

Relative importance of Well-Being Determinants in Atlantic Canadian Families during the Pandemic

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Background

The global COVID-19 pandemic disrupted daily life routines and established a new normal for individuals, families, and communities.

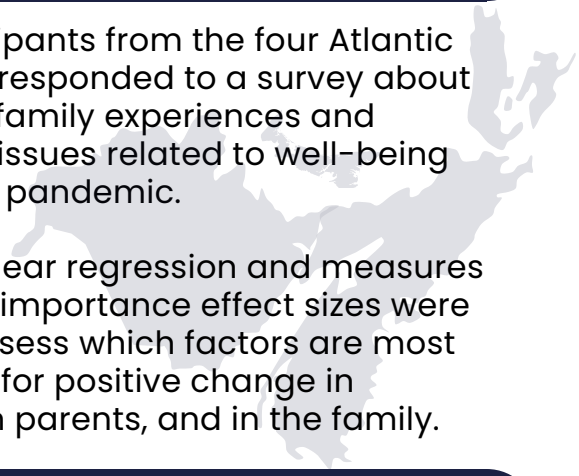
The purpose of this paper is to identify pandemic-related factors that contribute to the well-being of children (ages up to 8 years to focus on period of early childhood), parents, and family.



Methods

536 participants from the four Atlantic provinces responded to a survey about changing family experiences and emerging issues related to well-being during the pandemic.

Multiple linear regression and measures of relative importance effect sizes were used to assess which factors are most important for positive change in children, in parents, and in the family.



Key Findings

Across all models, 21 variables contributed to approximately one-third of the variance in well-being due to the relative importance of six variables:

Child(ren) well-being

Family closeness, child energy level and sleep quality, family playing together, parent's perceived capacity to support children's emotional needs, and having time for self-care.



Parent well-being

Family closeness, time to prepare meals, engage in self-care, to rest, to play, and lowered family tension.

Family well-being

Family closeness, family time to play, and prepare meals, parent's perceived capacity to support children's emotional needs, parent having time to rest, and engage in self-care.



Conclusions

Family closeness was the top predictor of variation in well-being across all levels, followed by playing together, meals, resting, and self-care.



Feelings of belonging to a close-knit family unit was the most important factor for a sense of well-being. The pandemic may have offered opportunities for strengthened relationships and more time together as a family.



Another positive outcome of the pandemic for some was increased time. Increased time for joint leisure (i.e., playing together) and parallel leisure (resting and watching tv, or sharing a meal together) were both found to be top predictors of well-being.

