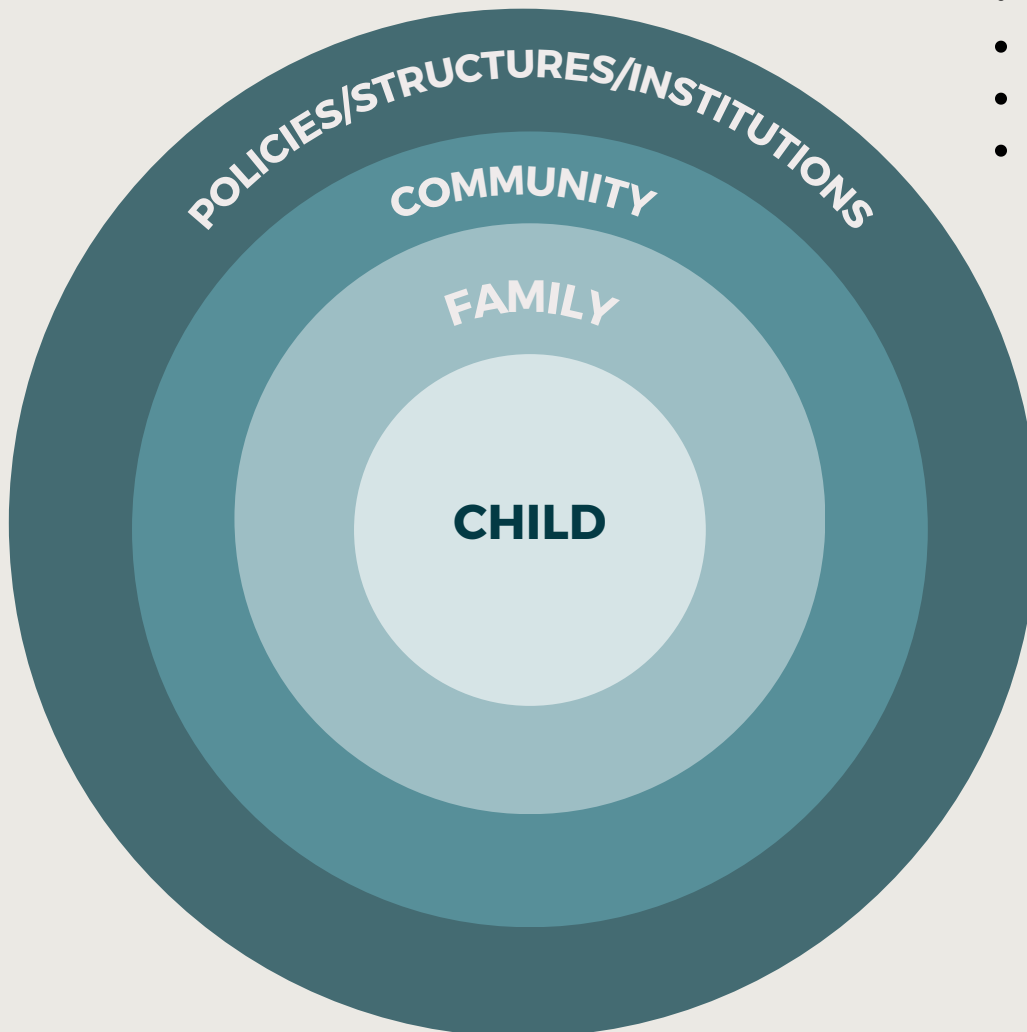


COMOX: Map of CURRENT system that supports child well-being

Child Level

- Individual Childhood Experiences



Family Level

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

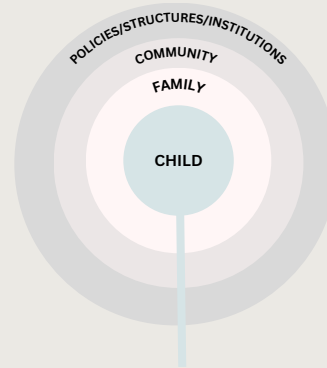
Community Level

- 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"

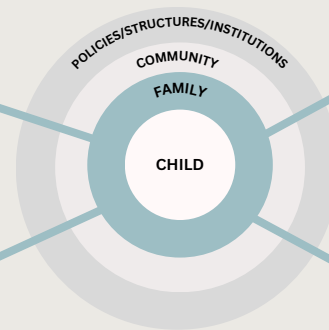
FAMILY LEVEL

- "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"

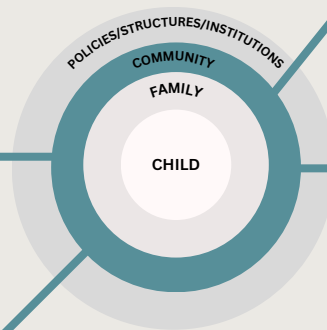
COMMUNITY LEVEL

- **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

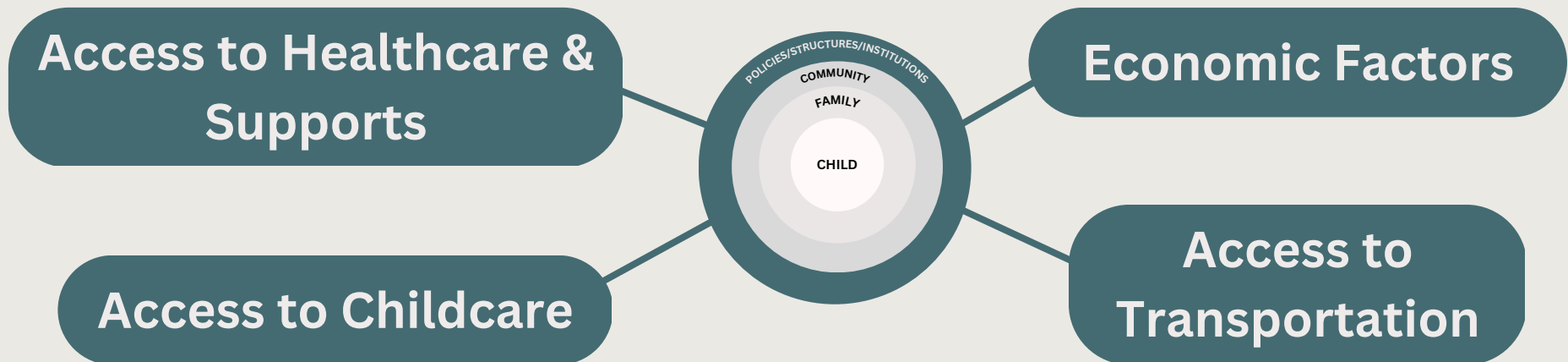
Education/Informational Resources

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

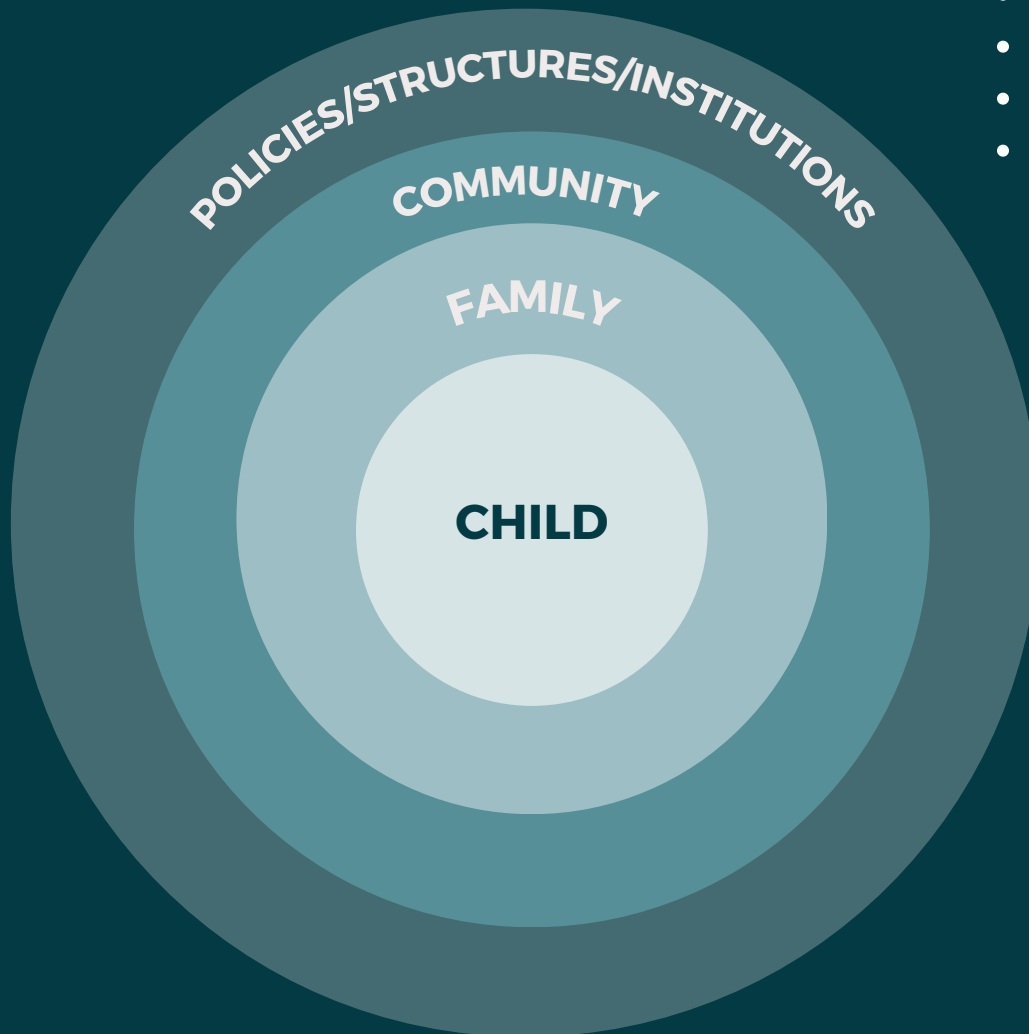
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Community Level

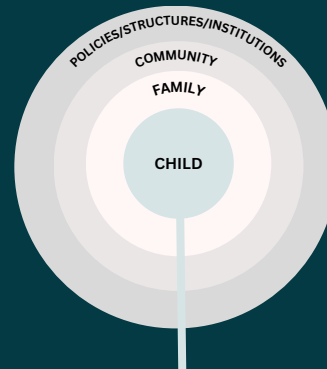
- Community Connections & Relations
- Supports & Programs
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Structural/Institutional/ Political Level

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- Access to Healthcare & Supports
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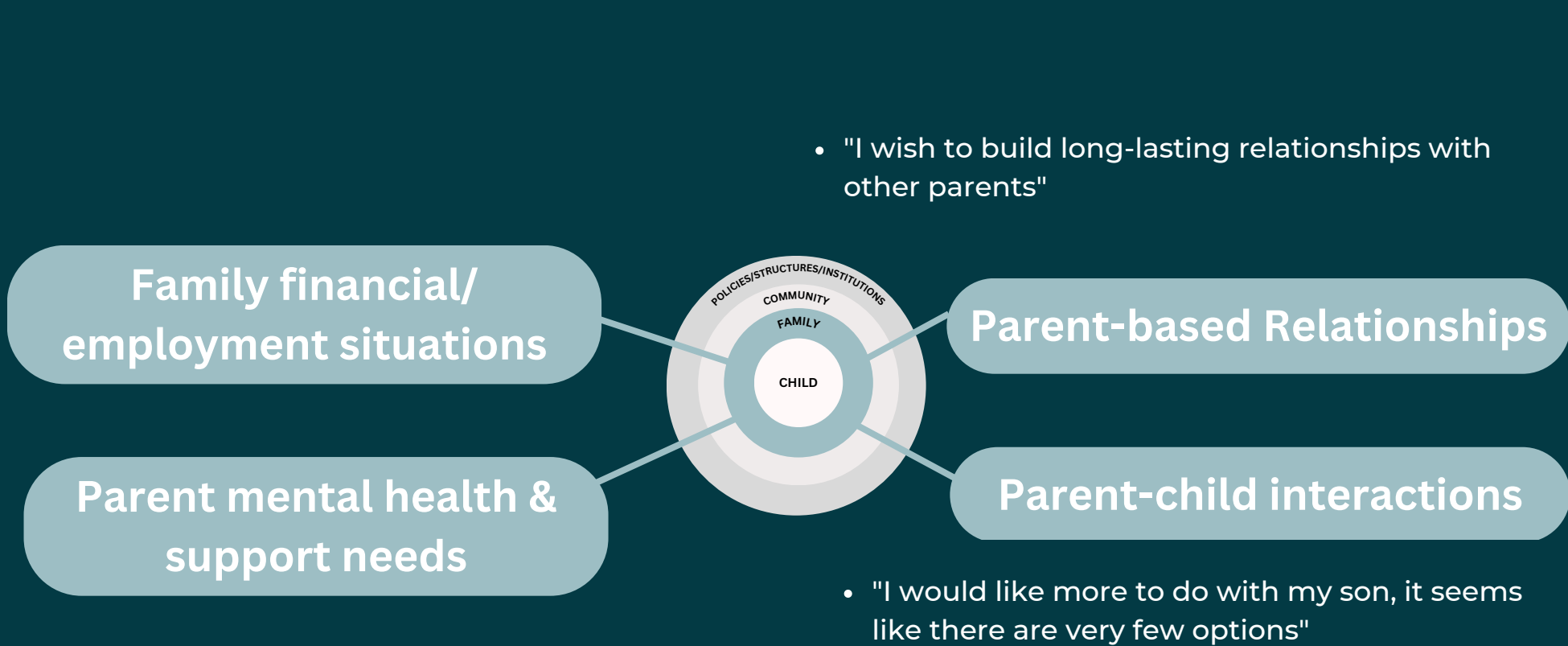
CHILD LEVEL



Individual Child Experiences

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

FAMILY LEVEL



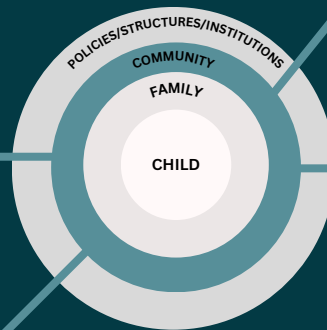
COMMUNITY LEVEL

- "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"



- "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"

Education/Informational Resources

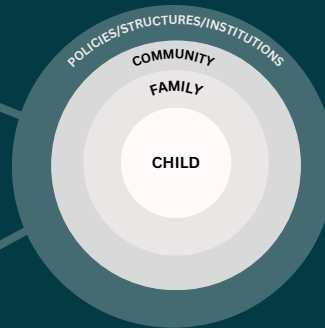
Supports & Programs

- "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)