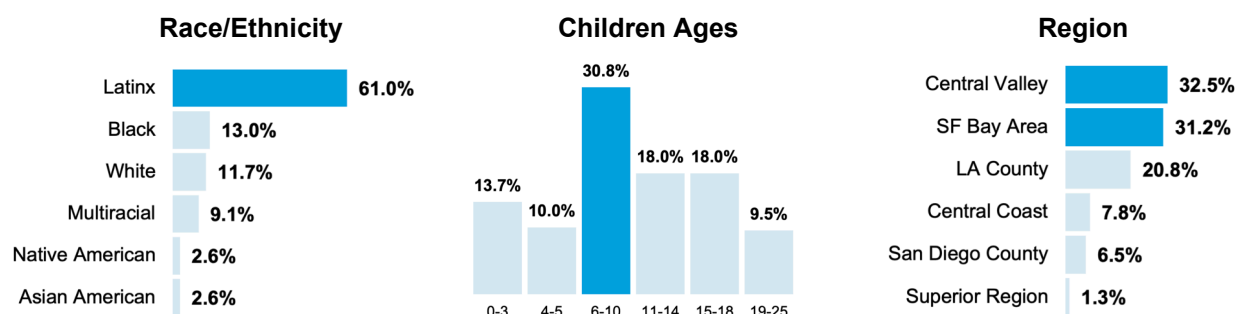


Methodology

Caregiver Focus Groups & Interviews

Between September and October 2023, the California Partners Project hosted 14 focus groups and five one-on-one conversations with 77 diverse California caregivers recruited through partner organizations across the state. The California Partners Project and/or partner organization leaders moderated the focus groups, nine in English and five in Spanish, via Zoom.

Nearly all caregivers were women (87%) and mothers (75%). Most (61%) identified as Latinx, and two-thirds live in the Central Valley or the Bay Area. In total, caregivers were parents or caregivers to 211 children ranging from 0 to 25 years old. Nearly one-third of these children were between 6 and 10 years old, and nearly one-fifth were between 11 and 14 and 15 to 18 years old.



Approximately two-thirds were employed outside of caregiving. Nearly all identified as low or medium socioeconomic status,¹ and 75% were enrolled in California Universal Meals.²

Caregivers were asked a series of questions ranging from digital technology's impact on family life to how caregivers support children's social-emotional, nutritional, sleep, and movement needs. Questions were designed to learn about children's access to social media, smartphones, online video games, and time spent on digital devices.

Expert Focus Groups & Interviews

Between October 2023 and March 2024, the California Partners Project consulted 62 experts from the U.S. and Canada through 8 focus groups and 34 one-on-one conversations, primarily via Zoom. Their areas of expertise ranged from mental health to social-emotional health, exercise and outdoor access, nutrition, sleep, and media/technology. Questions were tailored to experts' experience, and each was asked to offer practical advice for caregivers. Data were collected via audio recordings, transcripts, surveys, and facilitator notes.

¹ Rather than disclosing income levels, caregivers chose from three categories to describe their socioeconomic status (i.e., Low—struggles to get basic needs met, doesn't have enough; Medium—has basic needs met, has enough; High—has needs and wants met, has more than enough).

² [California Universal Meals](#) provides free breakfast and lunch to public school children in grades TK-12.

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