



## Twins Research Australia COVID-19 Knowledge, Experience, Reaction and Resilience (TRACKERR) Study: Parents of Junior Twins/HOMs

The TRACKERR study consists of a series of surveys investigating the short, medium and long-term **impacts of the COVID-19 pandemic** on Australian families. Here we present a brief synopsis of the results from the **first survey of parents of junior twins/HOMs**. Although juggling remote learning and work commitments was a particular challenge for many families, most parents thought that they and their children were **coping quite well**, with many reporting the pandemic had brought their family **closer together**. Twins seemed to have coped particularly well, adjusting to the restrictions **better than both their siblings and parents**.



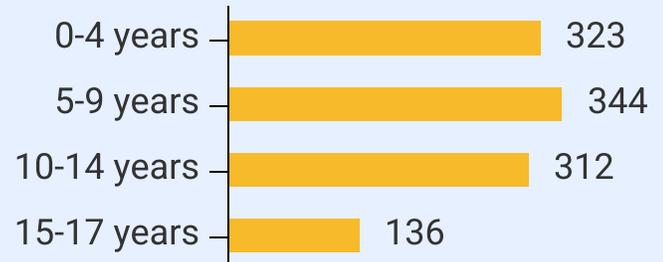
Participants

**1,115**

parents of twins or triplets participated from



### Age of twins/triplets



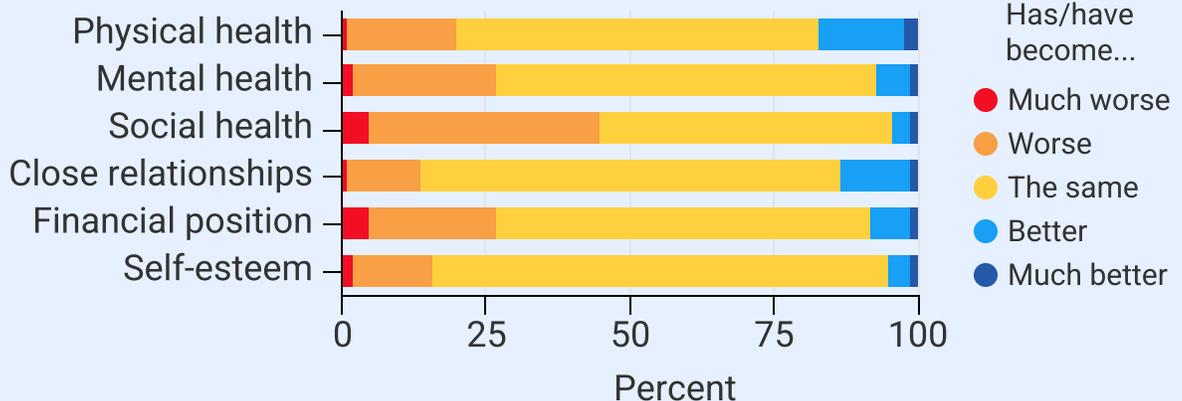
COVID-19

**128** parents tested for COVID-19

**8** positive diagnoses



Changes during the pandemic



Has/have become...

- Much worse
- Worse
- The same
- Better
- Much better

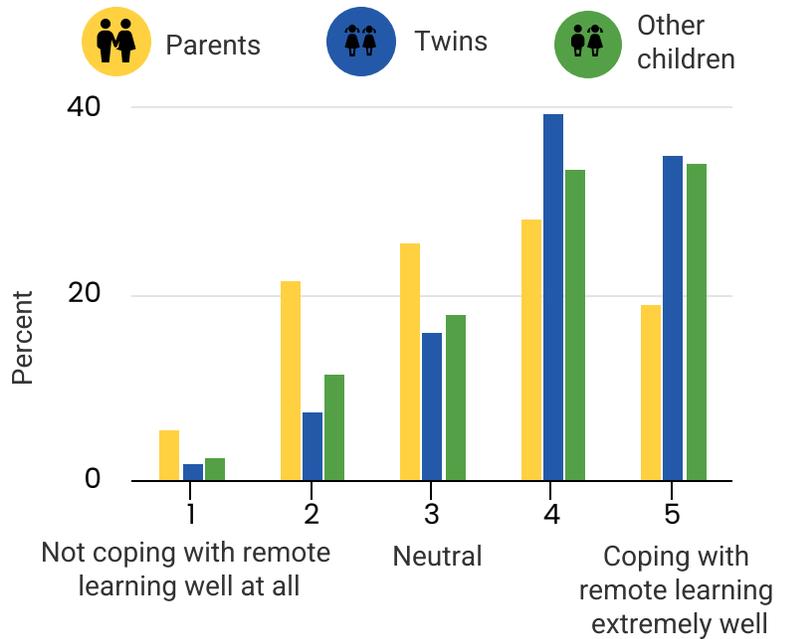


## Remote learning

“ *It's a juggle as I work from home as well, but we have a routine in play that seems to be working* ”

**3 hours** 

Median time spent supervising children each day

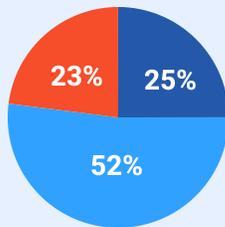
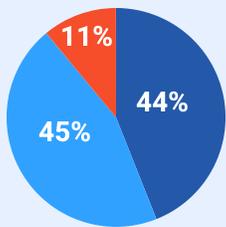


## Overall restrictions

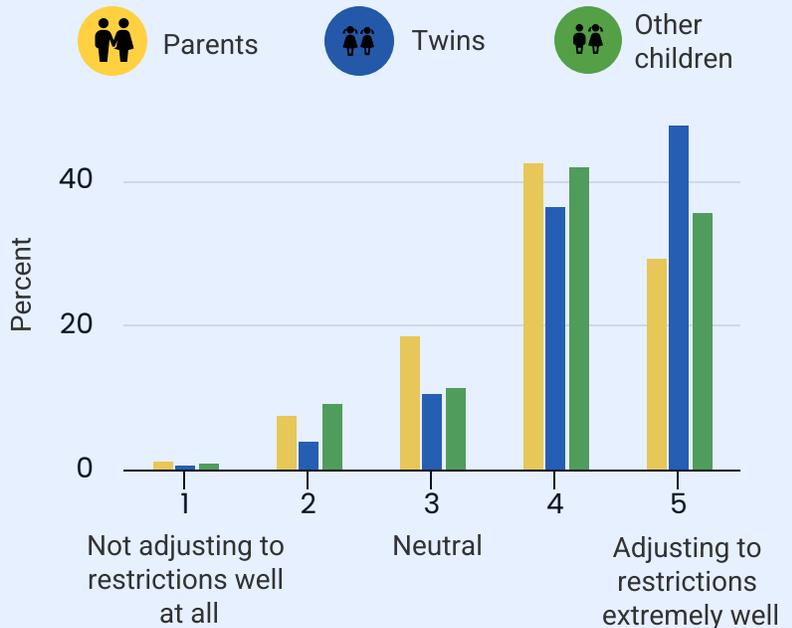
“ *Life has slowed down and we've had much more family time* ”

"I'm surprised by how well my family is coping with staying at home"

"We feel more connected to each other than before"



● Not true    ● Quite true    ● Very true



## Final Remarks

We would like to thank the many generous twins and parents who have participated in our TRACKERR surveys so far, without whom this important research would not be possible. We plan on rolling out **additional surveys in the coming months** to explore how responses change over the course of the pandemic. If you are a TRA member, please **stay tuned for more TRACKERR study invitations** - every response we receive makes our research more valuable. Finally, as this is an ongoing project, more comprehensive analyses will follow once comparative results are available.