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.

1,115 parents of twins or triplets participated from May 2020 to June 2020. 128 parents tested for COVID-19 with 8 positive diagnoses.

Changes during the pandemic:
- Physical health
- Mental health
- Social health
- Close relationships
- Financial position
- Self-esteem

Has/have become...
- Much worse
- Worse
- The same
- Better
- Much better

Age of twins/triplets:
- 0-4 years: 323
- 5-9 years: 344
- 10-14 years: 312
- 15-17 years: 136
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

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"

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.