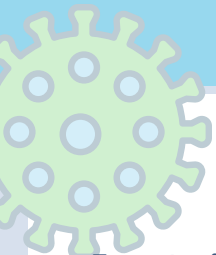


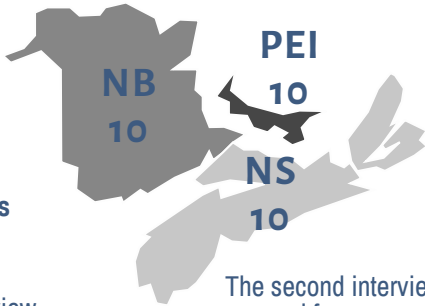
# COVID-19 MARITIME FAMILY INTERVIEWS 1&2: PRELIMINARY RESULTS

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Two sets of interviews with the same 30 Maritime families with children aged 0-8

The first interview occurred from July 14th-31st, 2020.



The second interview occurred from November 16th-30th, 2020.

## T I M E L I N E

### Changing restrictions over time in 2020

Restrictions were put in place across the Maritime provinces

Restrictions began to loosen for gatherings and services across the Maritimes as cases remained low



## July 2020 (First interviews)

### Adjusting to Changed Routines

Families shared their initial experiences during the first wave of the pandemic. They spoke about adjusting to a life of new routines once restrictions started being lifted.

More time at home allowed families to spend more time together. Many appreciated the 'slowed-down' lifestyle.



The loss of developmental supports and services left families worrying over their children's progress and missed opportunities.

Many substituted structured school activities for other learning such as exploring outdoors or baking.



### New Routines to Support Balancing Daily Life

Most parents balanced work and caring for children by flexing their hours and splitting duties.

"If I had to do really focused work I would save it for her nap time...At the beginning I felt like I had to work even after she went to bed at 7:30 at night to try and get in all my hours but I was able to figure out a better balance for the schedule as the time went on."



While parents worked and completed household duties, children often engaged in independent play, organized activities, and screentime.

## Nov 2020 (Second interviews)

### Adapting to Changing Realities

Families shared how they were adapting to changing situations during the pandemic. Parents had to make decisions about their child's activities as a result of loosened restrictions.

While most parents were happy for their children to return to school & child care, they reported an adjustment to navigating new COVID protocols for when children are sick.



Developmental supports and services were re-opening with some continuing through online interventions.

### Choices

Families put a lot of thought into whether they would enroll their child in after school activities.



Some chose not to enroll their children in extracurriculars to minimize contact with others.

Other families felt that extra curriculars were essential for their children's mental and physical health.

## Staying aware in a fast-changing world (from Nov 2020 interviews)

Half of participants stated that they kept up with COVID-19 news throughout Canada.

Having family across Canada was the most common reason for keeping up with the news about COVID-19.



Rising cases in the Atlantic Bubble lead to most participants feeling anxious about the future.

Just under half of participants said that they were feeling more cautious and re-evaluating what activities were a necessity since the rise in cases.