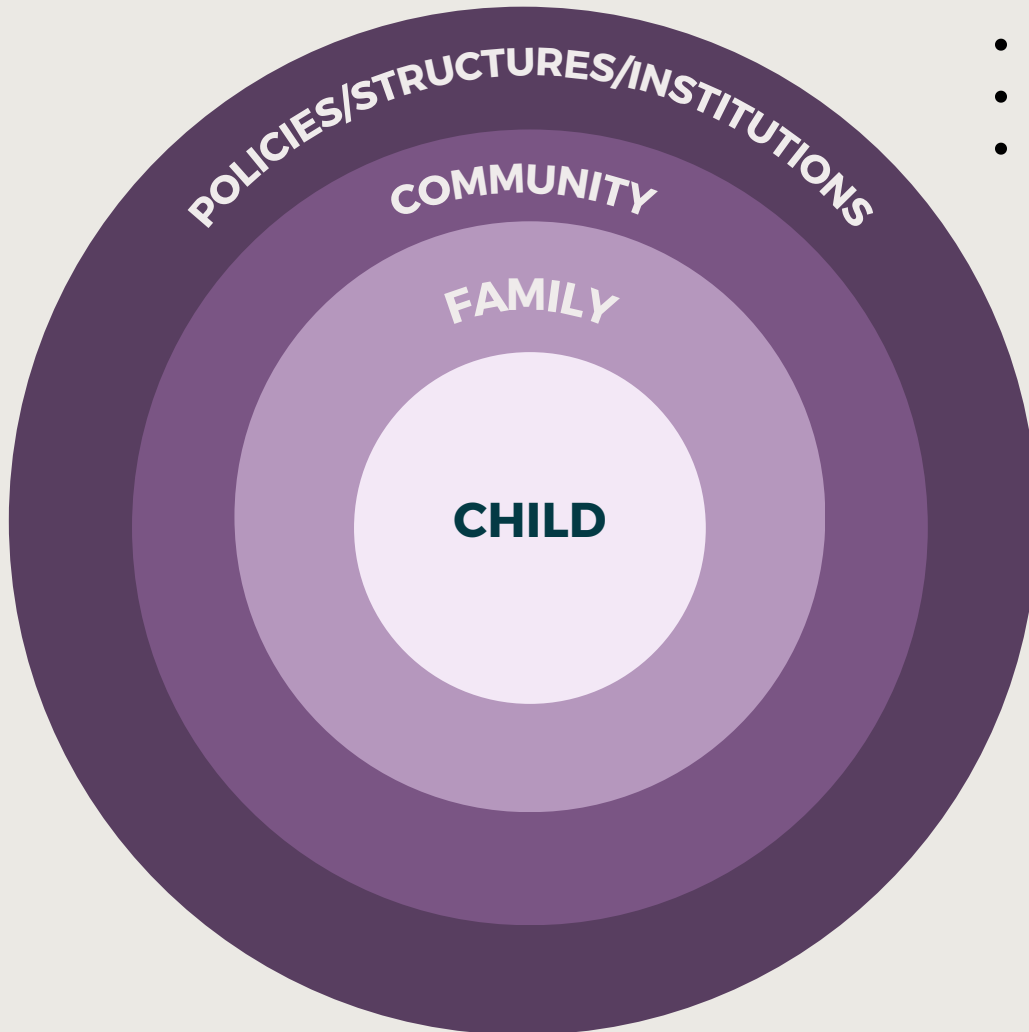


NORTH COMOX VALLEY: Map of CURRENT system that supports child well-being

Child Level

- Individual Childhood Experiences



Family Level

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

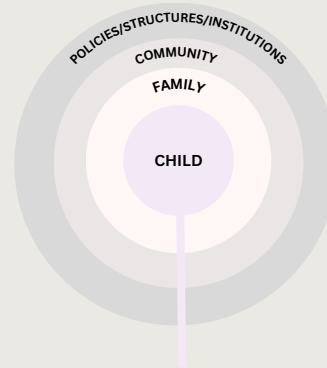
Community Level

- 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"

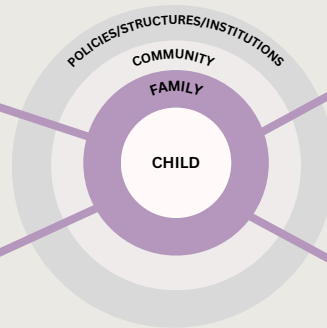
FAMILY LEVEL

- "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"

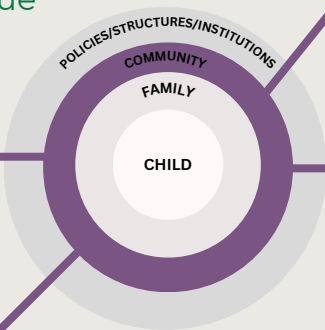
COMMUNITY LEVEL

- **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

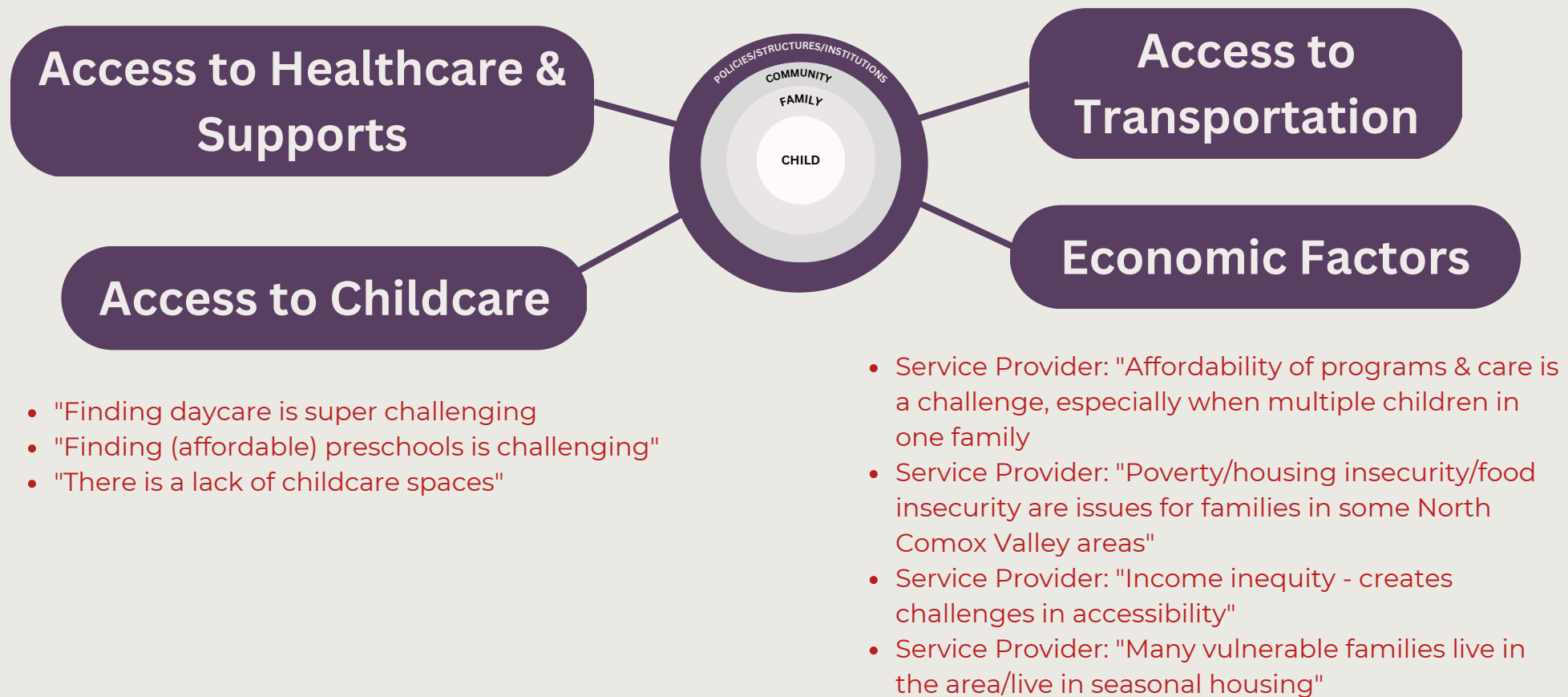
- "Parents might not have the knowledge to be able to ask the right questions"
- Lack of awareness about available resources
- Valley Child for events & resources
- Immunization clinics for advertisements/information about programs"

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/Husband 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



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

Child Level

- Individual Childhood Experiences

Family Level

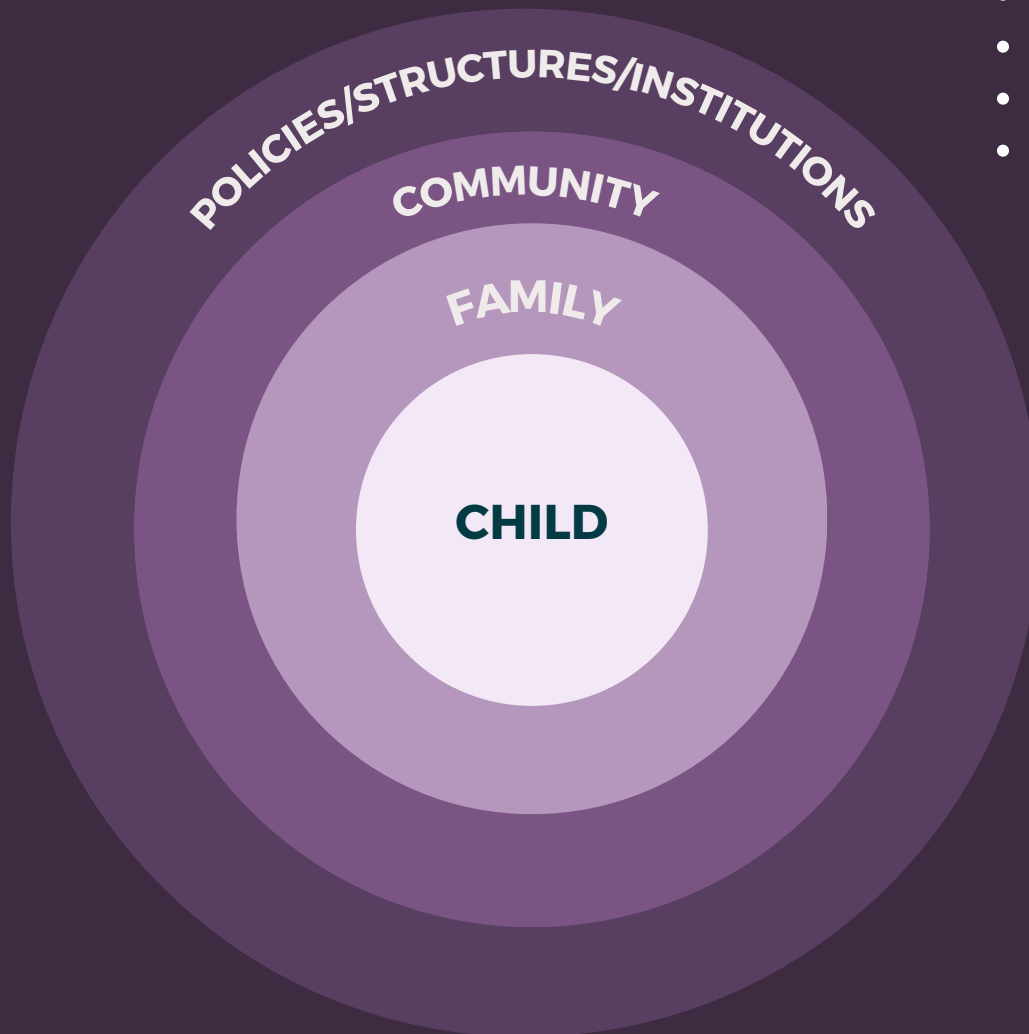
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- Parent-based Relationships
- Parent Mental Health & Support Needs
- Family Financial/Employment Situations

Community Level

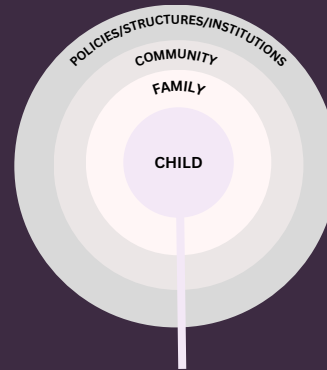
- Community Connections & Relations
- Supports & Programs
- Physical Location/Built Environment
- Education/Informational Resources

Structural/Institutional/ Political Level

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



CHILD LEVEL

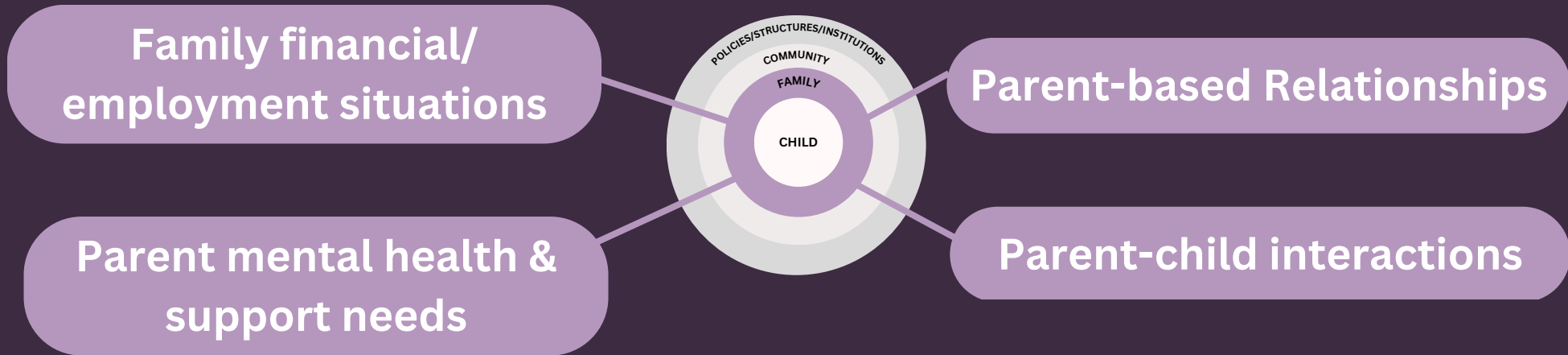


Individual Child Experiences

- "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



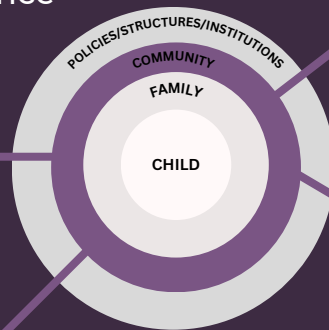
COMMUNITY LEVEL

- "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

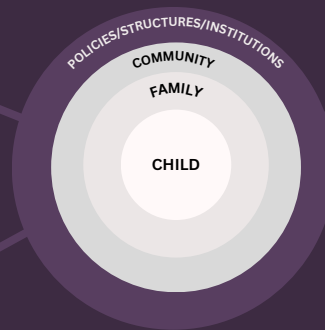
- "More developmental screening in early childhood"

- "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"