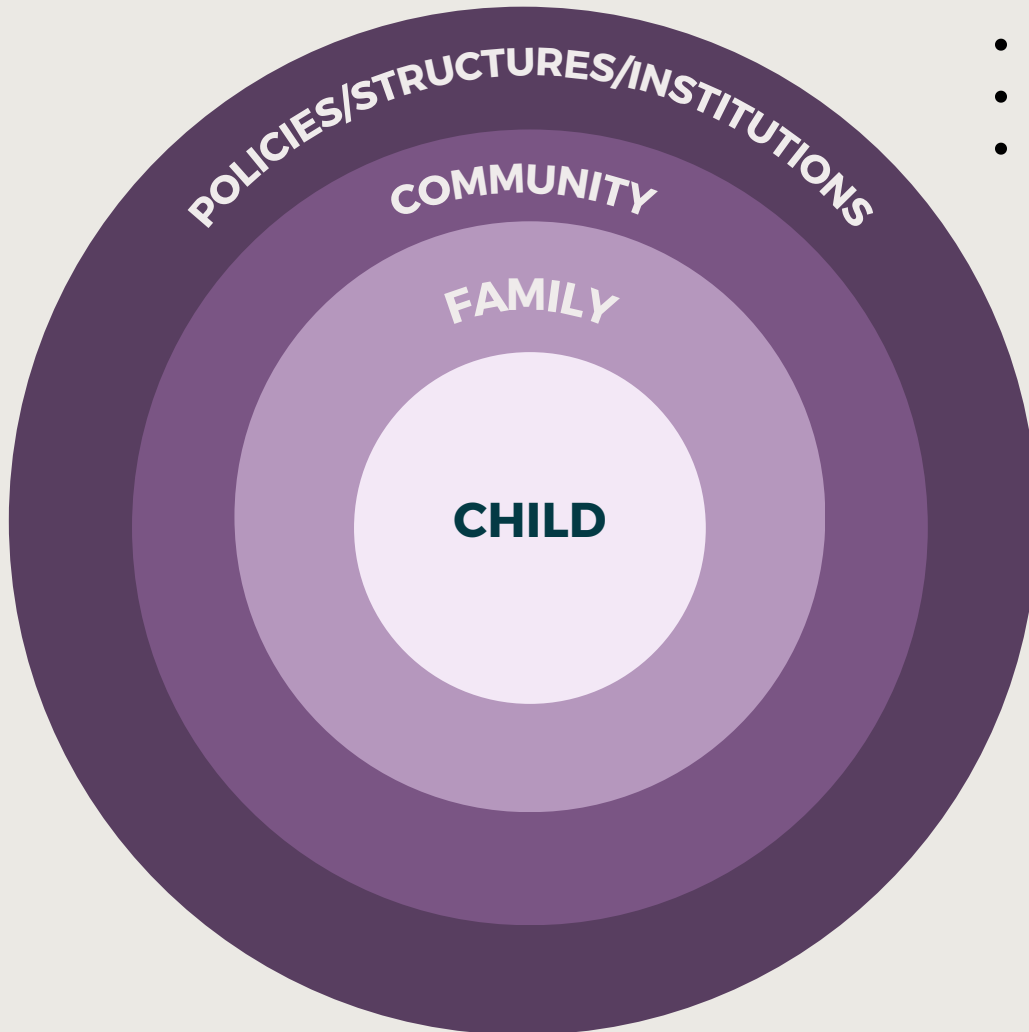


NORTH COMOX VALLEY: Map of CURRENT system that supports child well-being

Child Level

- Individual Childhood Experiences



Family Level

- Parent-child Interactions
- Parent-based Relationships
- Parent Mental Health & Support Needs
- Family Financial/Employment Situations

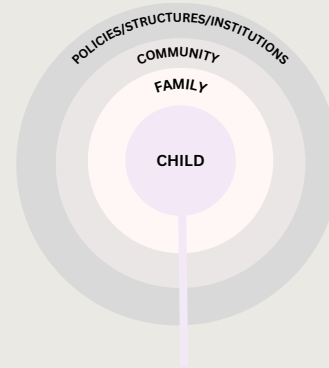
Community Level

- Community Connections & Relations
- Supports & Programs
- Physical Location/Built Environment
- Education/Informational Resources

Structural/Institutional/ Political Level

- Access to Childcare
- Access to Healthcare & Supports
- Economic Factors
- Access to Transportation

CHILD LEVEL



Individual Child Experiences

- "Unstructured playtime allows them to learn to entertain themselves"
- "Exercise & outside time helps with child's anxiety"
- "Being in nature helps moods and imaginations"
- "Social isolation means problems aren't identified until children are into schools"
- "Children's attachment is lacking, and that affects their social emotional development"
- "Social-emotional development is lacking in many children"

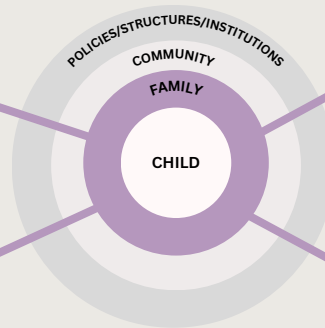
FAMILY LEVEL

- "It is difficult being consistent in parenting when work outside the home, in a rush"
- "Parents are low on time to spend with children if they work outside the home"

- "I don't get out much"
- "I'm feeling the lack of adult conversations"
- Created Military family Facebook pages to increase supports for families and connect with other parents

Family financial/
employment situations

Parent mental health &
support needs



Parent-based Relationships

Parent-child interactions

- "Hard not to be reactive when dealing with stress/trauma/fear"
- Military families - "one partner may be deployed with little/few days notice, and gone for significant length of time, which increases parent stress"
- "Parents are stressed and need a break"
- "TV/social media too prevalent"
- "Difficult to get care for other children if coming to town to run errands/appts/services"

- "Parents rely upon electronics for babysitting, entertainment, distraction"
- "Home stress means child stress"
- "More children means less time per child"
- "Individual personalities/ages of children all have different support needs"
- "Hard to attend some activities because of competing naptimes (toddler & infant)"
- "Lack of awareness about secure attachments & how to meet needs of child"

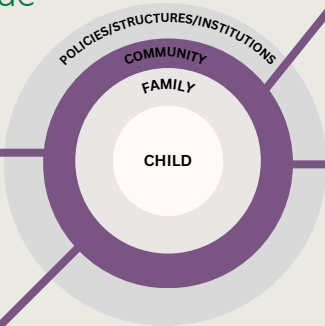
COMMUNITY LEVEL

- **DISTANCE**- Services located far from families in North Comox Valley; vast distances between neighbourhoods/neighbours
- "Close to a highway in rural area, hard to walk to playgrounds; not much available "
- "No centralized facilities for families to gather"
- "Churches are hubs"
- Dove Creek Community Hall; MARS Wildlife Rescue

Physical Location/Built Environment

Community Connections & Relations

- "Block party/gumboot market for family gatherings"
- "Airport- Military Family playgroup = conversation opportunity for parents"
- Nature walks
- "Park takeovers - parent-organized park meet-ups for families"
- "Love community events and parade"
- "Splash Park pop-up meets"



Education/Informational Resources

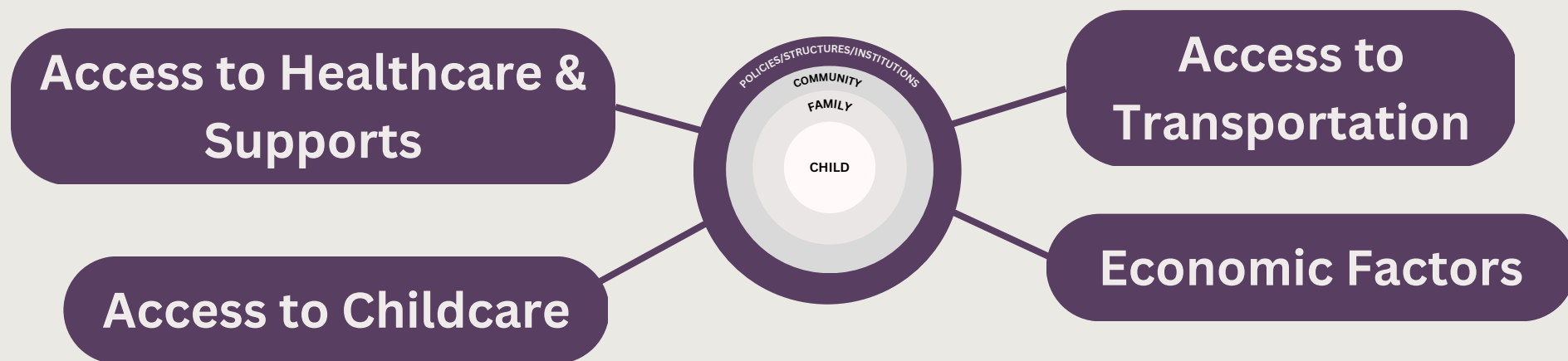
- "Parents might not have the knowledge to be able to ask the right questions"
- Lack of awareness about available resources
- Valley Child for events & resources
- Immunization clinics for advertisements/information about programs"

Supports & Programs

- All well-loved programs located **OUTSIDE** of North Comox Valley:
- STRONGSTART
- Circle of Security
- CVCDA & CVFSA programs
- MCFD Services
- Little Bears program
- Open Gym/Diaper Gym
- "Home visits by service providers are great when possible!"
- "No drop-ins at BCCC"
- "Miracle Beach/Huband schools -- space is an issue for additional programs/supports"

STRUCTURAL/INSTITUTIONAL/POLITICAL LEVEL

- "Hours of operation don't match needs of parents"
- Service Provider: "No transportation funds in our budget"
- Limited bus service in North Comox Valley area



- "Finding daycare is super challenging"
- "Finding (affordable) preschools is challenging"
- "There is a lack of childcare spaces"

- Service Provider: "Affordability of programs & care is a challenge, especially when multiple children in one family"
- Service Provider: "Poverty/housing insecurity/food insecurity are issues for families in some North Comox Valley areas"
- Service Provider: "Income inequity - creates challenges in accessibility"
- Service Provider: "Many vulnerable families live in the area/live in seasonal housing"

NORTH COMOX VALLEY: Map of FUTURE system that supports child well-being

Child Level

- Individual Childhood Experiences

Family Level

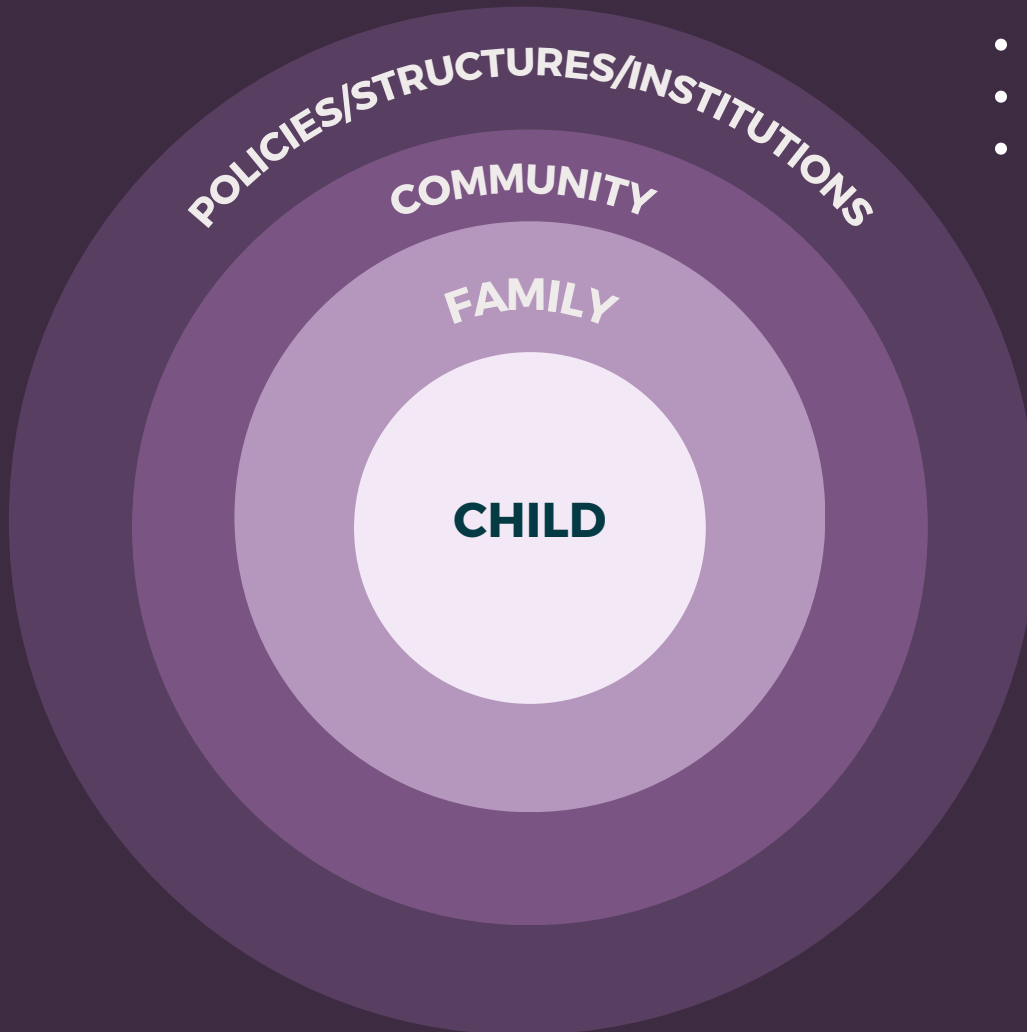
- Parent-child Interactions
- Parent-based Relationships
- Parent Mental Health & Support Needs
- Family Financial/Employment Situations

Community Level

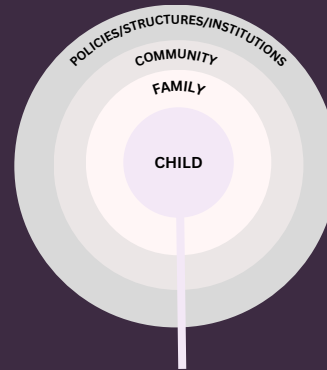
- Community Connections & Relations
- Supports & Programs
- Physical Location/Built Environment
- Education/Informational Resources

Structural/Institutional/ Political Level

- Access to Childcare
- Access to Healthcare & Supports
- Economic Factors
- Access to Transportation



CHILD LEVEL

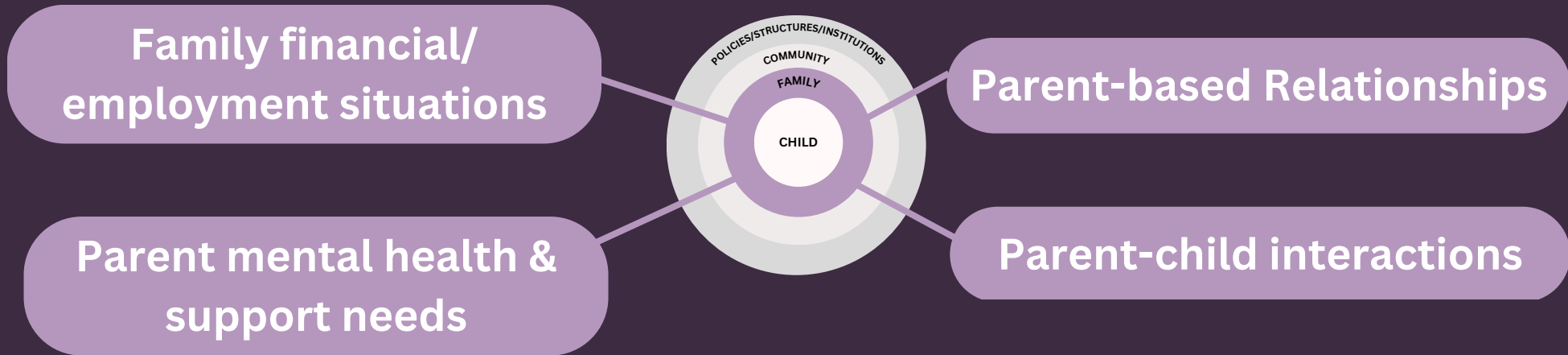


Individual Child Experiences

- "Less screen time to improve social emotional development"
- "Allow for boredom to happen -- being bored teaches children how to regulate"
- "Children need repeated opportunities to socialize/try new things"
- "Children should be exposed to other children & trained/experienced staff"
- "Increase/create adequate structure/routine for children"

FAMILY LEVEL

- No ideas mentioned



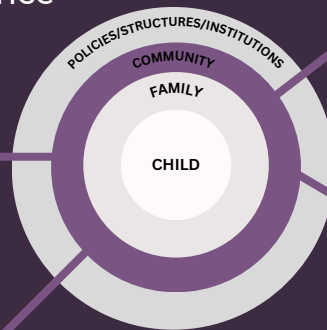
COMMUNITY LEVEL

- "Create localized 'health centre' in North Comox Valley"
- "Create localized service centre for one-stop resource hub and for service providers to offer family groups, educational nights, help accessing resources, etc"
- "Create community schools"
- "More playgrounds that are within walking distance"

Physical Location/Built Environment

Community Connections & Relations

- "Would like somewhere to just meet & hangout with kids and other parents"
- "Community groups for knitting/baking/sewing/cooking"
- "Group/family beach or nature walks"
- "Would like to be more connected to families in the area, even if there's already a strong sense of community"
- "Opportunities to connect in the community, like a forum or message board"



Education/Informational Resources

Supports & Programs

- "Educational programs about normal variations in development/temperament/how to spot a problem"
- "Offer adult mental health & coping supports/education"
- "Offer parenting workshops w/food & childcare"
- "Online resources for parents about child development and/or parenting"

- STRONGSTART – "Bring SS to North Comox Valley Schools"
- "Rotating StrongStart that is regular and predictable"
- "Create more drop-in/play groups in the community"
- "Organized nature activities/programs"
- "Parent-oriented activity/group"
- "Accommodate different schedules for activities/programs"
- "Use Miracle Beach school for drop-in programs/open-gym space"

STRUCTURAL/INSTITUTIONAL/POLITICAL LEVEL

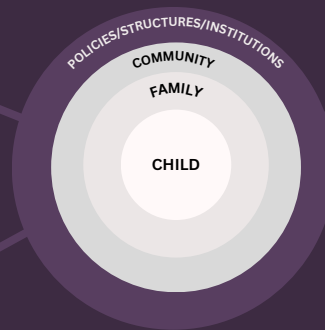
- "More developmental screening in early childhood"

- "More funding for programs & services"
- "Improve housing & reduce barriers for parents"
- "Get parents out of poverty - increase minimum wage & rate assistance"

Access to Healthcare & Supports

Access to Childcare

- MORE CHILDCARE SPACES!



Economic Factors

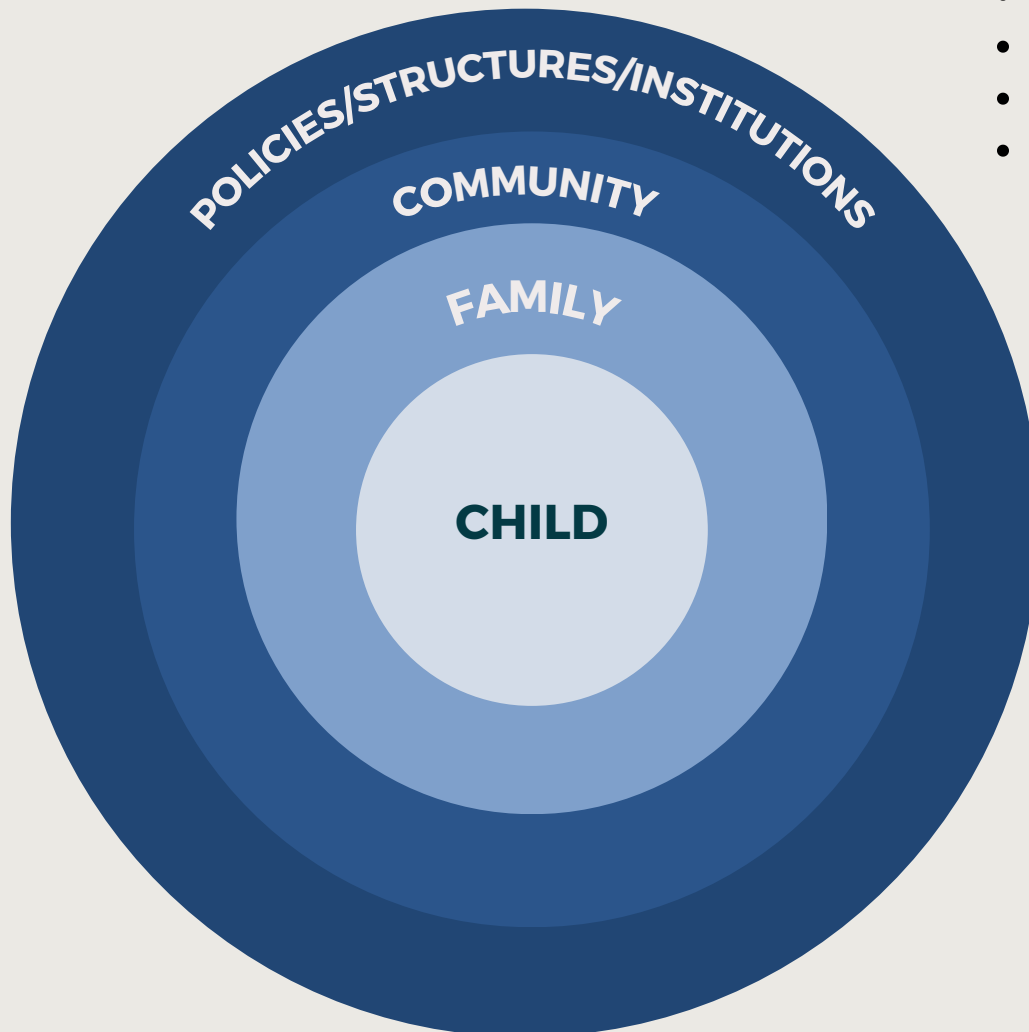
Access to Transportation

- "Advocate for improved transportation service/routes"
- "Increase funding for transportation for families"

SOUTH COMOX VALLEY: Map of CURRENT system that supports child well-being

Child Level

- Individual Childhood Experiences



Family Level

- Parent-child Interactions
- Parent-based Relationships
- Parent Mental Health & Support Needs
- Family Financial/Employment Situations

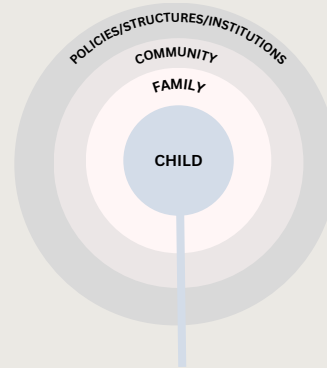
Community Level

- Community Connections & Relations
- Supports & Programs
- Physical Location/Built Environment
- Education/Informational Resources

Structural/Institutional/ Political Level

- Access to Childcare
- Access to Healthcare & Supports
- Economic Factors
- Access to Transportation

CHILD LEVEL



Individual Child Experiences

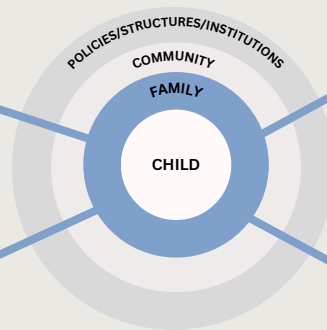
- "My kids have hardly met other kids, they are not learning social cues or how to play."
- "Separation anxiety is an issue."
- "My child was upset that she couldn't play with friends and doesn't have connections. She loves to be outdoors but we aren't even doing that now and she gets upset."
- "My youngest didn't engage much. It was difficult to be at home so much."
- "My youngest only has his sister to play with. He hardly sees other adults and is scared of other people. He has had no opportunities to be with other kids or adults."
- "My child hasn't had any social opportunities with kids his age. He is not developing social skills as there are no opportunities. He has attachment struggles. It is really hard."
- "Kids did not have opportunities to learn social behaviours and what is normal. They don't know how to play with others."
- "Neither kid did many activities when they were younger mostly because of isolation in rural community."

FAMILY LEVEL

- "It is expensive and daunting to go off island for things."
- "I don't have enough time to do much of anything outside of work and family. Work/life balance is hard and tiring."
- "I've had to take a year off work (self-employed) to look after my daughter."
- "I am either a mom or worker. I am lacking time, I just need time."

Family financial/
employment situations

Parent mental health &
support needs



Parent-based Relationships

Parent-child interactions

- "I need more of a self care component. I feel I have the tools but need more support applying them and continuing forward with them. My own regulation of emotions directly impacts my kids."
- "I get no breaks from parenting and there are no resources around to give me breaks. "
- "We don't have enough close supports here."
- "I am stretched so thin with 3 young children. I have no one to lean on and lack support, have no time for myself and am so tired in the evenings."
- "There is a lot of stress on me as a mom to make all of the parenting decisions. It would be nice to have more time and support."

- "I'm feeling disconnected because it is hard to get out of the house with 3 little kids"
- "I have no neighbourhood connection. There is nothing to bring families together."
- "Trying to make deeper connections and friendships is harder when new to the community. New people end up connecting together."
- "I have so many close acquaintances here, but if you really need a friend, that is hard."
- "I really had to search out ways to make connections. It takes a big effort and it would be really hard for shy people."

- "We couldn't have people over for play-dates due to Covid. This leaves me feeling disconnected because it is hard to get out of the house with 3 little kids."
- "It is hard to balance the needs of 2 young children."
- "Emotional thriving of parent and child are the same - having a place where you can share and breathe together and get some tools, like this circle."
- "We don't know anyone locally, my child has no connections or friends."
- "Work prevented me from attending activities with my child."

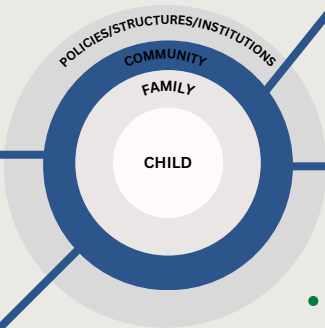
COMMUNITY LEVEL

- **OUTDOORS:** "We are so lucky to have so many good outdoor options here...parks, bike track, trails, lake, playgrounds."
- "Internet is not reliable and have poor cell service so communication can be difficult."
- "I wish we had a park close by and not have to drive every time we want to do anything."
- "There is nothing to do out here and I don't want to drive to town for everything."
- "I don't see many families because of our rural area."

Physical Location/Built Environment

Community Connections & Relations

- "Cumberland feels very welcoming and there is a lot to do here. I am close with my neighbours, there are so many kids and they can be independent. It is awesome."
- "The rural area has no opportunities to connect."
- "A new mom friend recently moved here and is having a hard time meeting people and finds it cliquey."
- "Lots of cohesion in D/H Island communities and it serves as a strong way for people to communicate with one another."
- "We have small neighbourhood social events but not many connections."
- "I feel very connected here. I grew up here and have lots of support."



Education/Informational Resources

- "Through word of mouth and Facebook posts information travels well in Cumberland."
- "Cumberland Village office is responsive and communicative."

Supports & Programs

- **FB PARENT & TOT** (5 mentions) – "I made connections through the Parent & Tot group. It was a lifeline for a lot of rural families."
- **STRONGSTART** (3 SS mentions) – "We meet families at StrongStart, and attending these programs led me to new programs."
- **STORYTIME** at the library (2 mentions)
- **BEACHCOMBERS** (2 mentions) - "Beachcombers is great for my daughter in preschool."
- **REC CENTRE** (2 mentions) - "the rec centres are great but scheduling 3 kids is hard. The childminding is really great."
- "It is difficult to get kids into town for programs. There are no programs here in UB."
- "Sometimes programs come to Hornby but they aren't consistent."

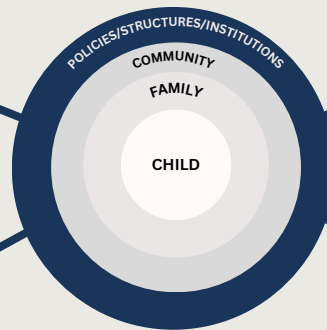
STRUCTURAL/INSTITUTIONAL/POLITICAL LEVEL

Access to Healthcare & Supports

Access to Transportation

Access to Childcare

Economic Factors



- "Child-care is my biggest challenge. I have a babysitter but it is expensive and there isn't enough room in preschool."
- "Availability of childcare - I could make the right decisions and the right things if I had someone to watch him."
- "\$10/day daycare is helpful on Hornby".
- "Need better access to quality childcare and preschool spaces."
- "Accessing preschool is challenging."
- "Need daycare and after school care spaces and affordable ones and closer to home."
- "Cost of childcare is so high and hard to find. I am back at school and it is really hard to get care for my kids."

- **UNAFFORDABLE HOUSING** (7 mentions) -- "Housing costs are way too high and it is unaffordable for families."
- "Affordable housing is a concern for many many families here. No rentals, nothing. It's a tough reality."
- "The cost of the ferry really adds up."
- "Food insecurity/poverty/lack of employment are huge challenges for some families."

SOUTH COMOX VALLEY: Map of FUTURE system that supports child well-being

Child Level

- Individual Childhood Experiences

Family Level

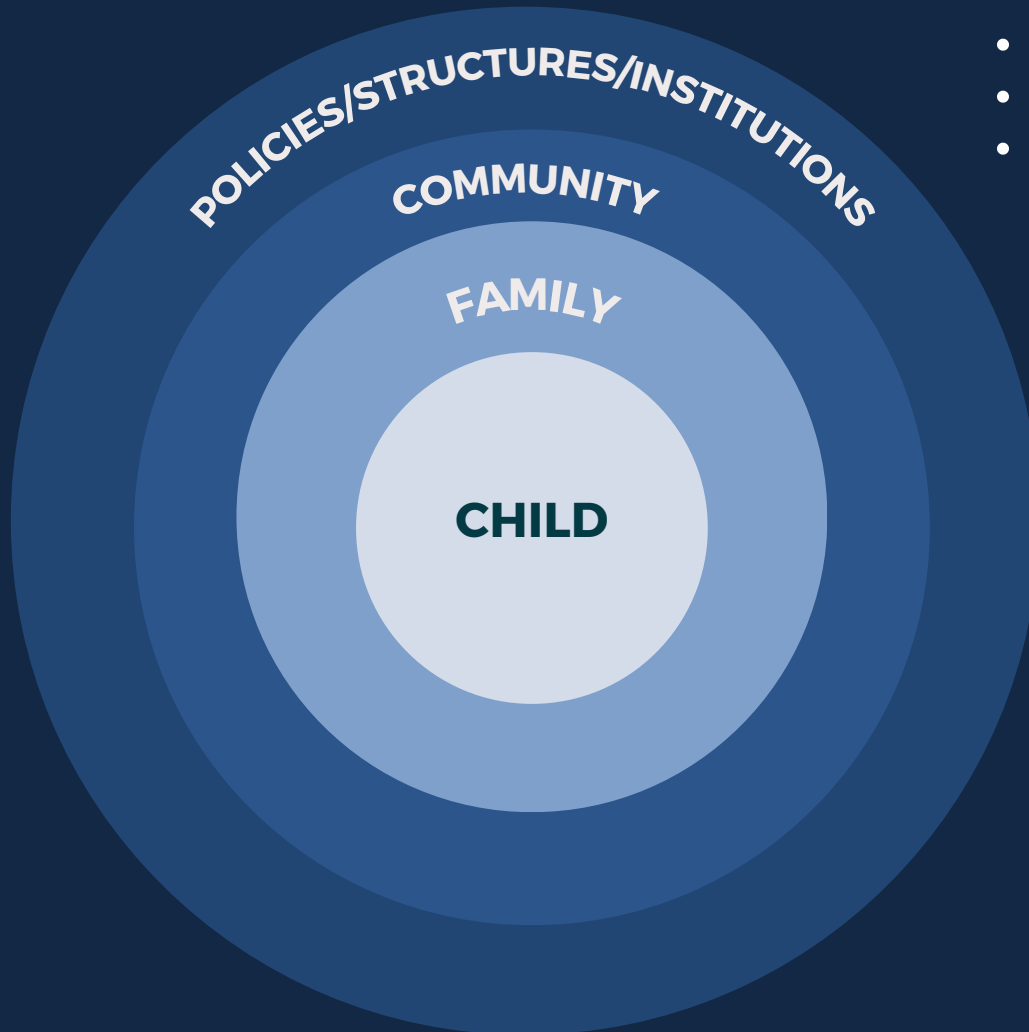
- Parent-child Interactions
- Parent-based Relationships
- Parent Mental Health & Support Needs
- Family Financial/Employment Situations

Community Level

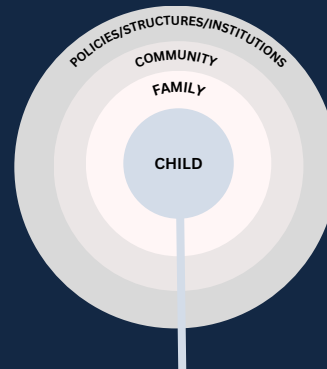
- Community Connections & Relations
- Supports & Programs
- Physical Location/Built Environment
- Education/Informational Resources

Structural/Institutional/ Political Level

- Access to Childcare
- Access to Healthcare & Supports
- Economic Factors
- Access to Transportation



CHILD LEVEL



Individual Child Experiences

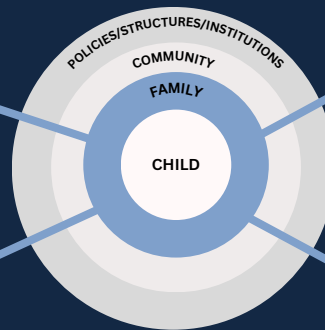
- No ideas mentioned

FAMILY LEVEL

- "I want connections with other adults where we can process emotions and have deeper relationships."
- "I need connections with other moms to normalize parenting experiences and to not feel so alone."

Family financial/
employment situations

Parent mental health &
support needs



Parent-based Relationships

Parent-child interactions

- "It would be great to have someone knowledgeable about child development to talk to - I want to know how to apply parenting concepts - put ideas into action."

- "It would have helped to have resources and supports to help me support emotional development and understanding in my child"

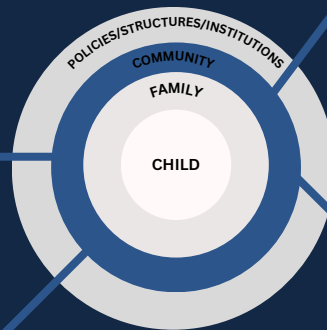
COMMUNITY LEVEL

- "Open the hall during the day (as it once was) for families to get out of the rain, use a washroom or gather for informal connection"
- "I think we would build community connectedness if there was a safe trail and kids could walk to school together."
- "It would be nice if the rural areas had more parks, playgrounds and walkability."

Physical Location/Built Environment

Community Connections & Relations

- "Informal child care connections. Good for kids connecting as well."
- "Informal events with music, a space for people to hang out and connect."
- "A social media tool (not Facebook) or community group that focuses on connecting families."
- "Regular neighbourhood events would be great and informal social opportunities closer to home."
- "Have a no registration, no cost, informal drop in with group structure but without expectations. Come when you can."



- "Parenting groups/education would be nice and access to resources and books. A session like 'how to talk so kids can listen' would be great."
- "Have someone from CDA present and answer questions about normal development, milestones, reassurance."
- "Opportunities to learn about social emotional development and parenting skills and knowledge of behaviours."
- "Have community members come out to the community and explain how to get supports."

Education/Informational Resources

Supports & Programs

- "Drop in childcare -- kids could play and parents could spend time together."
- "D/H has a strong home support system for isolated seniors. It would be great to provide something like this after the post-natal visits to provide supports and resources."
- "Cluster services in to a weekly or monthly services day - *one stop shop*."
- "More StrongStart days at Royston Elementary."
- "More informal indoor play opportunities."
- "Need for weekend based activities for children."
- "Have a dependable, knowledgeable facilitator who is easy to talk to and able to build relationships with ."

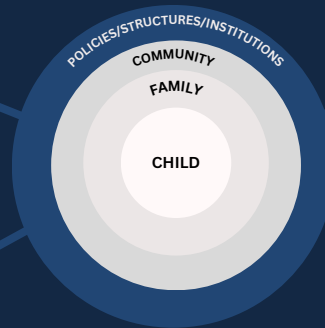
STRUCTURAL/INSTITUTIONAL/POLITICAL LEVEL

Access to Healthcare & Supports

Economic Factors

Access to Childcare

Access to Transportation

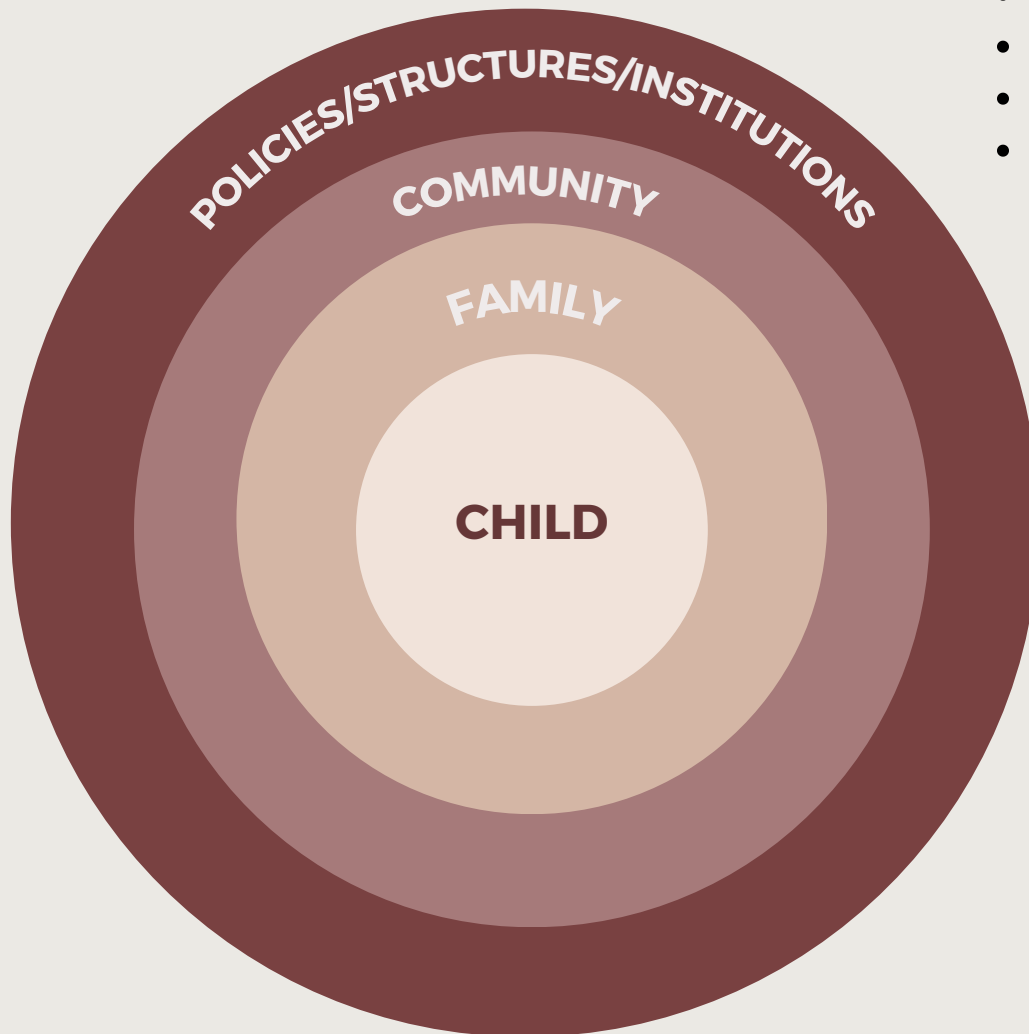


- "More childcare spaces, especially infant/toddler."
- "More daycare and after school care options in the area."

COURTENAY: Map of CURRENT system that supports child well-being

Child Level

- Individual Childhood Experiences



Family Level

- Parent-child Interactions
- Parent-based Relationships
- Parent Mental Health & Support Needs
- Family Financial/Employment Situations

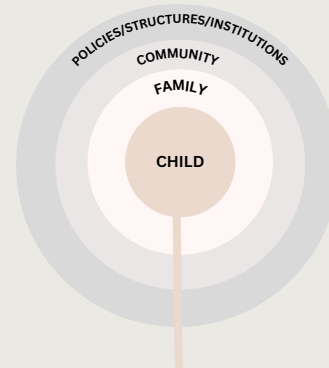
Community Level

- Community Connections & Relations
- Supports & Programs
- Physical Location/Built Environment
- Education/Informational Resources

Structural/Institutional/ Political Level

- Access to Childcare
- Access to Healthcare & Supports
- Economic Factors
- Access to Transportation

CHILD LEVEL



Individual Child Experiences

- "Covid is limiting my children's development as their opportunities are limited"
- "I'm so scared and worried about my child's socialization and the long-term impacts of not having any for so long"
- "My child has been flagged on the spectrum and she is not ready for daycare; other people don't want to be around her. She hasn't learned to play independently"
- "I worry about my baby only seeing people with masks on"
- "I need behavioural support for child"
- "I have an only child -- they need interaction with other kids"
- "I have a hyperactive child"
- "My children are different ages and they need different types of supports (baby vs toddler)"
- Parents expressed needing support with **various child behaviours**: sleep challenges, picky eating, shy behaviour, social skills

FAMILY LEVEL

- "I don't have enough time to do fun stuff with my kids or give them enough social opportunities; I'm working too much"
- "I am so busy and never have enough time"
- "Single parenting is so hard"

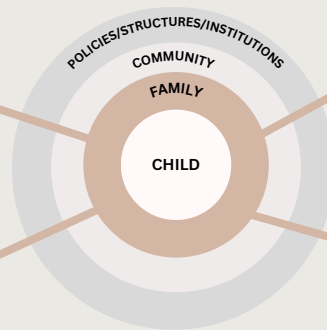
- "I feel so alone"
- "We are new here and it is difficult to make connections and I worry about this. I need **friends for myself** and opportunities are limited"
- "I felt isolated when my kids were young"
- "**My parents** are supportive and our only network here so far"
- "One-on-one time with other **mom/parent friends** makes me feel connected"

Family financial/
employment situations

Parent-based Relationships

Parent-child interactions

Parent mental health &
support needs



- "It's challenging getting support for my child with greater needs"
- "We are **missing out on social connections**; I have some **concerns about development** and how my kids share and learn to be around other kids"
- "Pandemic has been hard on everyone - lockdown led to **regression and stress**"
- "Family challenges and stress affect children"
- "Online opportunities don't suit us"
- Need support with various child behaviours (sleep, picky eating, shy behaviour, social skills)

- "I don't know **where to find supports** to help with some of the challenges I have as a parent"
- "**Managing my own stress** as a parent is hard - most of it is from my job but not having much time for ourselves as parents is hard"
- "I feel **guilt and stress** when finding a balance between following protocols and taking care of mental health"
- "It would be nice to know how others handle parenting challenges so I don't **feel so alone**"
- "I feel **anxiety** keeping up with work and parenting demands"
- "I don't have family nearby; there is not enough help"

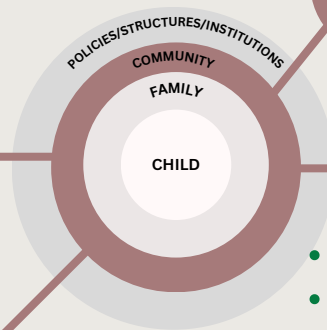
COMMUNITY LEVEL

- **OUTDOORS & NATURE** – "Lots of access to great outdoor areas (forests, parks, ocean)"
- **PARKS & PLAYGROUNDS** - "We love outside activities and having space to run"
- Playhouse Cafe
- "We live in a townhouse so we are around a lot of kids and families"
- "I live in a shady neighbourhood"

Physical Location/Built Environment

Community Connections & Relations

- "We are very connected in our neighbourhood. We tend to meet a lot of other kids"
- "I like meeting other moms/parents from our neighbourhood"
- "We have helpful neighbours who are there for each other when we need them"
- "I appreciate consistent social interactions and feeling safe when sharing common experiences"
- "It feels good to get together with people who have similar experiences/problems"
- "The Valley feels supportive but it is harder in Covid"
- "Being new, connecting with other families is challenging"



Education/Informational Resources

Supports & Programs

- "Word of mouth at one program is how I learned about the others"
- "Having knowledge of resources is really helpful"
- "I want to know more about programs and support available; I don't know where to find them"
- "I don't know about any other programs (other than StrongStart) in the Valley"

- **STRONGSTART** (18 mentions)
- **STORYTIME & StoryWalks, Lifelong Learning Centre** (5 mentions)
- **HEALTHY FAMILIES Program**- "Amazing facilitators at Healthy Families -- feel supported and part of a community" (5 mentions)
- **FOOD BANK** (4 mentions)
- **SUMMER SPROUTERS** (3 mentions)
- **WACHIAY HUMMINGBIRDS Group** (3 mentions)
- **Free lunch at groups & Farmer's Market coupons**
- "Challenging to find fun things to do in the winter"
- "Some programs are unavailable different times of day (afternoons)/don't work with baby schedules"
- "Lack of regular drop-in programs for variety of ages to make friends"
- "It's hard to find groups to support English learning"

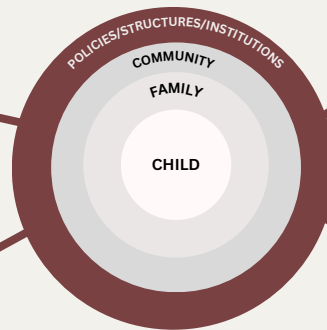
STRUCTURAL/INSTITUTIONAL/POLITICAL LEVEL

- 2 mentions about challenges related to **TRANSPORTATION**
- "If a program or service is not on a bus route, it is hard for us to get there"
- "Transportation to and from programs is so helpful"

Access to Transportation

Access to Childcare

- 12 mentions about challenges **ACCESSING DAYCARE**
- "No daycare options means I can't work"
- "It is so hard to find quality, affordable childcare"
- "The waitlist for preschools is a challenge -- we waited a year for a spot"
- "\$10 a day childcare is hard to get"
- "There needs to be more **childcare** options"
- "**Daycare** has been helpful with developmental learning"



- 6 mentions of challenges related to **COST OF LIVING**
- 2 mentions of challenges related specifically to **AFFORDABLE HOUSING**

Economic Factors

Access to Healthcare & Supports

- **WAITLISTS** - doctors, pediatricians, mental health supports, assessments (8 mentions)
- "We are waiting for autism assessments and available services"
- "We have difficulty getting into the ER or clinic with a baby"
- "My 5 yo in grade 1 needs assistance and the school does not have capacity. This means they need private pay supports or to continue struggling"
- "It is hard to get **counselling**, even through victim services"
- "Counselling, OT, dyslexia assessments are all things I need but are challenging to find"

COURTENAY: Map of FUTURE system that supports child well-being

Child Level

- Individual Childhood Experiences

Family Level

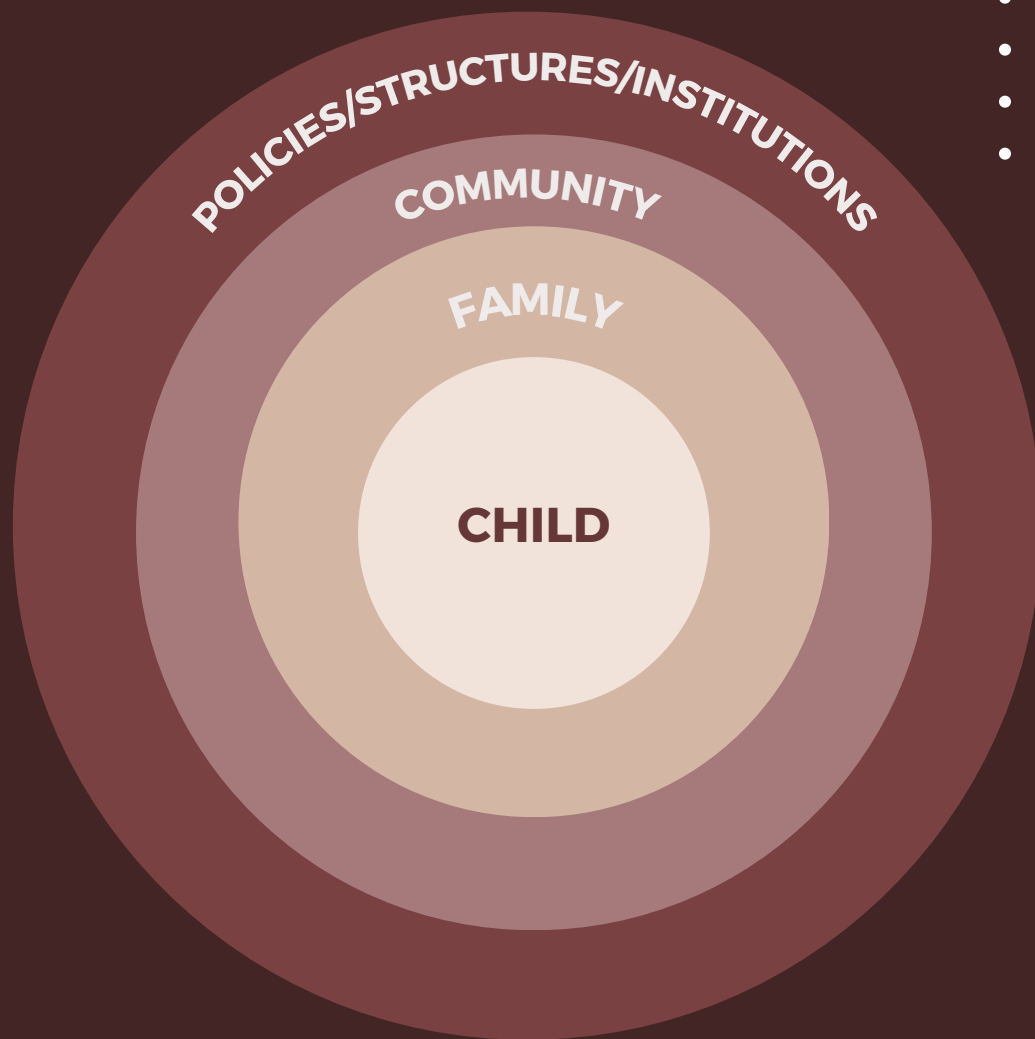
- Parent-child Interactions
- Parent-based Relationships
- Parent Mental Health & Support Needs
- Family Financial/Employment Situations

Community Level

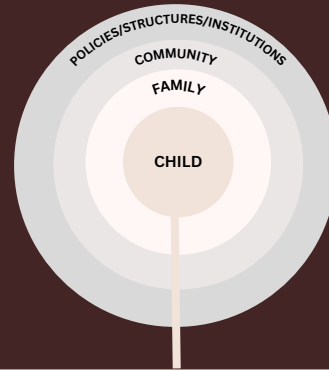
- Community Connections & Relations
- Supports & Programs
- Physical Location/Built Environment
- Education/Informational Resources

Structural/Institutional/ Political Level

- Access to Childcare
- Access to Healthcare & Supports
- Economic Factors
- Access to Transportation



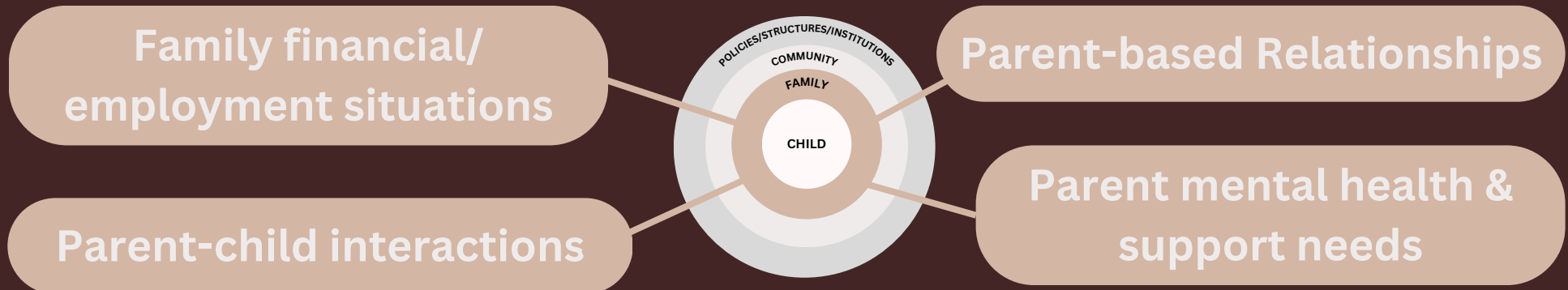
CHILD LEVEL



Individual Child Experiences

- No ideas mentioned

FAMILY LEVEL



- "Drop-in / open ended support for families who need to be out of the house because it doesn't feel safe"

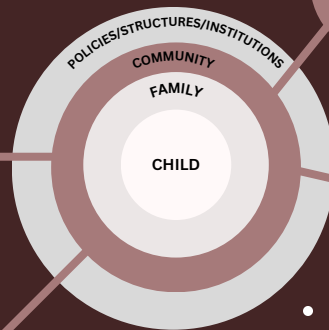
COMMUNITY LEVEL

- "Safe parks"
- "Better/updated playgrounds (with all ages in mind)"

Physical Location/Built Environment

Community Connections & Relations

- "More cultural connection opportunities"
- "More ways for parents to share their experiences. I'm looking for more social connections than resources"
- "Trusted support from other parents or grandparents (like a co-op)"
- "Babysitting network, exchange group for baby stuff"
- "More supports/connections outside of regular groups"
- "A way to meet like-minded moms with kids the same age, like a 'younger parents' group"
- "More ways to communicate with parents other than Facebook"



- "More info for newcomer families"
- "More programs from public health etc that can give classes or sessions to support development"
- "Educational programs with childcare/childminding"
- "One location to find local activities listed"

Education/Informational Resources

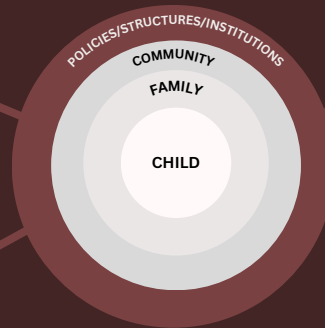
Supports & Programs

- "Need more post-natal mental health supports and outreach"
- "More programs to support children's independence"
- "More support for single parents"
- "Need activities that are predictable and consistent"
- "Better supports for moms to help with stress and supporting child development"
- "More activities for littles in Courtenay, especially ones that are free/low cost"
- "Activities for moms like cooking, baking, doing crafts"
- "Later afternoon activities, not just mornings"
- "Emergency childcare; drop in childcare"

STRUCTURAL/INSTITUTIONAL/POLITICAL LEVEL

Access to Transportation

Access to Childcare



Economic Factors

Access to Healthcare & Supports

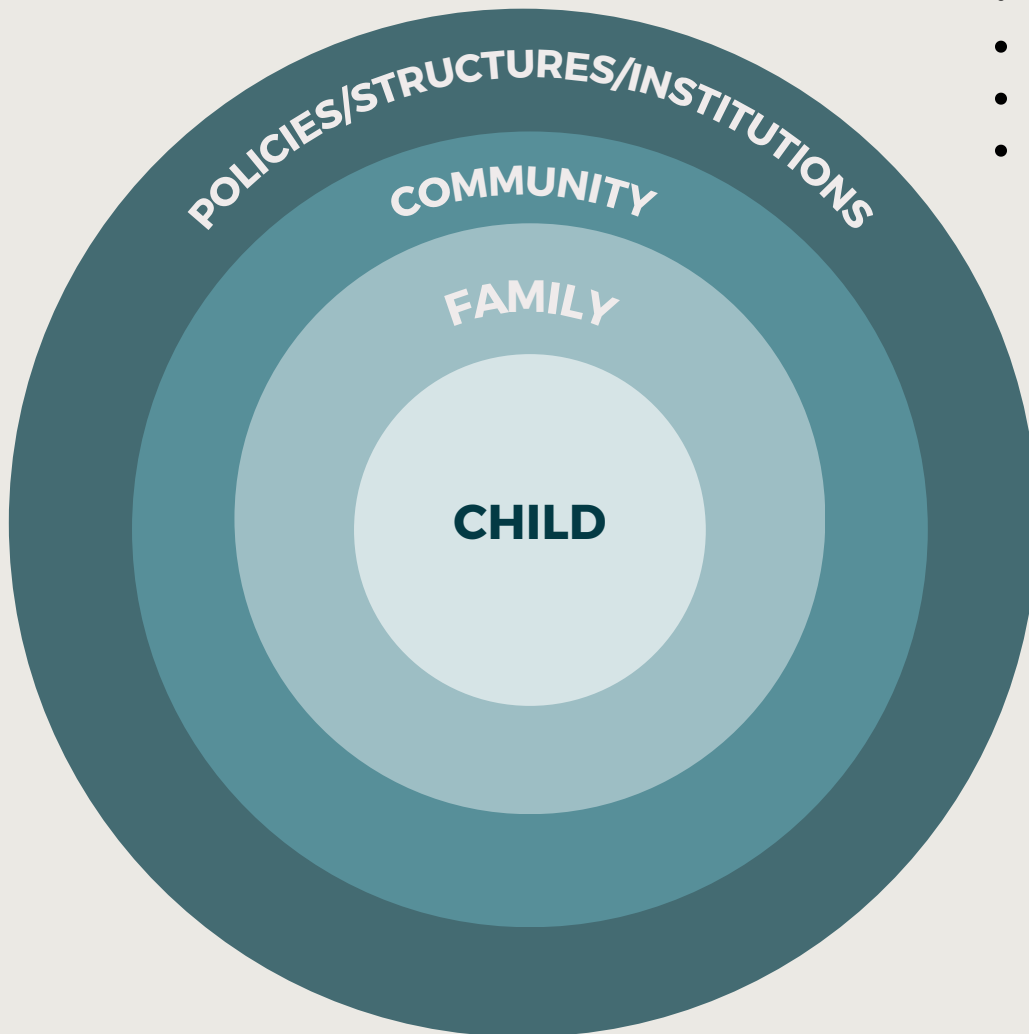
- MORE QUALITY DAYCARE OPTIONS - close to home and affordable (9 mentions)

- "More public health funding for health groups and drop-ins"
- "Volunteers to keep beloved programs operating -- share resources with other community organizations to increase capacity"
- "Supports should be available when kids enter school age when they are no longer available through CDA"

COMOX: Map of CURRENT system that supports child well-being

Child Level

- Individual Childhood Experiences



Family Level

- Parent-child Interactions
- Parent-based Relationships
- Parent Mental Health & Support Needs
- Family Financial/Employment Situations

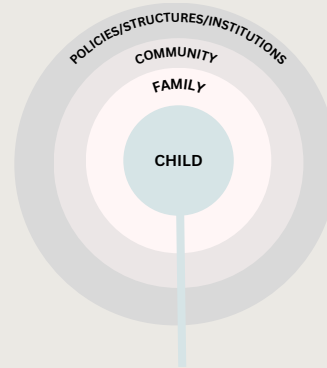
Community Level

- Community Connections & Relations
- Supports & Programs
- Physical Location/Built Environment
- Education/Informational Resources

Structural/Institutional/ Political Level

- Access to Childcare
- Access to Healthcare & Supports
- Economic Factors
- Access to Transportation

CHILD LEVEL



Individual Child Experiences

- "My child is missing people/routines/experiences"
- "My child's separation anxiety is WAY UP"
- "My child is lacking social connections"
- "My child regressed and we really missed out on social/emotional development this year"
- "My child finds kindergarten overstimulating"
- "My child seems content even in these circumstances - lots of outdoor time"

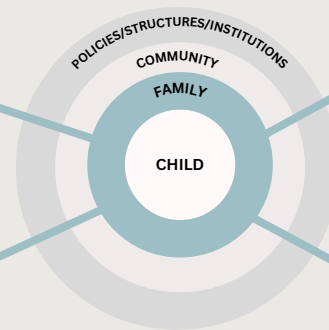
FAMILY LEVEL

- "I never have enough money, even though I work full time"
- "Without summer and afterschool care needed, it's hard to have a job as a single parent"

Family financial/
employment situations

Parent mental health &
support needs

- "Controlling my own emotions as a parent is so hard; I need to manage my own mental health as a parent"
- "It's hard always having to make decisions as parents"
- "It's challenging to juggle work, parenting & self-care"
- "We have no family nearby, and no support for childcare"
- "It's hard to keep up with all aspects of being a parent, worker, home owner - so many daily stresses"



- "We are grieving because we have no connections in local community"
- "I'm feeling isolated during my pregnancy"
- "I felt isolated before COVID, still isolated now"
- "Our family is overseas, hard to meet new people"
- "Our youngest only develops social skills because of her siblings"
- "I feel lonely but people here are friendly"
- "I feel pretty connected. We have weekly get-togethers with friends"

Parent-based Relationships

Parent-child interactions

- "I'm worried about development for kids – especially those in the preschool age when socialization is so important"
- "Being home together constantly has been difficult"
- "Our youngest only develops social skills because of her siblings"
- "Our children only interact with us parents -- kids need to learn to share and how to manage not getting their way"
- "Managing my child's shy behaviour is hard"

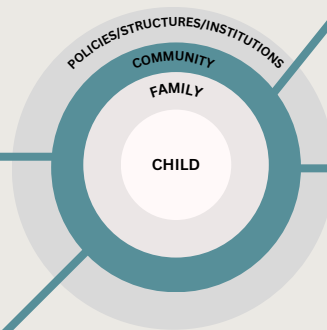
COMMUNITY LEVEL

- **NATURE** – "So many great outdoor opportunities in the Valley" (12 NATURE mentions)
- **PLAYGROUNDS** – "Local playgrounds are great; safe" (7 mentions)
- **PARKS FOR MEET-UPS** – "Parks and nature spaces create opportunities to meet up with parents without stress of scheduling a playdate" (6 mentions)
- Library, Rec Centre

Physical Location/Built Environment

Community Connections & Relations

- "CV Moms Facebook Group is great for connections"
- "Covid led to more immediate neighbourhood interactions"
- "We are lucky in the area - lots of kids to hang out with, has been easy to connect"
- "The school is close by and it is a great place where kids can meet up and play"
- "We live in a great neighbourhood and meet people at playgrounds"
- "The community/environment feels safe"
- "Lots of other young/similarly aged families in the area"



- Curious Parenting - online resource to help normalize COVID experiences for kids
- Vanessa Lapointe– psychologist and parenting educator

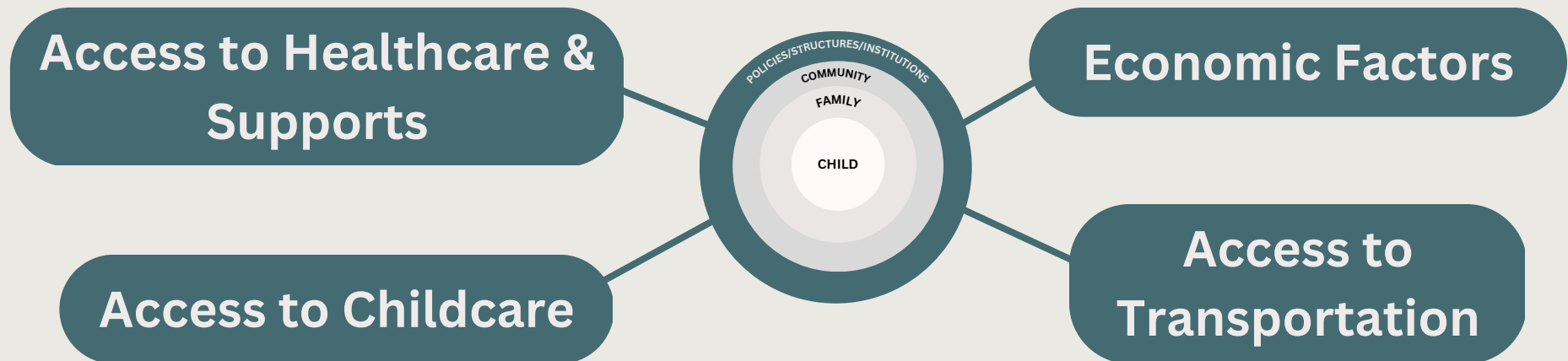
Education/Informational Resources

Supports & Programs

- **STRONGSTART** – "We love StrongStart and are starting to connect with other families from SS for playdates" (10 SS mentions)
- **STORYTIME** at the library (5 mentions)
- **Baby & Me** - "I love free programs at the rec centre, like Baby & Me" (3 mentions)
- ValleyDads
- StoryWalks
- Diaper Gym & Kindermusik (paid programs)
- "Summer programming is limited, esp for 0-3 year olds"
- "Not many tot programs that accommodate nap schedules"
- "Hard to find activities for kids under 3 that include other children"

STRUCTURAL/INSTITUTIONAL/POLITICAL LEVEL

- "We don't have a family doctor"



- "It is so hard to find **childcare**"
- "There are so few **childcare** options"
- "There is not enough **childcare**!"
- "Lack of **childcare** is a challenge for us"
- "**Daycare** has been really positive for my kids and our family"

COMOX: Map of FUTURE system that supports child well-being

Child Level

- Individual Childhood Experiences

Family Level

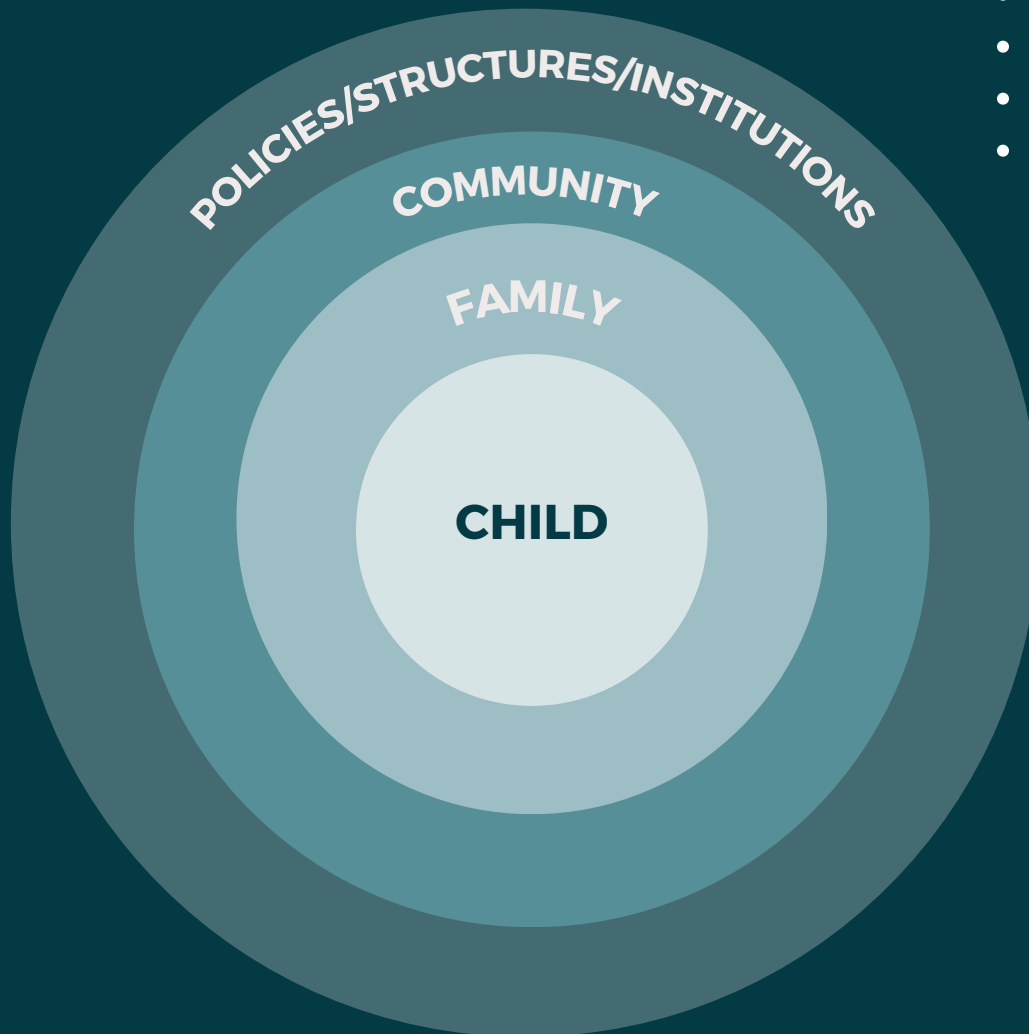
- Parent-child Interactions
- Parent-based Relationships
- Parent Mental Health & Support Needs
- Family Financial/Employment Situations

Community Level

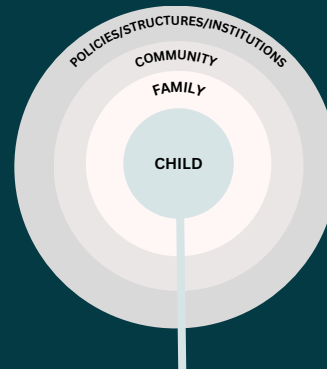
- Community Connections & Relations
- Supports & Programs
- Physical Location/Built Environment
- Education/Informational Resources

Structural/Institutional/ Political Level

- Access to Childcare
- Access to Healthcare & Supports
- Economic Factors
- Access to Transportation



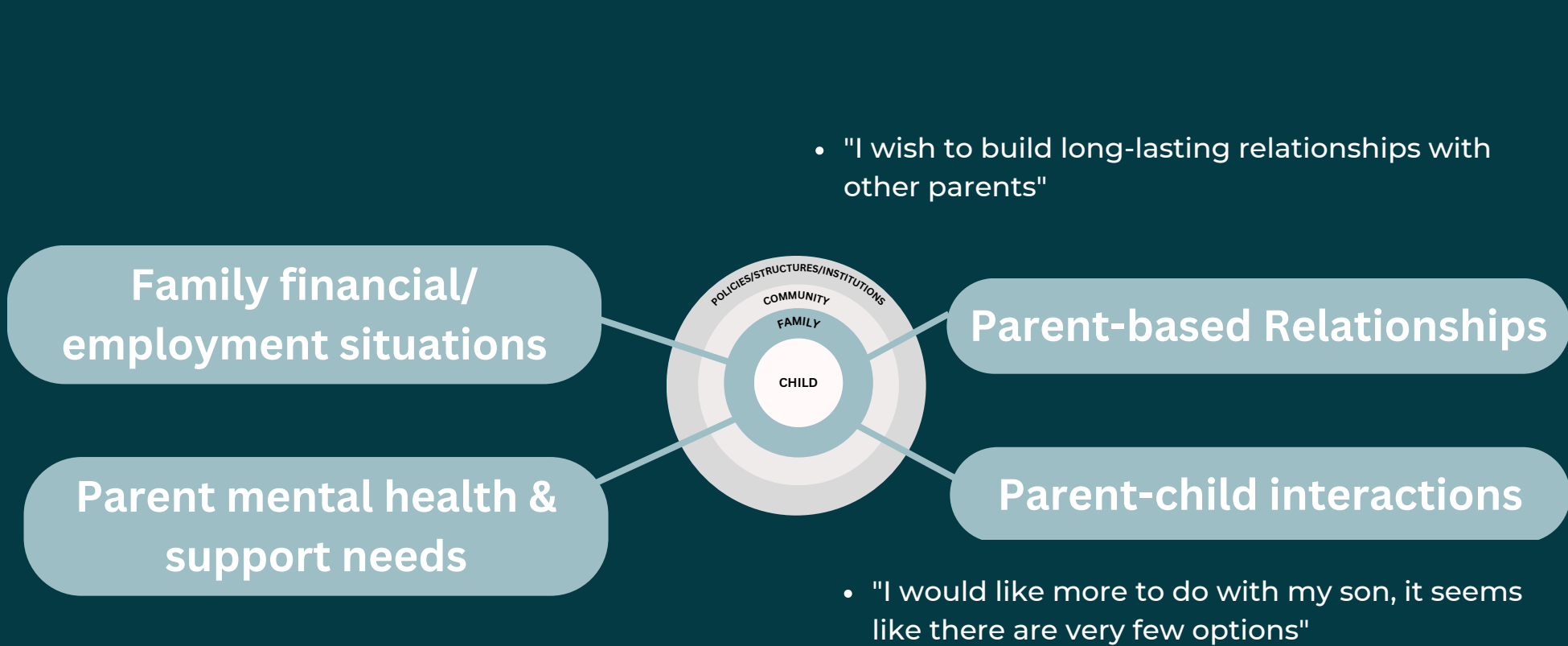
CHILD LEVEL



Individual Child Experiences

- "Opportunities for my child to be in very small groups with other children"

FAMILY LEVEL



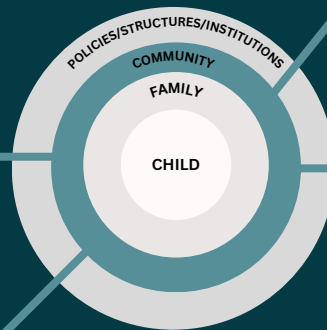
COMMUNITY LEVEL

- "Community gardens and more activities in forests or parks"
- "Playgrounds with less structure, more natural playspaces in dedicated areas"

Physical Location/Built Environment

Community Connections & Relations

- "Create online 'connection/community' space for families to make plans/share stories"
- "Prairie-like 'socials' - some kind of social group for parents and families, family-led & family-focused"
- "Have Facebook neighbourhood groups to build connection"
- "More regulated meet up space - informal drop-in, active and safe"
- "Ways to create deeper connections with other parents of neuro-diverse kids"
- "Volunteer opportunities to do with my kids"



Education/Informational Resources

- "Online group and/or parent education series would be so helpful"
- "Parenting workshops/speaking series about child development"
- "Infographics based on a child's age"

Supports & Programs

- "Organized nature activities/programs "
- "Bring back Valley Dads program"
- "Longer and more frequent StrongStart"
- "More activities for under 3s"
- "More drop-in opportunities and social opportunities"
- "More programs that support the development of children"
- "Supports for parents to address the challenges of parenting and mental health"
- "Block watch/community safety initiatives"
- "More cultural-based activities"

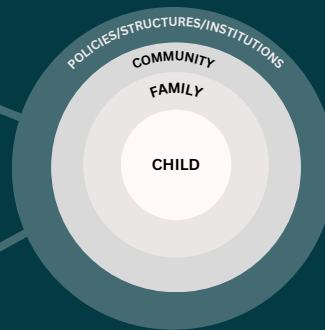
STRUCTURAL/INSTITUTIONAL/POLITICAL LEVEL

Access to Healthcare & Supports

Access to Childcare

Economic Factors

Access to Transportation



- MORE CHILDCARE OPTIONS (4 mentions)