

# 2 Children's Everyday Life and Development



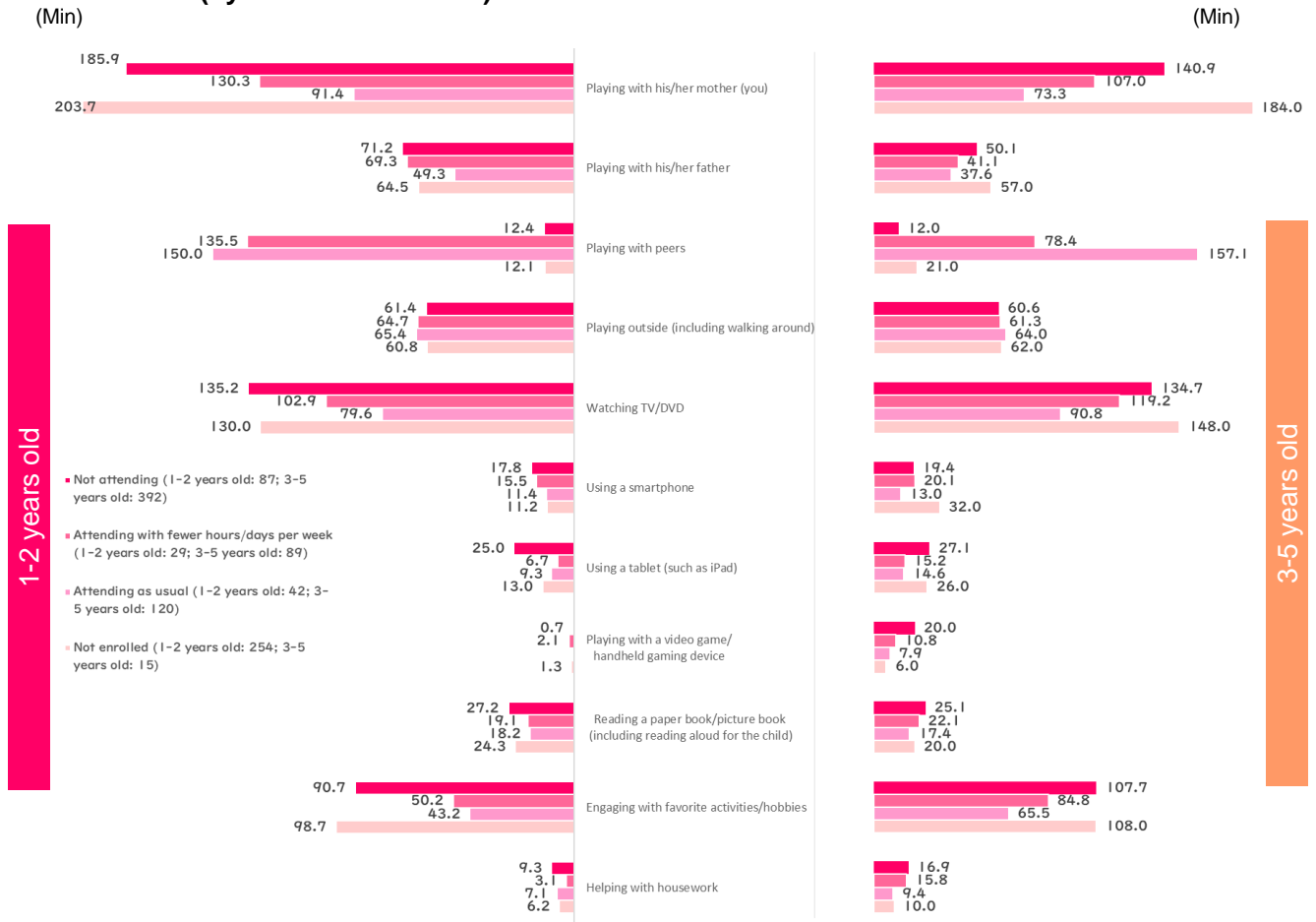
## (1) Length of time to play with someone/interact with digital media (at the time of this survey)

Children not attending preschool are more likely to have more hours to play with their mother and more hours to interact with digital media

We asked the participants about the length of time children spend to play and interact with digital media as of May 2020 (when this survey was conducted). It is revealed that children who do not attend preschool have more hours to play with their mother and fewer hours to play with their peers, compared to those who attend preschool. Likewise, children who do not attend preschool have more hours to interact with digital media such as a TV, DVD player, smartphone, and tablet, being engaged with their favorite activities and hobbies, compared to those who attend preschool. This trend is observed both in the group of 1-2 years old children and the group of 3-5 years old children.

Q: How much time on average per day do you think your child spends on doing the following activities at home as of May 2020 (when this survey is conducted)?

**Figure 2-1-1: Average time to play with someone/interact with digital media as of May 2020 (by attendance status)**



\* The participants who answered "Other" to the question "Is your child attending an enrolled preschool facility at present?" are omitted from the scope of analysis.

\* The answer "Play with father" is only chosen by the participants who live with the child's father: For 1-2 years old: Not attending (83); Attending with fewer hours/days per week (29); Attending as usual (38); and Not enrolled (249); For 3-5 years old: Not attending (377); Attending with fewer hours/days per week (88); Attending as usual (108); and Not enrolled (15).

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## (2) Length of time to play with someone/interact with digital media (after this survey)

### Children spend substantially more hours watching TV/DVD following the outbreak of COVID-19

We asked the participants if they recognized any changes in children's spending time to play with someone or interact with digital media during the period between January 2020 (before the outbreak of the COVID-19 pandemic) and May 2020 (when this survey was conducted). More than 50% of the participants with 1-2 years old children answered that children spend "more hours" watching TV/DVD following the outbreak of COVID-19. Likewise, about 70% of the participants with 3-5 years old children answered that children spend "more hours" watching TV/DVD, while about 60% answered that children spend "more hours" engaging with favorite activities/hobbies, and about 50% answered that children spend "more hours" playing with mother" following the outbreak of COVID-19.

Q: How much time on average per day do you think your child spends on doing the following activities at present (at the time of this survey)?

■ **Table 2-2-1: Average time to play with someone/interact with digital media as of May 2020 (by age category: 1-2 years old/3-5 years old)**

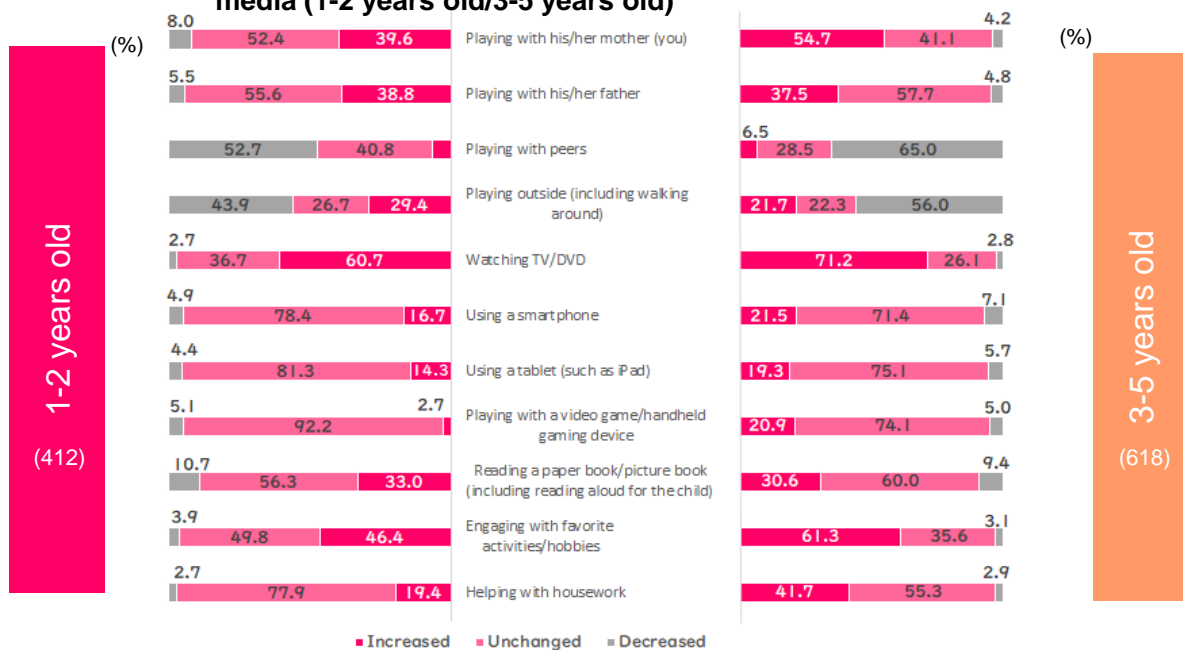
	1-2 years old (412)	3-5 years old (618)
Playing with his/her mother (you)	183.3	124.3
Playing with his/her father	64.8	46.6
Playing with peers	34.9	50.3
Playing outside (including walking around)	61.7	61.4
Watching TV/DVD	124.1	124.2
Using a smartphone	12.9	18.5
Using a tablet (such as iPad)	14.7	22.8
Playing with a video game/handheld gaming device	1.1	15.9
Reading a paper book/picture book (including reading aloud for the child)	24.0	23.1
Engaging with favorite activities/hobbies	87.9	96.2
Helping with housework	6.7	15.1

(Min)

\* The average value is calculated based on the following conversion method: "Not at all" = 0 minute; "15 mins" = 15 minutes; "30 mins" = 30 minutes; "One hour" = 60 minutes; "Two hours" = 120 minutes; "Three hours" = 180 minutes; "Four hours" = 240 minutes; "Five hours or longer" = 300 minutes.

Q: Do you recognize any change since January 2020 (weekdays)?

■ **Figure 2-2-1: Changes in the length of time to play with someone/interact with digital media (1-2 years old/3-5 years old)**



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## (3) Children's development and mental/physical stress



Mothers recognize children's growth while seeing more stress and emotional dependence in them

We asked the participants if they recognized any changes in children's behavior during the period between January 2020 (before the outbreak of the COVID-19 pandemic) and May 2020 (when this survey was conducted). About 70% of mothers with preschool children answered that they recognized children's growth and about 60% answered that they saw children enjoying themselves more. Meanwhile, about 60% of mothers answered they saw more emotional dependence in children, and about 50% of mothers with 3-5 years old children recognized increasing stress in children. Likewise, about 50% of mothers with elementary school children answered that they observed more stress and emotional dependence in their children.

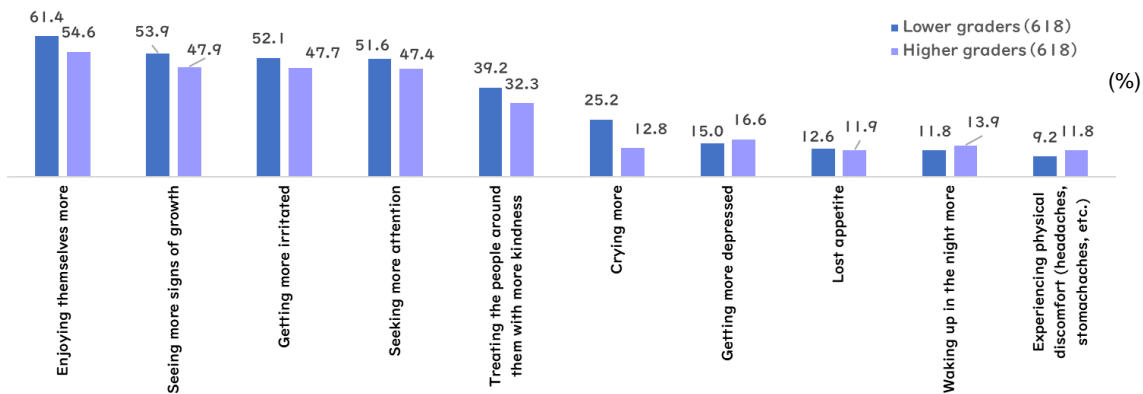
Q. As a result of the changes in lifestyle due to the COVID-19 pandemic (comparing the time around January 2020 and the last two weeks or so), do you see the following changes in your child?

**Figure 2-3-1: Changes in the behavior of preschool children following the outbreak of the COVID-19 pandemic (1-2 years old/3-5 years old)**



\* Percentage (%) of "Strongly agree + Somewhat agree"  
 \* The data of 1-2 years old children is displayed in descending order.

**Figure 2-3-2: Changes in the behavior of elementary school children since the outbreak of the COVID-19 pandemic (Lower graders/Higher graders)**



\* Percentage (%) of "Strongly agree + Somewhat agree"  
 \* The data of lower graders is displayed in descending order.