

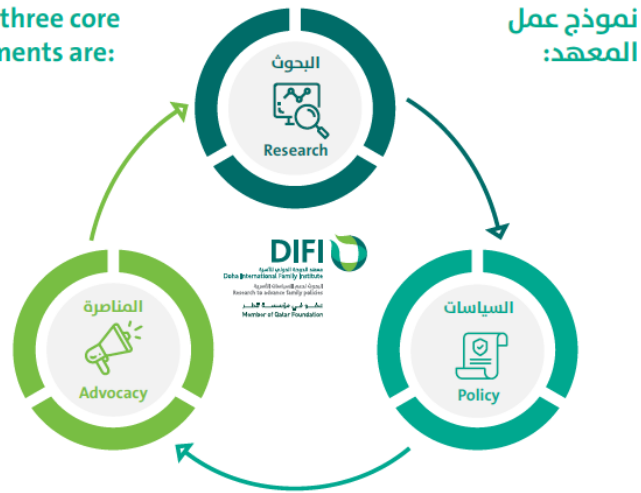


Policy Development: How Institutions Can Support Policy that Advances Parenting

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Impact Model

The three core elements are:



RESEARCH

Producing evidence through high quality policy-oriented research, to be utilized for policy and program transformation, in addition to fostering knowledge on Arab families at national, regional, and international levels.

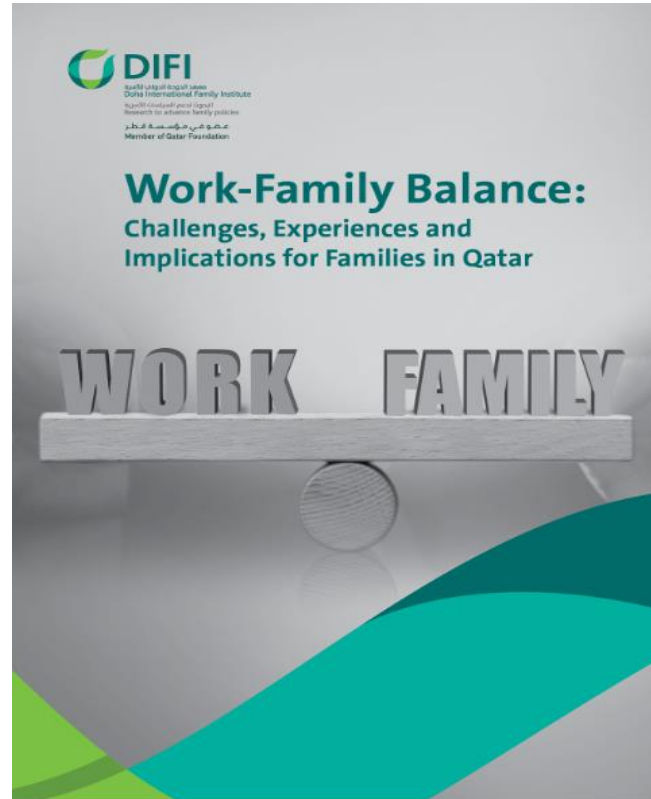
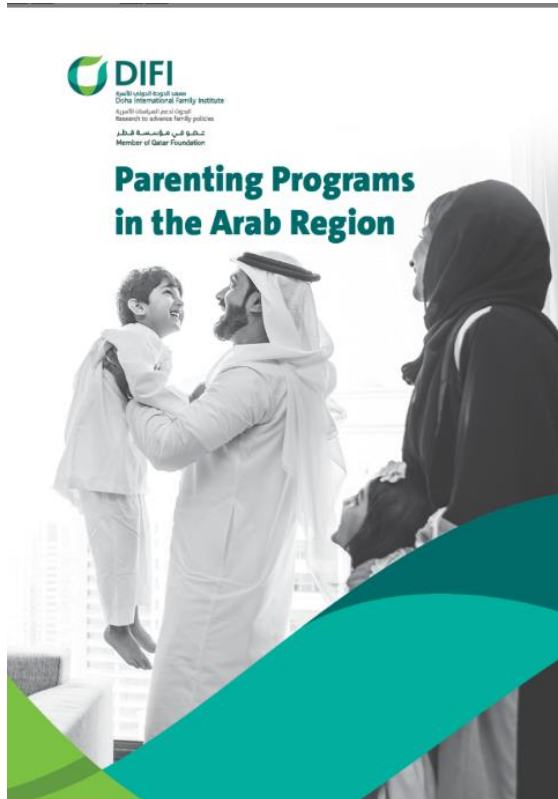
POLICY

Transforming evidence into policy outputs and promoting the development of policies, programs, and best practices to strengthen and support families.

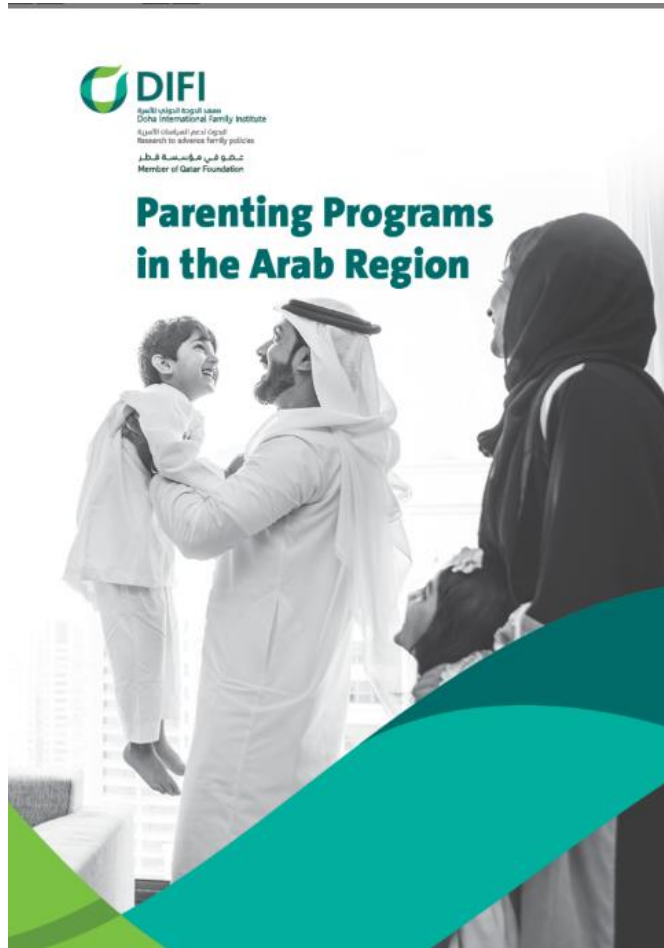
ADVOCACY

Advocating for family cohesion and promoting the transformation of evidence-based policy and program outputs into measurable impact, nudging for change, engaging stakeholders, and enhancing DIFI's visibility and outreach.

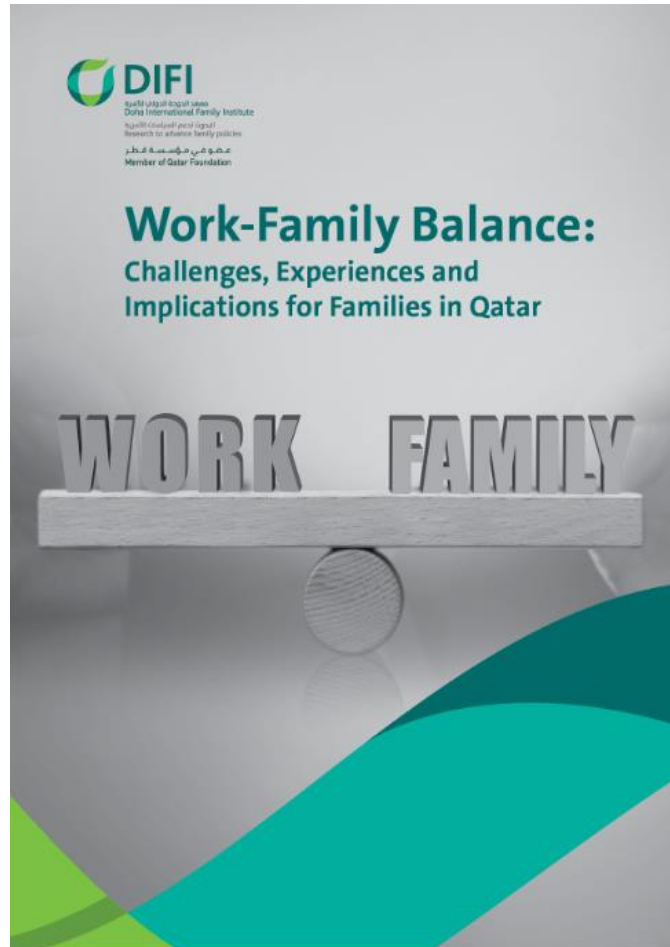
Examples of DIFI Research



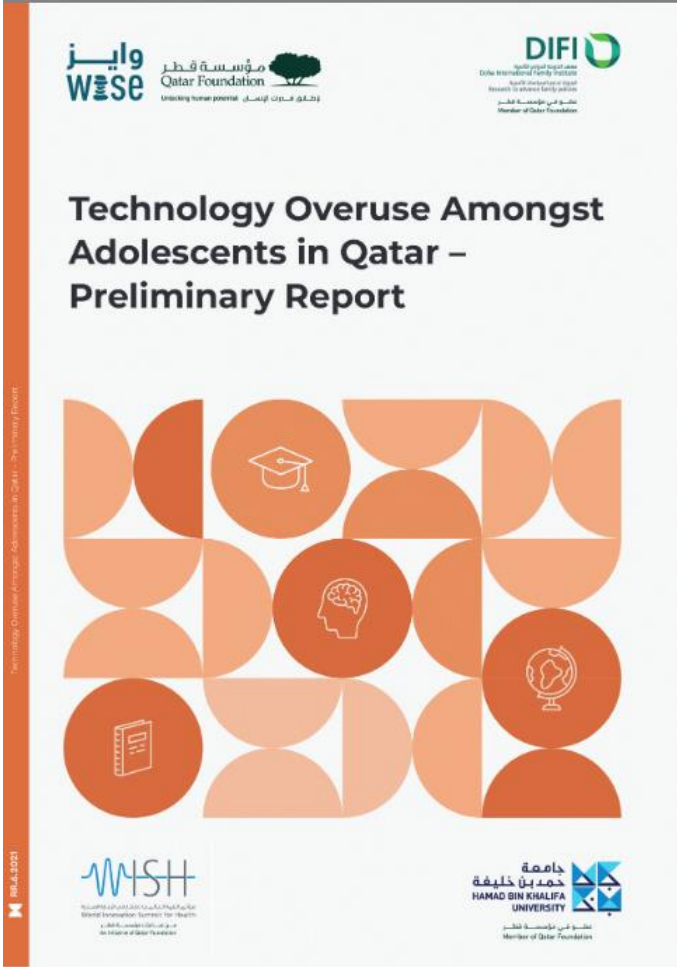
Examples of Findings



- ❏ DIFI conducted a study on “**Parenting Programs in the Arab Region**” in 2018, which mapped the parenting education programs across the Arab countries.
- ❏ The study conducted focus group discussions (FGDs) to evaluate different parenting programs in Jordan, Oman and Morocco. Some of the commonalities of the FGD outcomes are:
 - ❏ **Majority of participants were females.** This outcome is consistent with the stereotype of gender roles in the MENA region, perceiving fathers as breadwinners and mothers as care givers.
 - ❏ Enrolment of parents, mostly mothers, in the parenting education programs is driven by the needs to know parenting techniques, **especially mothers of children with behavioral issues.**
 - ❏ Some other driving forces behind parents’ enrolment in the programs are; **protection from technology risks, early childhood needs, and resolving family conflicts.**
 - ❏ Common positive outcomes of parenting programs include, developing children's personalities, eliminating negative behaviors, managing time and communicating with children, learning self-control and learning to identify abilities and talents.
 - ❏ Common negative outcomes **include the absence of adolescence and youth aspects in the programs.**



- ❏ DIFI conducted a study on “**Work Family Balance: Challenges, Experiences and Implications for Families in Qatar**” in 2019, identified the challenges and experiences of working parents in Qatar and to provide evidence to examine existing work-family balance policies in Qatar.
- ❏ The majority of participants stated that **the duration of parental leaves caused a main challenge towards achieving work-family balance.** In Qatar, the current maternity leave in most sectors is between 50 to 60 days and the current paternity in most sectors is none.
- ❏ Poor work-family balance poses a threat to the health of working Qataris.
 - ❏ 34.5% of females and 13.7% of males reported poor physical health, as a result of a lack in work-family balance.
 - ❏ **65.1% of women and 28.1% of men reported feeling depressed, regularly down or hopeless** – when imbalance between their work and family life is found.
 - ❏ As such, a policy is needed and critical to promote work family balance to improve population health (both physically and mentally).



- DIFI conducted a study on “**Technology Overuse Amongst Adolescents in Qatar – Preliminary Report**” in 2021 in partnership with HBKU, WISH and WISE, which provided initial findings related to parental view on the topic of excessive technology use by their adolescents.
- The same included parents who have children aged 10-16 and residing in Qatar. Qualitative sample: 44 parents (27 females and 17 males). Quantitative sample: 174 (32.78% were fathers and 66.85% were mothers).
- **Almost all parents found that technology use has negative impacts on their children** and that their relationship with technology is not healthy.
- We asked the parents if they knew of any sources of services or help information that could help them in dealing with the issue of excessive internet usage. 174 parents answered the question. 98.28 % of the parents were not aware of any local services that could help them to deal with the issue of excessive internet usage in Qatar. 1.72% shared local services that could help provide support in this area.

Adolescent Wellbeing Project in Qatar”“Tanshi’a”

In 2020, we conducted a “Pilot Study” on 7 schools in Qatar (4 Qatar Foundation private schools, 1 other non-Qatar Foundation private school) and 2 public schools in Qatar. DIFI implemented a survey on 1157 participants pre-COVID-19 and 442 during COVID-19 between the ages of 12-15.

9% of adolescents spent only 1-2 times sharing a meal with their families per week.

5% of adolescents stated that they never receive emotional support from their mothers and 11% never and rarely received emotional support from their fathers.

In 2022-2023, we partnered with the MoEHE and conducted a quantitative study with 76 public schools in Qatar – a sample of 9046 between the ages of 10-18. We then presented the findings to the policymakers in Qatar.

Perceptions and Experiences of Happy Long-Lasting Marriage Among the Youth in Qatar (2021)

DIFI conducted a research study to understand the perceptions of Qatari youth on a happy and sustainable marriage in partnership with Qatar University.

Sample size was 164 qualitative interviews and 675 quantitative sample (452 females, 223 males).

Almost 61% of Qatari youth perceive child-care as an equal responsibility between husband and wife.

56% of participant's extended families for not interfere in their lives at all.

35% allow for partial interference from extended families in their lives.

Assessing marital relationships in the first five years of marriage in Arab Countries

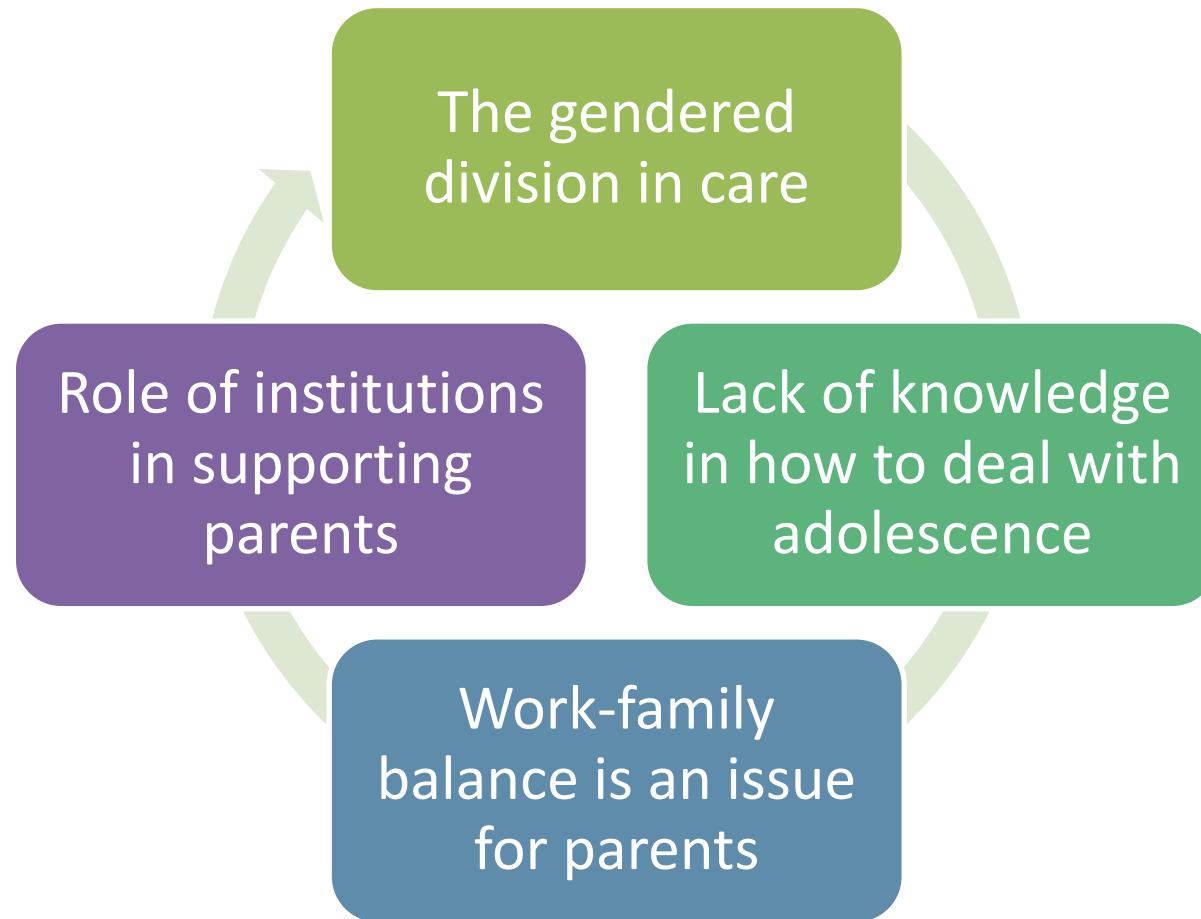
DIFI Book on the State of Marriage in the Arab World produced in 2019

DIFI in collaboration with LAS are partnering to conduct a Pan-Arab level quantitative study on the assessment of marital relationships in the first five years of marriage in Arab Countries.

Sample size 1184 from 19 Arab countries.

22% of participants highlighted the importance of support of extended family members in child-care responsibilities.

Summary of outcomes from examples of DIFI research



Policy Implications

National Committee for Women, Children, Elderly and Persons with Disabilities

- Raised Policy Recommendations on:
 - Flexible working arrangement implementation across all sectors in Qatar
 - Increase maternity leave to 98 days and implement paternity leave for a week.
 - Implement child-care facilities in the workplace
 - * Implement a Mandatory Marital Education Program

Partnerships

- We are developing a five-year plan on “Scaling up of Parenting Education Programs in the Arab Region” in partnership with UNICEF.
- We presented our adolescent wellbeing findings to policy makers as well as parents and school representatives. We then held workshops for parents, the activities for the students engaging their families and conducted a post-questionnaire to assess the intervention. In 2023 - Tanshi'a was born – a nationally implemented program on adolescent wellbeing in Qatar, led by the Ministry of Education and Higher Education.

Advocacy

- A national-scale advocacy campaign to nudge parents to commute their kids, with the required policy change in terms of flexible working arrangements.
- Advocating for the development of a national parenting education program in Qatar

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