

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

Child Level

- Individual Childhood Experiences

Family Level

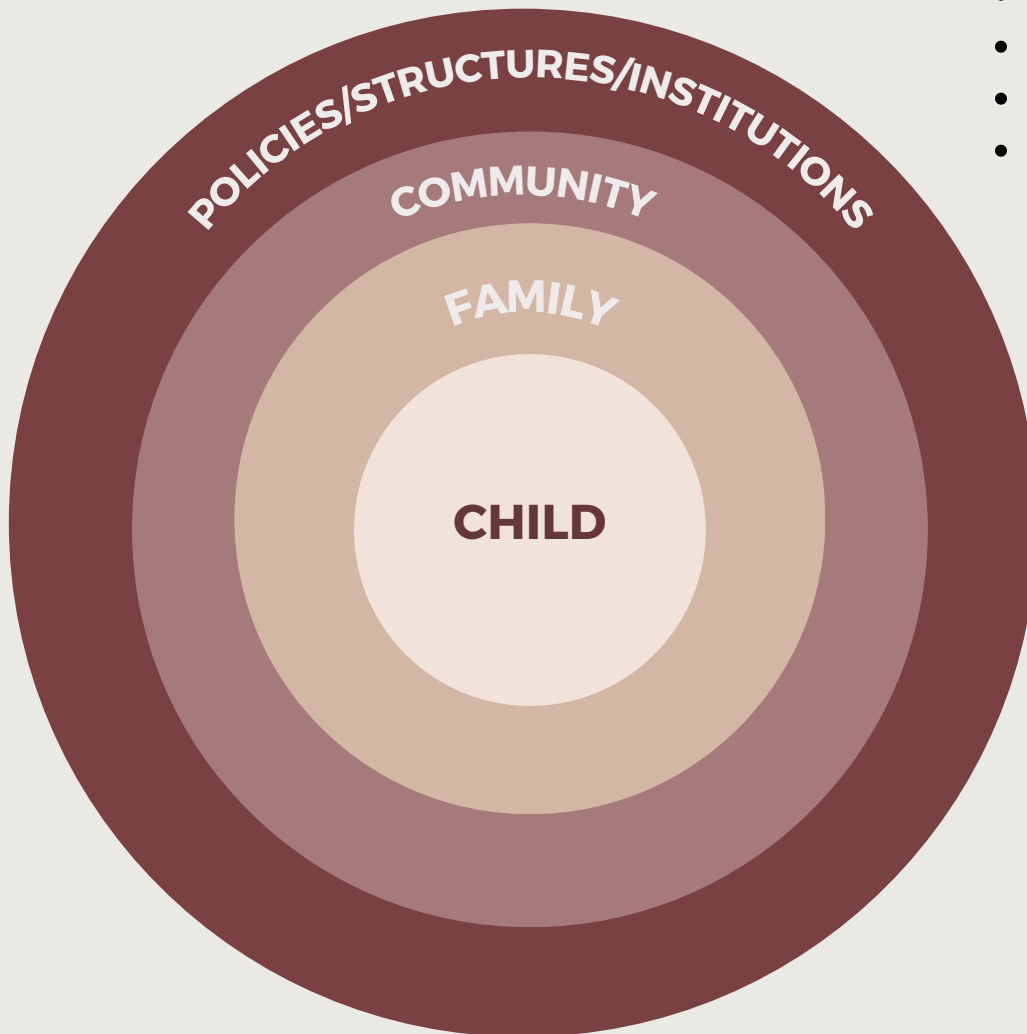
- Parent-child Interactions
- Parent-based Relationships
- Parent Mental Health & Support Needs
- Family Financial/Employment Situations

Community Level

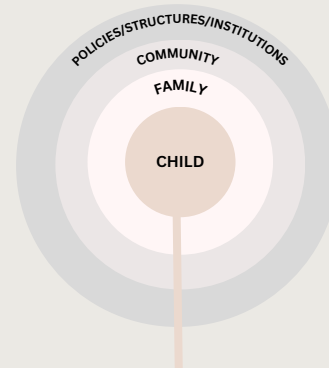
- Community Connections & Relations
- Supports & Programs
- Physical Location/Built Environment
- Education/Informational Resources

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"

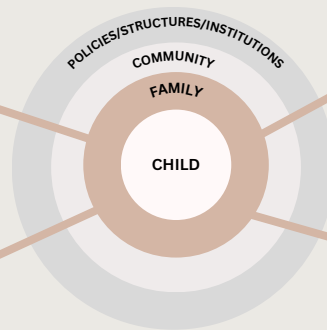
- "I feel so alone"
- "We are new here and it is difficult to make connections and I worry about this. I need **friends for myself** and opportunities are limited"
- "I felt isolated when my kids were young"
- "**My parents** are supportive and our only network here so far"
- "One-on-one time with other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

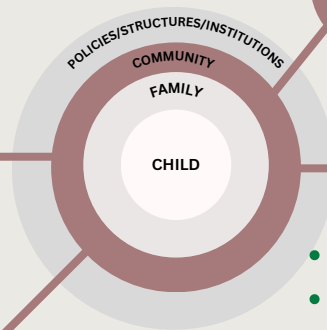
COMMUNITY LEVEL

- **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"

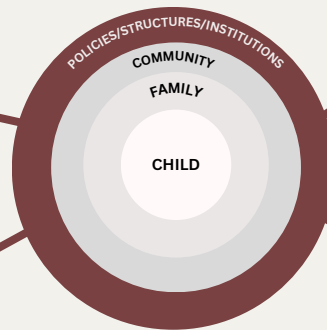
STRUCTURAL/INSTITUTIONAL/POLITICAL LEVEL

- 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

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- Individual Childhood Experiences

Family Level

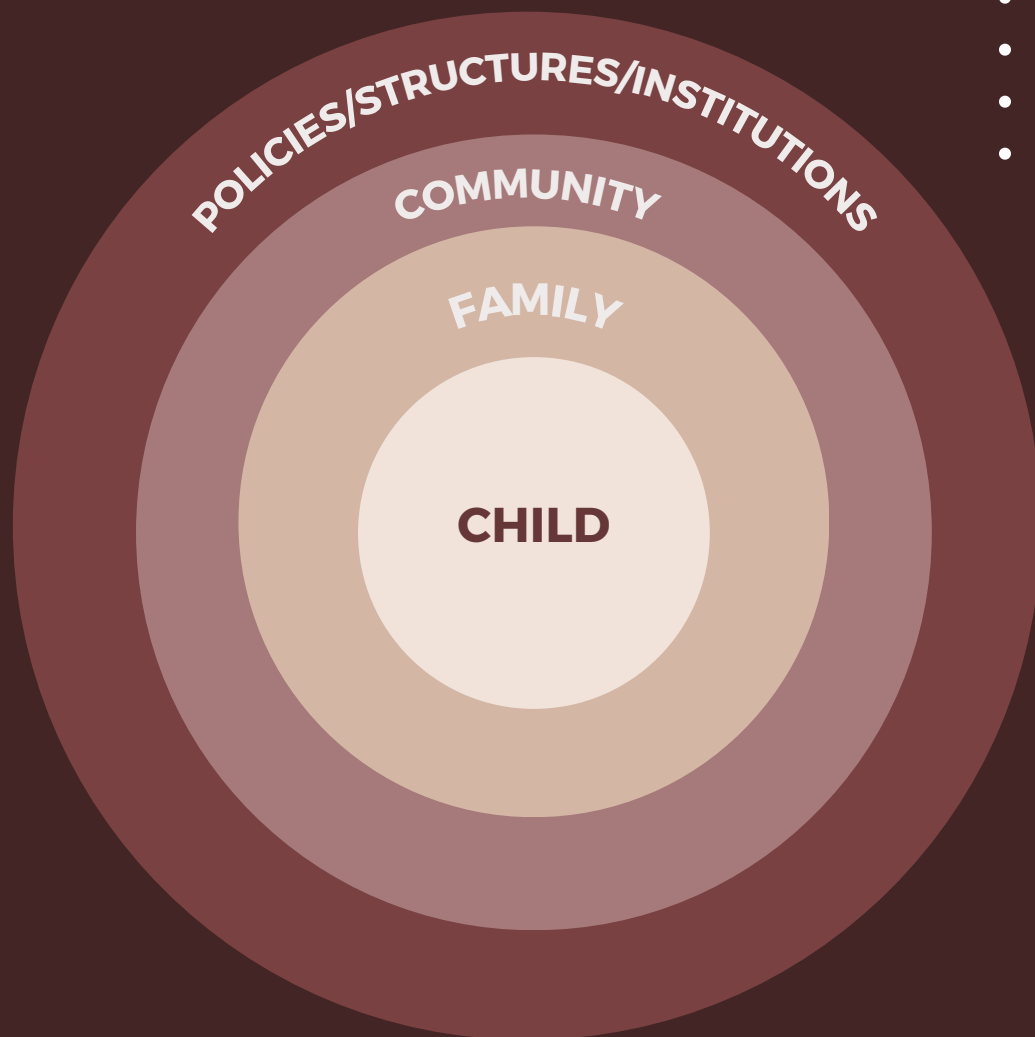
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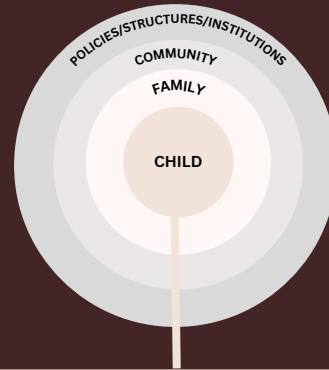
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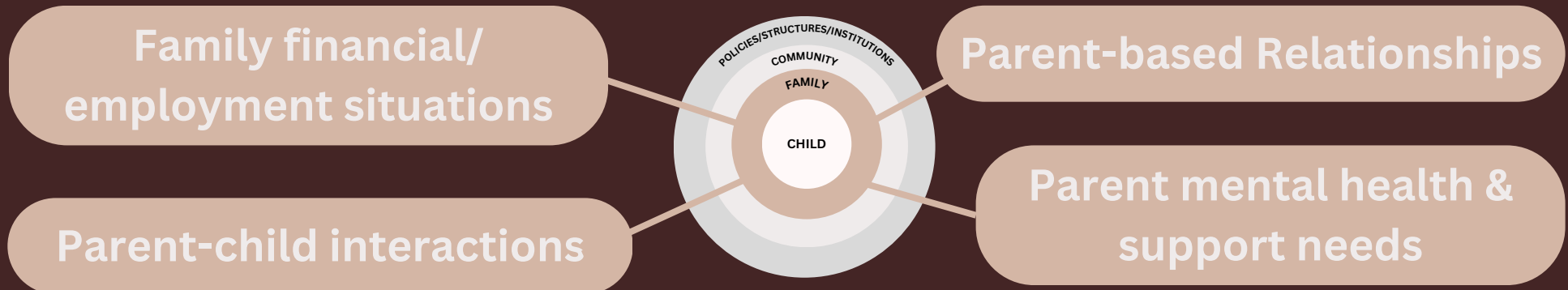
CHILD LEVEL



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"

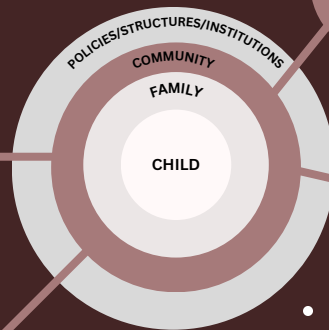
COMMUNITY LEVEL

- "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

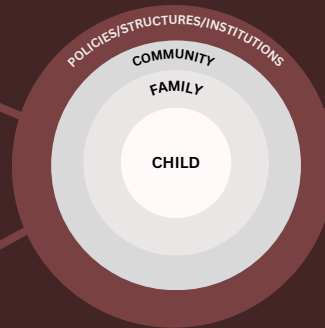
Supports & Programs

- "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"