

# Helpful Parents or Helicopter Parents?

How Parental Involvement in Different Family Structures Associates with Child Stress

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## Background:

Child stress is increasing among children in the US.

Transitions such as death of a loved one, divorce, etc. can lead to stress.

Parental involvement is associated with

- Family Structure
- Resources
- Neighborhood Quality

I hypothesize that parental involvement will **decrease** the odds of child stress.

## Data:

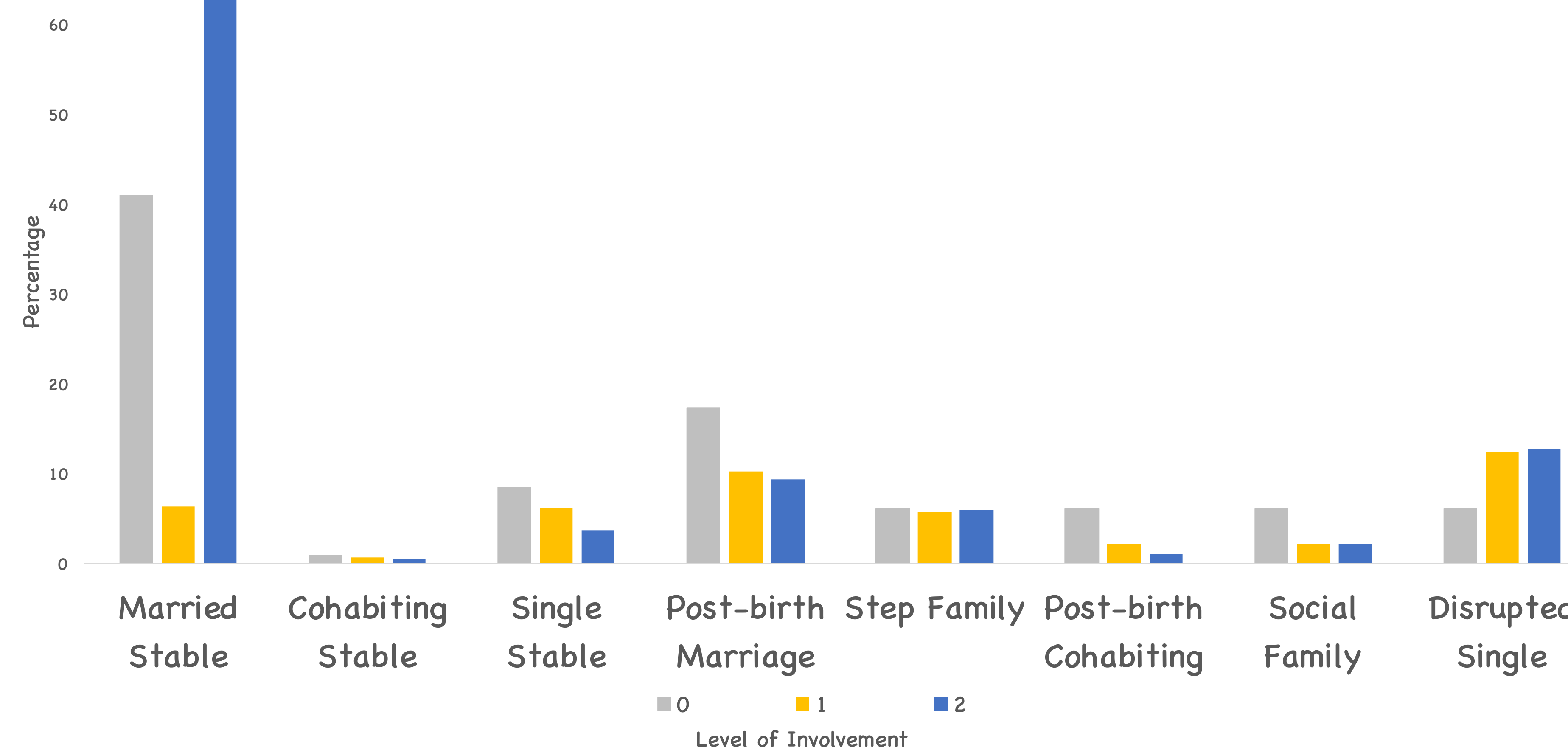
Early Childhood Longitudinal Study Kindergarten Class of 1998

8,326 5<sup>th</sup> graders and their parents interviewed



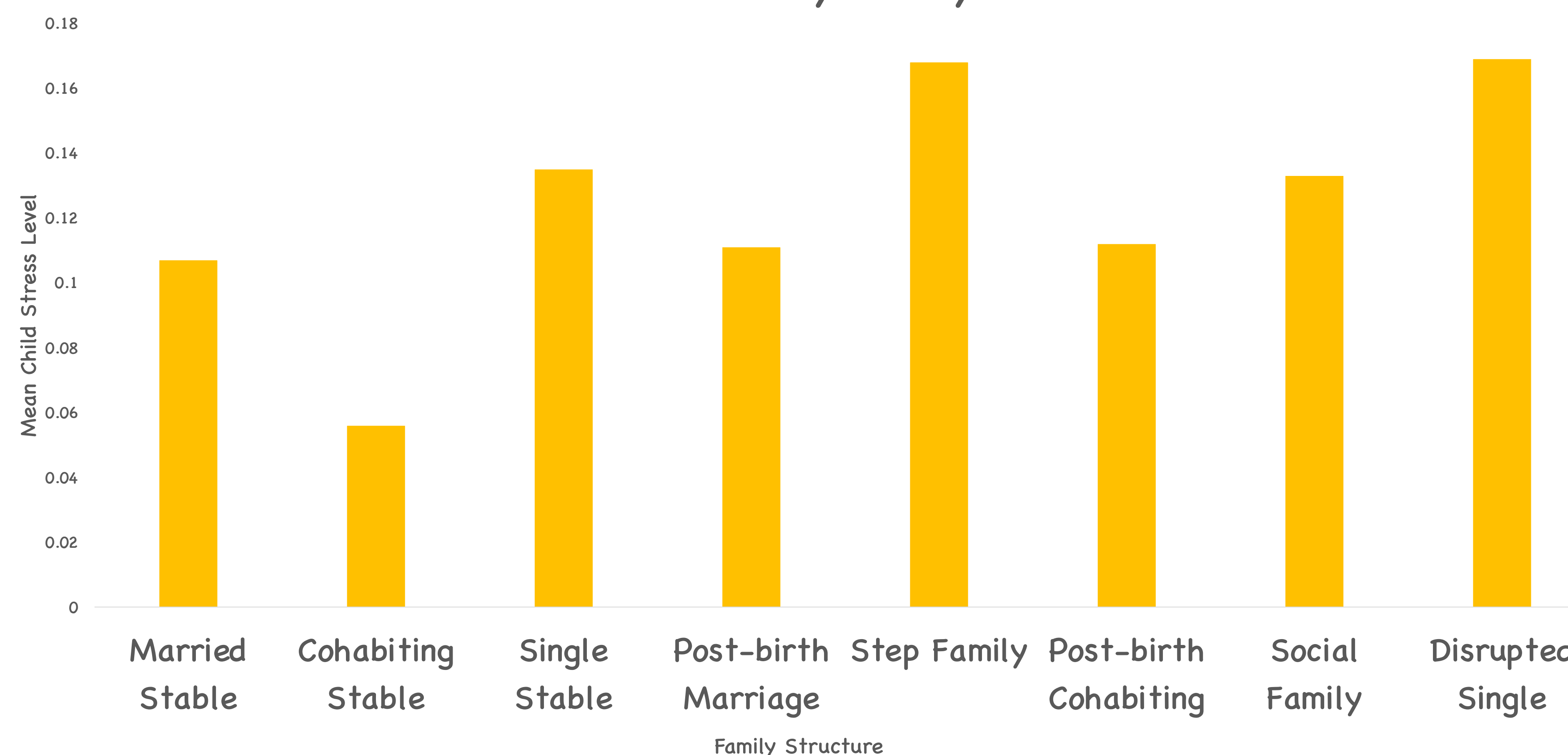
Scan the QR code for the full paper and tables!

Level of Parental Involvement by Family Structure



12% of children in our study experience extreme child stress

Child Stress Levels by Family Structure



## Findings:

Odds of being in the child stress category increased with

- Financial Problems
- State Support
- Parental Depression

Racial minorities are significantly less likely to be in the child stressed category.



## Implications:

Parental involvement **increases** the likelihood of child stress.

Is this parental involvement in reaction to observed child stress or a helicopter parenting effect?

Policymakers should focus on helping non-traditional families obtain access to resources in an effort to reduce the likelihood of child stress.