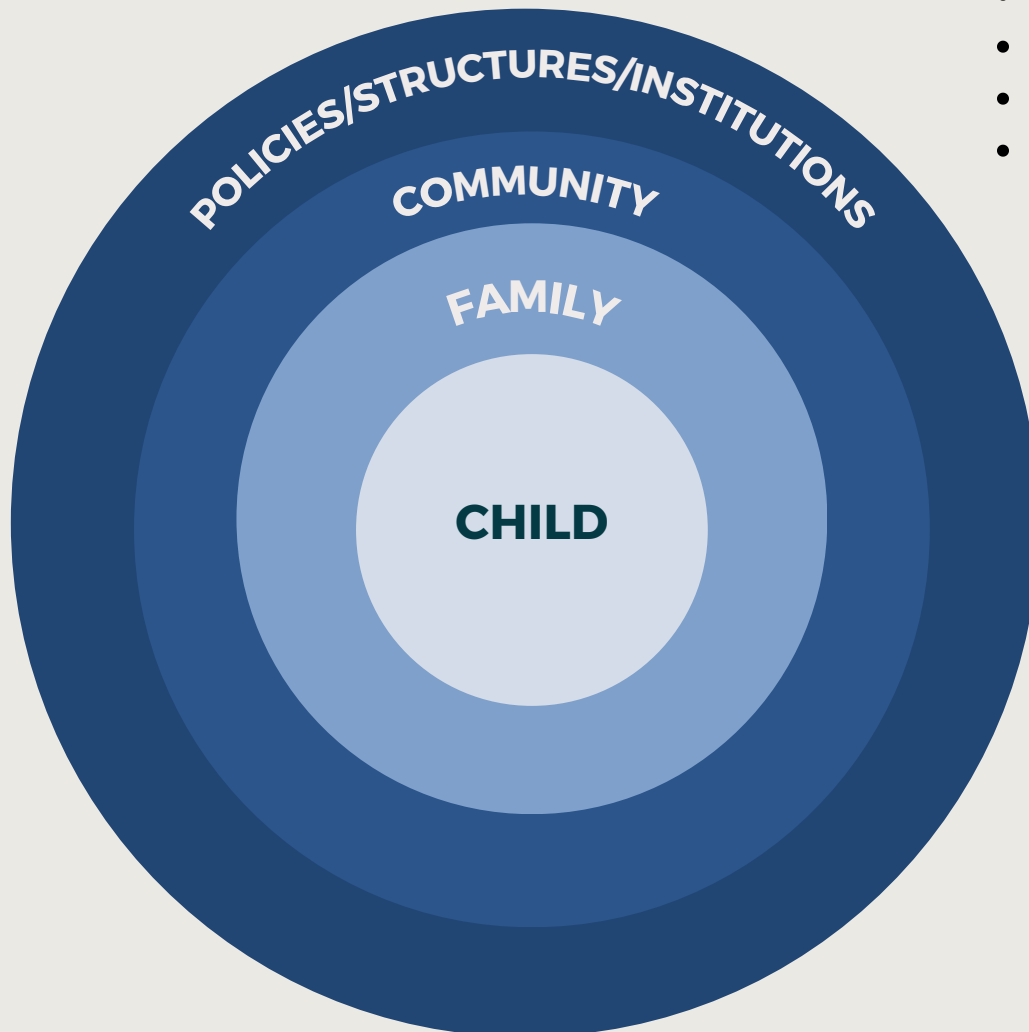


SOUTH COMOX VALLEY: Map of CURRENT system that supports child well-being

Child Level

- Individual Childhood Experiences



Family Level

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

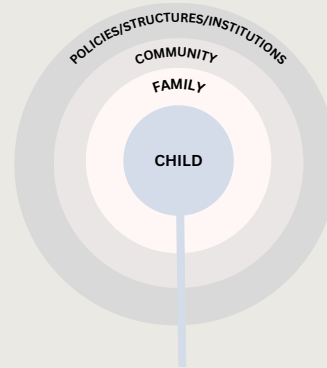
Community Level

- 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

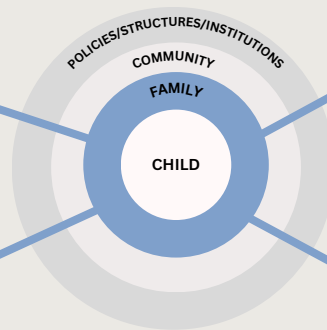
- "My kids have hardly met other kids, they are not learning social cues or how to play."
- "Separation anxiety is an issue."
- "My child was upset that she couldn't play with friends and doesn't have connections. She loves to be outdoors but we aren't even doing that now and she gets upset."
- "My youngest 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."

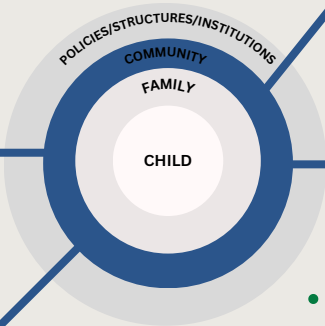
COMMUNITY LEVEL

- **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

Supports & Programs

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

- **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."

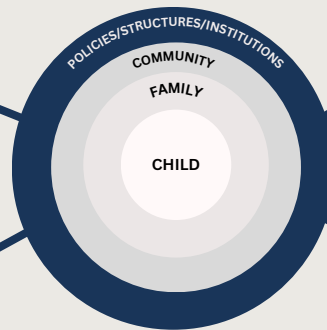
STRUCTURAL/INSTITUTIONAL/POLITICAL LEVEL

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

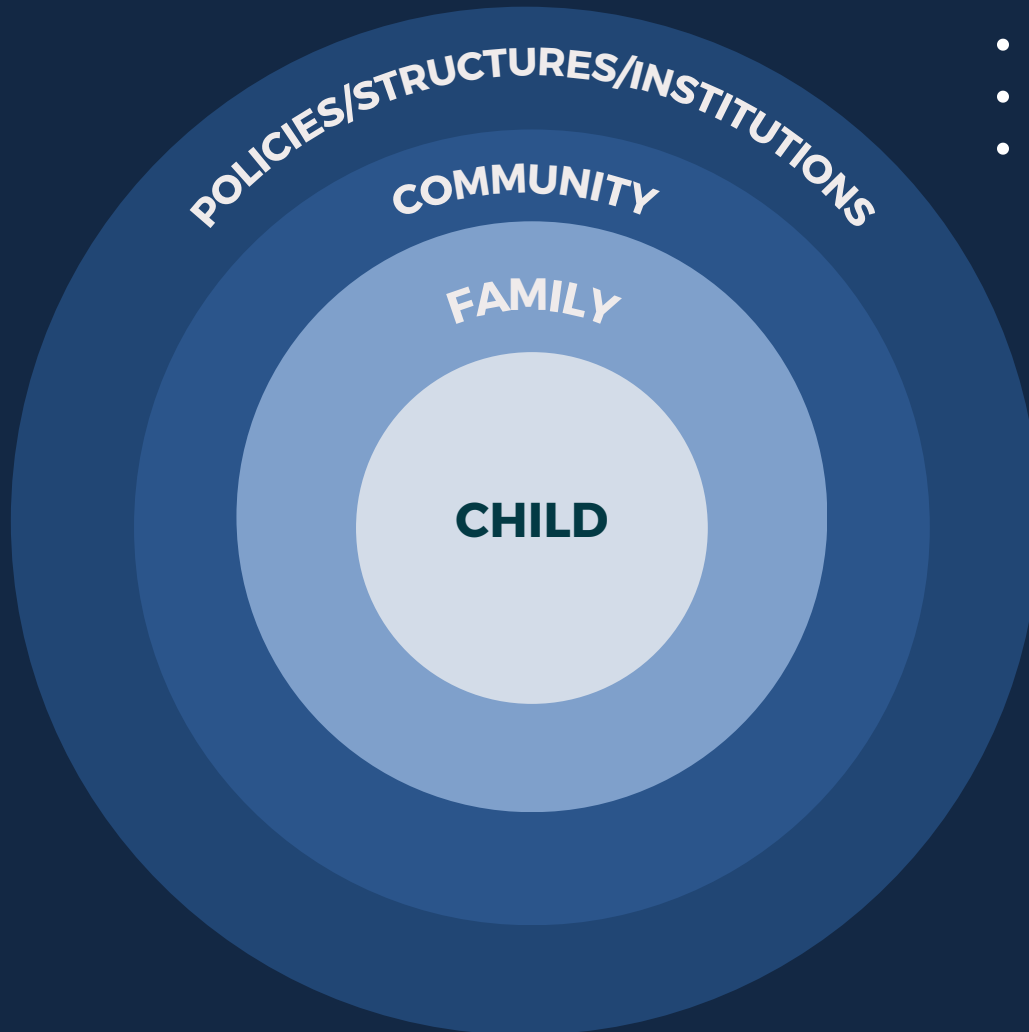
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- Family Financial/Employment Situations

Community Level

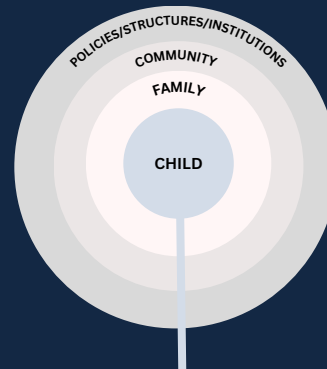
- Community Connections & Relations
- Supports & Programs
- Physical Location/Built Environment
- Education/Informational Resources

Structural/Institutional/ Political Level

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



CHILD LEVEL



Individual Child Experiences

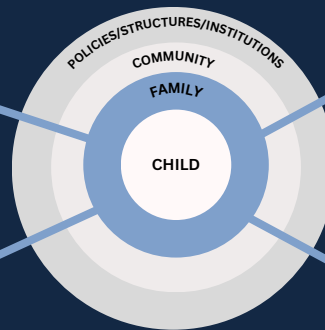
- No ideas mentioned

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"

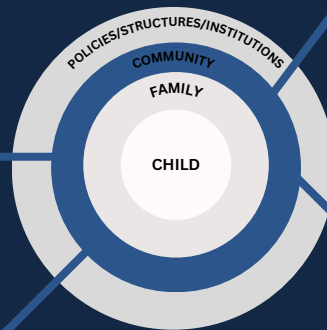
COMMUNITY LEVEL

- "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 ."

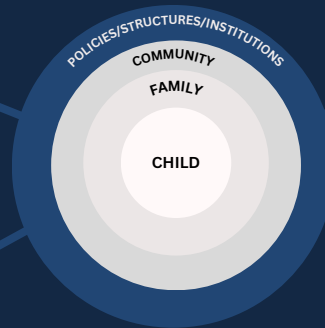
STRUCTURAL/INSTITUTIONAL/POLITICAL LEVEL

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."