample Base (N)</b>	<b>100%</b>	<b>1,019</b>	<b>128</b>	<b>124</b>	<b>69</b>	<b>410</b>	<b>219</b>	<b>69</b>





**11. QUESTION:** In your own words, please explain why Covid-19 (Coronavirus) has had **A VERY POSITIVE IMPACT** on your **ROLE AS A FATHER**:

- “Feels like I have more time to spend with the kids, fishing, ATV, and just hanging out without worrying about work or being pre-occupied.” - **42, Father of 3, Ontario**

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- “Spend more quality time with my kids, have time to teach [them] how to ride bikes, read stories more, play more board games. Cook meals together, so much more.” - **39, Father of 2, Quebec**

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- “It made me appreciate my lil girl so much more than I ever imagined. The mere thought of her in a danger I have no control over, as it is invisible, made me so hyper aware!” - **61, Father of 1, Ontario**

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- “I will never have this much consecutive time together with my children for the rest of my professional career and by the time I retire they will have their own lives established and not have the time to spend with me understandably. Our relationship has grown stronger as a result of our increased time together over the past few weeks.” - **36, Father of 3, Saskatchewan**

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- “I’m used to not being at home with my family, now that I am working from home I love being with my kids. My son is two and he watches me aeropress and I talk about the physics behind it. My daughter smiles at me from her crib and in my arms. I was missing out on too much until now.” - **35, Father of 2, Ontario**

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- “I am home with the kids homeschooling, cleaning the house, laundry, and preparing meals with them. All of this instead of working 60-70 hours per week for last 12 years. We are getting to know each other.” - **54, Father of 2, Manitoba**

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- “Has reinforced the need to stay involved in my children’s lives and to realize that I have more influence on their work and behaviour rather than exercising control over their lives.” - **58, Father of 2, Ontario**

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- “More time spent with children. realized how severely inadequate the public school system is in teaching my children academics, moral values, and social etiquette. More time spent means I have had the chance to actively correct such inadequacies.” - **35, Father of 2, Ontario**

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- “Showing my kids how to do the finances and put fluids in the car are fun things I have shown the kids that they wouldn’t learn in school!” - **50, Father of 2, Manitoba**

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- “Spending more time with my child. Listening to them and playing with them is a different feeling which I would have not done if this time was not available.” - **37, Father of 1, Alberta**

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- “As a previously self-employed person I no longer feel the need to constantly check email, answer phone calls at all hours, and am experiencing way less stress. Consequently, I spend more time with the kids and this time is BETTER time. Whether this will continue if I don’t find work I do not know.” - **46, Father of 2, British Columbia**

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- “My job keeps me out of the house, on average, 12-14 hrs/day. Since being laid off I have spent so much quality time with my boys, working on things around the house together, playing basketball, going for drives together. In all honesty, this has been the best month and a half!” - **50, Father of 3, British Columbia**

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- “With school pretty much non-existent, Girl Guides, summer camps, and organized sports disappearing, and the mother being unable to cope with child and COVID, I have had to step up to fill in the gaps.” - **53, Father of 1, Prince Edward Island**

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**12. QUESTION:** In your own words, please explain why Covid-19 (Coronavirus) has had **A SOMEWHAT POSITIVE IMPACT** on your **ROLE AS A FATHER**:

- “Getting to spend more time with children. I’m teaching them now about our religion, our culture, our family values.” - **34, Father of 2, Ontario**

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- “It has shown me what is the most important. It has allowed me to spend more quality time with my family.” - **45, Father of 2, Ontario**

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- “More time together, more opportunity to connect, guide, comfort, laugh.” - **47, Father of 2, Ontario**

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- “I had a chance to become together with them. I teach them how to ride a bike, watch more tv, and try to have conversations more.” - **36, Father of 2, Quebec**

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- “I’m a single parent, so my role as a father has shown how strong I can be as a parent.” - **40, Father of 2, Nova Scotia**

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- “We are together more and sharing more of our lives together.” - **53, Father of 2, Ontario**

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- “Spending more time together. Teaching my daughter to cook and having her make our breakfast.” - **46, Father of 1, Ontario**

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- “Forcing me to be with my children more often and for longer periods of time, being more attentive to their feelings and concerns, answering questions about the state of the world. This has also provided us with an increasing number of teachable moments.” - **50, Father of 3, Quebec**

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- “Less stress in the household. Spending more time together, socializing together, discussing issues in the world.” - **42, Father of 3, New Brunswick**

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- “I have more time as I’m working from home and not having to commute 2 hours per day, giving me more time to spend with my family. I can touch base throughout the day as we are all home. I’m saving money on gas, car insurance, parking, etc.” - **56, Father of 1, British Columbia**

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- “I did not go to work during Covid-19 so I spent all of the time with my kids. Usually I see them just before school.” - **41, Father of 3, Quebec**

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- “It has presented me with the opportunity to be more present in his life. Where before we were together 7 hours a day (excluding weekends), during Covid-19 we are spending up to 14 hours a day in each others company since daycares are closed and I am home from work on a caregivers leave to look after him. Our interactions are more meaningful and much more cherished.” - **48, Father of 1, New Brunswick**

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- “Spending more quality time with kids. Learning more about their interests.” - **50, Father of 3, Quebec**

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- “As the sole parent at home during the day, I am definitely more involved in my kids' daily lives and activities. This has helped us grow closer and more connected.” - **34, Father of 2, Quebec**

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**13. QUESTION:** In your own words, please explain why Covid-19 (Coronavirus) has had **NO IMPACT** on your **ROLE AS A FATHER**:

- "I have tried to maintain what I had been doing and adding more to the teaching of responsibilities and behaviours." - **55, Father of 1, Saskatchewan**

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- "I loved my daughter before; I love her now." - **39, Father of 1, Ontario**

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- "Not a big change in our daily routine other than we can't go and do our sports at clubs or in groups." - **55, Father of 2, Ontario**

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- "I haven't changed other than being home a little more often. I'm the same when around them." - **35, Father of 2, Ontario**

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- "I still do my father duties. Reading, playing games with the children, watch movies etc." - **41, Father of 3, Manitoba**

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- "Our routine has not really changed, we always had breakfast and dinner as a family. The only difference is they are home all day." - **48, Father of 2, Quebec**

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- "I pretty much do what I always did, so the role is the same, but I spend a bit more time interacting with my son because he is at home more." - **71, Father of 1, Saskatchewan**

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- "I've always been a great father, spend time with both my kids. I'm very approachable and understanding. I have a great relationship with both of my children, so no change with my kids due to the Coronavirus." - **49, Father of 2, New Brunswick**

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- "I have been very much attached with the kids; nothing can break that bond." - **40, Father of 2, Ontario**

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- "My routine hasn't changed. I'm still working. Spending same time with kids." - **32, Father of 1, British Columbia**

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- "Why would it change? I am very engaged with my kids and continue to do so during Covid-19." - **42, Father of 2, Quebec**

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- "Mainly because I take it as a learning opportunity to teach children. This is similar to any other challenge in life. I have not changed my approach to coaching my kids. I just have more time to do it now." - **48, Father of 2, Quebec**

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- "I still try to do as many activities as possible with my son and be an involved parent like I always have been. I don't see why a pandemic should change this." - **40, Father of 1, Ontario**

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**14. QUESTION:** In your own words, please explain why Covid-19 (Coronavirus) has had **A SOMEWHAT NEGATIVE IMPACT** on your **ROLE AS A FATHER**:

- "Patience has worn very thin. Unable to offer reasonable forms of discipline. Losing temper too often." - **32, Father of 1, Alberta**

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- "I haven't been able to take my kids to the pool, outdoors or playdates, limiting my ability to provide entertainment and social interactions." - **42, Father of 2, Quebec**

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- "Can't take kids outside and teach life skills. They still can't ride a bike." - **36, Father of 2, Alberta**

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- "Unable to get the kids all that they need." - **52, Father of 4, Alberta**

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- "I'm overweight, and tired, and afraid of dying, so I spend most days alone in my room." - **41, Father of 1, Quebec**

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- "I've had to spend more time on discipline and managing behaviour as he's not getting out and being active with school and friends. He's getting squirrely and I'm having to deal with it." - **57, Father of 1, Ontario**

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- "Feel less confident. Less powerful." - **54, Father of 2, Quebec**

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- "I have been deployed to work in a Hospital. I have adjusted well to my new role but change in general is stressful. I think I am micromanaging at home in a stressful manner because it's an area of my life that I have more control over. I don't think it's a good example for my kids." - **38, Father of 2, Quebec**

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- "Daughter is more disrespectful. Telling her due to the virus she can't go out and run around with her friends and yet she won't listen. She won't wash her hands or anything when she gets home, no fear of the virus. She believes the virus only effects old age and babies." - **47, Father of 1, Saskatchewan**

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- "Stressed financially and worried about my job." - **49, Father of 4, Ontario**

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- "It is hard to explain. Just the feeling of a lesser role." - **48, Father of 1, Ontario**

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- "Limiting my access for visits." - **46, Father of 3, Nova Scotia**

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- "The stress of the situation at my work has made me irritable, short-tempered and this has impacted my relationship with my child." - **50, Father of 1, Nova Scotia**

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- "I am at work and come home to a group that has spent the day together and am excluded from the activities. Like they are on vacation at home and I am an outsider." - **51, Father of 2, Quebec**

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- "I'm the parent that typically takes the kids out for activities, especially skating and swimming. I feel down about not being able to currently do these activities with my kids." - **38, Father of 2, British Columbia**

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**15. QUESTION:** In your own words, please explain why Covid-19 (Coronavirus) has had **A VERY NEGATIVE IMPACT** on your **ROLE AS A FATHER**:

- “Children are isolated at their mothers for over 5 weeks.” - **47, Father of 2, Ontario**

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- “Extremely tired, overworked and stressed.” - **32, Father of 2, Ontario**

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- “Feeling helpless to change outcomes.” - **58, Father of 1, British Columbia**

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- “Feel depressed so cannot give proper attention to my children.” - **48, Father of 3, Ontario**

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- “I have no purpose in life. I am fed up with all of this.” - **45, Father of 2, Ontario**

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- “I have run out of money and don't have a job feeling very lost and scared.” - **60, Father of 1, Ontario**

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- “I feel useless. All my plans are gone.” - **42, Father of 1, Alberta**

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- “I am no longer seeing myself as a breadwinner. I am unable to work and provide for my family.” - **34, Father of 3, Ontario**

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- “Can't explain what the future will be for my children, can't guarantee a vaccine, job future is uncertain, and I have lost my job. [It is] not easy to explain all of this to my children who thought [their] future was bright.” - **49, Father of 3, Quebec**

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- “Restless, depression, not providing the things I normally do, too many people in to small of a space.” - **37, Father of 1, Saskatchewan**

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- “I am not able to go out to bring things to my daughter.” - **42, Father of 1, Quebec**

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- “Because of my occupation I can't be with my son or he has to quit his job.” - **55, Father of 2, Manitoba**

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- “Tired a lot, finding myself a bit stressed at times.” - **42, Father of 2, New Brunswick**

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- “No motivation to do much of anything anymore.” - **37, Father of 2, Ontario**

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- “I was an essential worker therefore my wife was at home working and taking care of my daughter.” - **49, Father of 2, Ontario**

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**16. QUESTION:** Using the scale below, please indicate how strongly you AGREE or DISAGREE with the following statements about your ROLE AS A FATHER since the outbreak of Covid-19 (Coronavirus). Since the outbreak of Covid-19 (Coronavirus)...

Table shows Percent (%)	Discrete responses (%)					Roll up responses (%)	
	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Disagree	Agree
... I have had more quality time with my children	2.6	6.9	19.8	48.3	22.4	9.5	70.7
... I have felt closer to my children	2.5	6.8	30.5	45.0	15.2	9.2	60.3
... I have decided I want more work-life balance in the future	3.3	7.0	32.2	39.3	18.3	10.3	57.5
... I am more aware of my importance as a father	3.6	7.3	37.1	37.9	14.1	10.9	52.0
... I have decided to be more engaged as a father in the future	2.7	5.4	42.5	39.1	10.3	8.1	49.4
... I have realized I want to be more involved as a father	2.6	7.0	42.0	38.1	10.3	9.6	48.4
... I am happier in my role as a father	3.0	8.8	42.4	34.3	11.4	11.9	45.7
... I have taken on a bigger role as a father	3.9	10.6	45.8	30.6	9.0	14.5	39.6
... I have become a better father	3.7	9.1	49.0	31.3	6.9	12.9	38.2
... I am more confident in my role as a father	4.1	9.2	49.6	28.3	8.8	13.3	37.1
... I have taken on new responsibilities as a father	6.1	14.0	43.9	29.2	6.8	20.1	36.0
... I have discovered new things I like about fatherhood	4.1	12.2	49.8	28.3	5.7	16.3	34.0
... I have reflected on my relationship with my own father	8.9	16.3	42.4	26.9	5.5	25.2	32.4
... I have become more like the father I always wanted to be	6.0	12.8	51.3	22.0	7.9	18.7	29.9
... I have realized I missed out on a lot of my children's lives	18.9	22.4	30.6	22.2	5.9	41.3	28.1
... My perception of fatherhood has changed	11.1	16.6	52.4	16.7	3.2	27.7	19.9
... I have been struggling to adapt to my role as a father	37.3	26.0	24.9	10.0	1.8	63.3	11.8
... I have realized that I do not enjoy being a father	60.7	18.4	13.2	5.0	2.6	79.2	7.7
... I have realized I prefer to disengage as a father	44.6	24.0	24.8	5.4	1.2	68.6	6.6

**Total Sample Base (N) = 1,019**



Roll up responses – Agree (%)	Percent	Counts	BC	AB	SK / MB	ON	QC	ATL / YT / NT / NU
... I have had more quality time with my children	70.7	720	68.0	78.2	59.4	70.7	74.0	62.3
... I have felt closer to my children	60.3	614	62.5	54.8	63.8	58.5	67.6	49.3
... I have decided I want more work-life balance in the future	57.5	586	56.3	53.2	60.9	57.8	62.1	47.8
... I am more aware of my importance as a father	52.0	530	52.3	50.0	58.0	50.0	57.5	43.5
... I have decided to be more engaged as a father in the future	49.4	503	53.1	47.6	49.3	47.3	55.7	37.7
... I have realized I want to be more involved as a father	48.4	493	50.0	42.7	44.9	48.5	55.3	36.2
... I am happier in my role as a father	45.7	466	46.1	45.2	49.3	45.9	47.0	37.7
... I have taken on a bigger role as a father	39.6	404	40.6	31.5	37.7	40.2	45.2	33.3
... I have become a better father	38.2	389	35.9	38.7	34.8	37.6	42.9	33.3
... I am more confident in my role as a father	37.1	378	34.4	31.5	43.5	37.3	41.6	30.4
... I have taken on new responsibilities as a father	36.0	367	37.5	32.3	31.9	36.1	40.6	29.0
... I have discovered new things I like about fatherhood	34.0	346	39.8	26.6	31.9	32.0	41.1	27.5
... I have reflected on my relationship with my own father	32.4	330	36.7	23.4	30.4	33.4	34.7	29.0
... I have become more like the father I always wanted to be	29.9	305	31.3	24.2	29.0	30.0	34.2	24.6
... I have realized I missed out on a lot of my children's lives	28.1	286	29.7	28.2	23.2	25.1	33.3	30.4
... My perception of fatherhood has changed	19.9	203	21.1	14.5	21.7	18.3	25.6	17.4
... I have been struggling to adapt to my role as a father	11.8	120	13.3	11.3	11.6	12.2	11.0	10.1
... I have realized that I do not enjoy being a father	7.7	78	4.7	9.7	7.2	7.6	7.8	10.1
... I have realized I prefer to disengage as a father	6.6	67	7.8	4.8	8.7	6.6	7.3	2.9
<b>Total Sample Base (N)</b>	<b>100%</b>	<b>1,019</b>	<b>128</b>	<b>124</b>	<b>69</b>	<b>410</b>	<b>219</b>	<b>69</b>
Roll up responses – Disagree (%)	Percent	Counts	BC	AB	SK / MB	ON	QC	ATL / YT / NT / NU
... I have realized I missed out on a lot of my children's lives	41.3	421	42.2	36.3	33.3	43.9	41.6	40.6
... I have been struggling to adapt to my role as a father	63.3	645	64.8	63.7	69.6	63.9	59.4	62.3
... I have realized that I do not enjoy being a father	79.2	807	81.3	79.0	82.6	77.1	80.4	81.2
... I have realized I prefer to disengage as a father	68.6	699	69.5	67.7	69.6	69.0	66.7	71.0
<b>Total Sample Base (N)</b>	<b>100%</b>	<b>1,019</b>	<b>128</b>	<b>124</b>	<b>69</b>	<b>410</b>	<b>219</b>	<b>69</b>



**17. QUESTION:** Growing up, did you have a FATHER or FATHER FIGURE in your life?

	Percent	Counts	BC	AB	SK / MB	ON	QC	ATL / YT / NT / NU
Yes	91.3	930	90.6	93.5	88.4	91.0	92.7	88.4
No	8.7	89	9.4	6.5	11.6	9.0	7.3	11.6
<b>Total Sample Base (N)</b>	<b>100%</b>	<b>1,019</b>	<b>128</b>	<b>124</b>	<b>69</b>	<b>410</b>	<b>219</b>	<b>69</b>

**18. QUESTION:** Think about your relationship with your father during your childhood and adolescence. Please select the answer that most accurately reflects your perceptions of the relationship with your father or the person you identify as your father while you were growing up from the choices below.

Table shows Percent (%)	Discrete responses (%)					Roll up responses (%)	
	Never	Rarely	Sometimes	Often	Always	Never / Rarely	Often / Always
My father was around when I needed him	3.7	12.3	28.5	31.6	24.0	15.9	55.6
My father and I had good times together	2.5	12.3	33.3	34.8	17.1	14.7	51.9
My father and I enjoyed time together	3.1	14.3	36.0	30.0	16.6	17.4	46.6
My father liked to spend time with me	3.8	15.3	36.0	29.0	15.9	19.0	44.9
My father took me on activities	4.6	20.8	32.0	31.2	11.4	25.4	42.6
My father helped me solve my problems	5.7	20.5	39.0	23.0	11.7	26.2	34.7
During my teen years my father and I did things together	9.9	29.0	34.7	18.9	7.4	38.9	26.3
My father talked to me about my personal problems	19.5	37.4	27.6	10.9	4.6	56.9	15.5
When I got angry, I used to talk things over with my dad	24.4	37.1	25.6	9.9	3.0	61.5	12.9

**Total Sample Base (N) = 930**