

2020 Positive Solutions for Families (PSF) RESULTS

Background

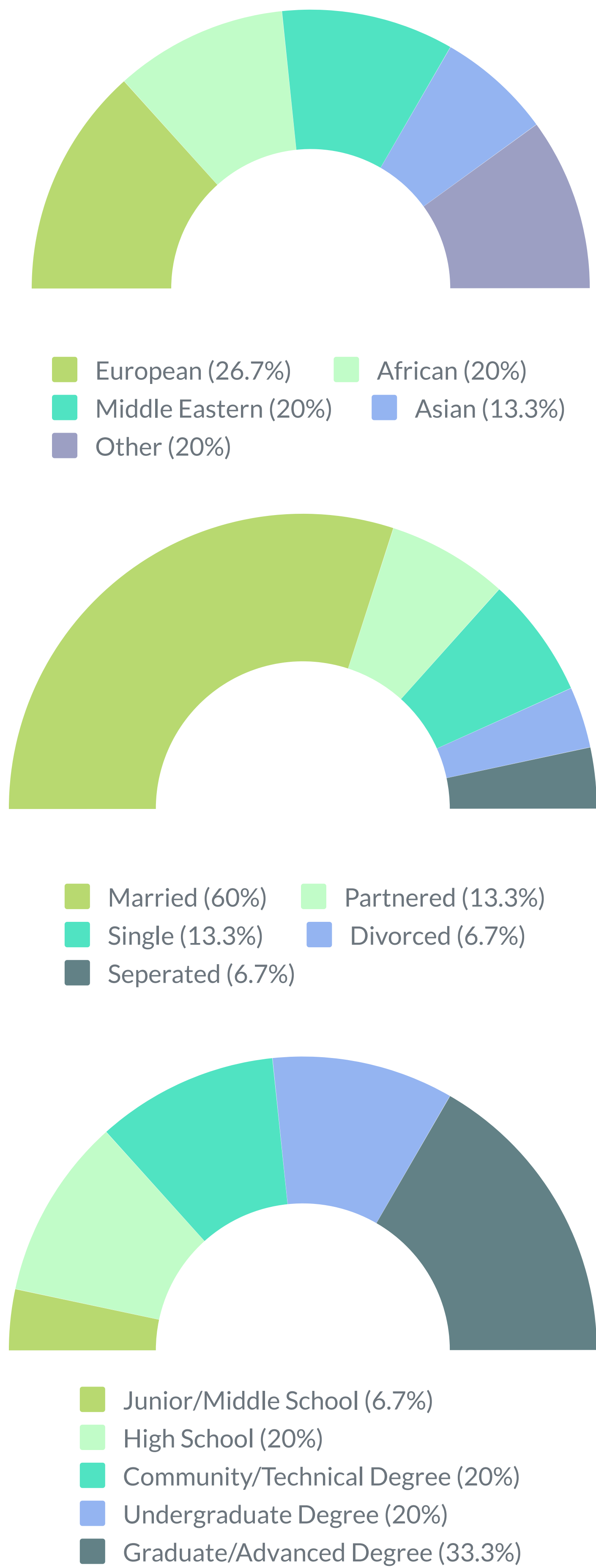
- Series of in-person and/or online workshops for families.
- Designed to help parents learn new skills and strategies to support the social and emotional health of their young children.
- Facilitated by existing staff from the Nova Scotia Early Childhood Development Intervention Services (NSECDIS).
- Research component being completed by the Early Childhood Collaborative Research Centre (ECCRC).
- Sessions were originally in person at child care centre locations before moving to an online platform due to COVID-19.

16 parents 6 facilitators

Infographic results represent the experiences of 6 parents and 4 facilitators interviewed.

Demographic Information

Demographic information represents the 16 families who accessed the program.



Supporting Families

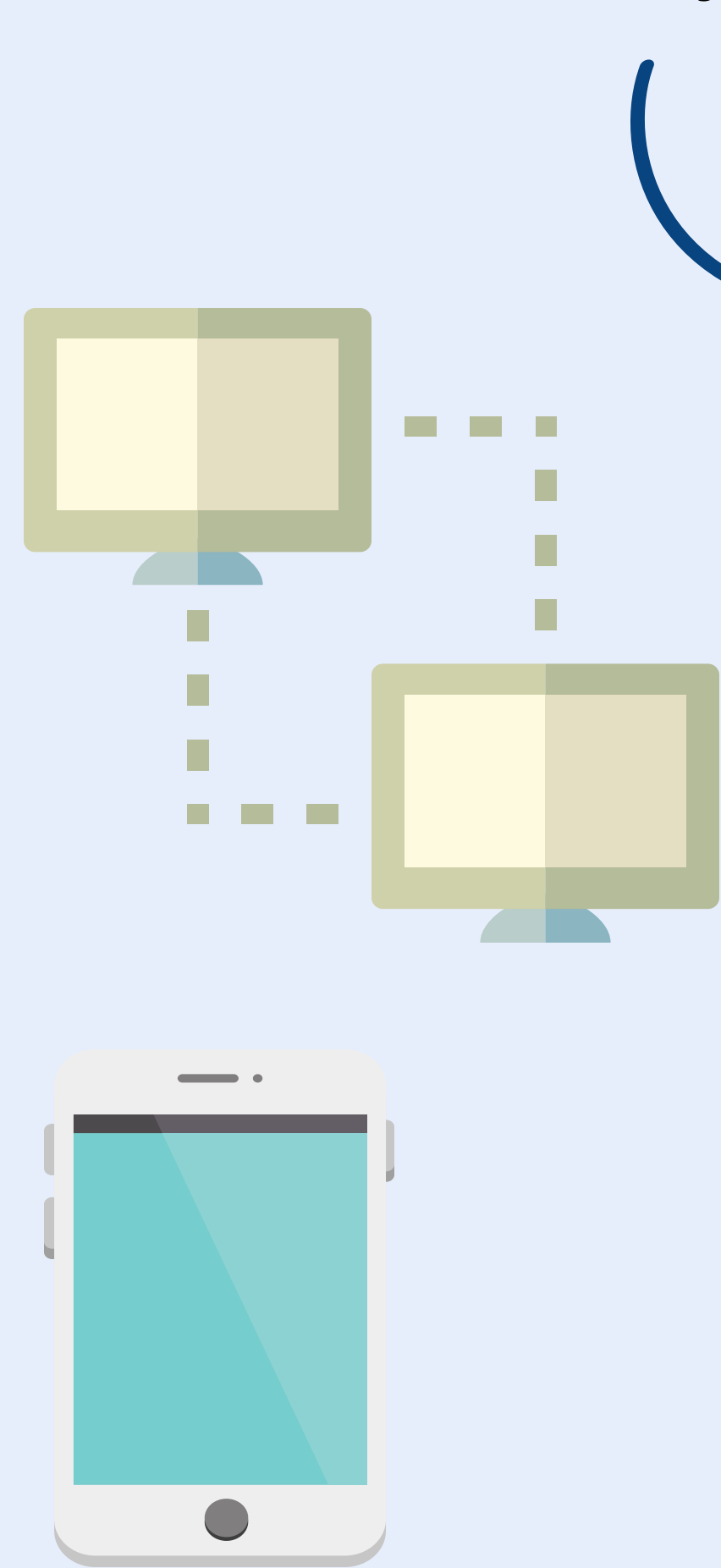
- Sessions offered a support for parents.
- Parents didn't feel alone when it came to sharing parenting difficulties.
- Parents discussed new parenting skills learned throughout sessions (i.e., getting down to child's level, using a calmer tone).
- Facilitators enjoyed seeing relationship building among parents.
- Parents offered suggestions and/or feedback when discussing parenting difficulties with others.



“You know, life didn't end for us. I mean, we still have these ongoing challenges even though we're here at home or during a pandemic, we're still facing this and we need the help. So, it was nice to have something when families needed that information the most.” [Parent]

Program Transition

- Discussions centred around in-person sessions being moved to an online format.
- Parents missed the provided meal and child-care portion of the program.
- Parents enjoyed the online platform but expressed online difficulties. (i.e., not knowing when to speak or missing face to face interactions).
- Faciliators found it more difficult reading body language throughout online sessions compared to in-person.
- Parent-to-parent discussions happened regardless of how the sessions were delivered.
- Both facilitators and families enjoyed both in person and online sessions, just in different ways.



“In the face-to-face workshop, the real communication with all the parents was beautiful and gave life to the sessions. On the other hand, the sessions via the Internet gave me the opportunity to focus more, because the discussion was only on the content and didn't deviate to other side issues that were sometimes distracting in person” [Parent]

Being Prepared

- Facilitators were nervous to shift to an online platform but gained confidence once they started.
- Facilitators found the in-person sessions to have more natural discussions but felt there was more preparation.
- Facilitators enjoyed the online sessions due to content (i.e., PowerPoints and sessions scripts) being pre-prepared and ready to go.
- Less logistical preparation meant facilitators were able to focus more on the PSF content and making relationships.



“We had a lot of time to prepare and go over the notes and discuss examples we wanted to give so we were able to concentrate more on the material rather than the logistics and the setup up and those elements when it was in person.”
[Facilitator]

Engagement

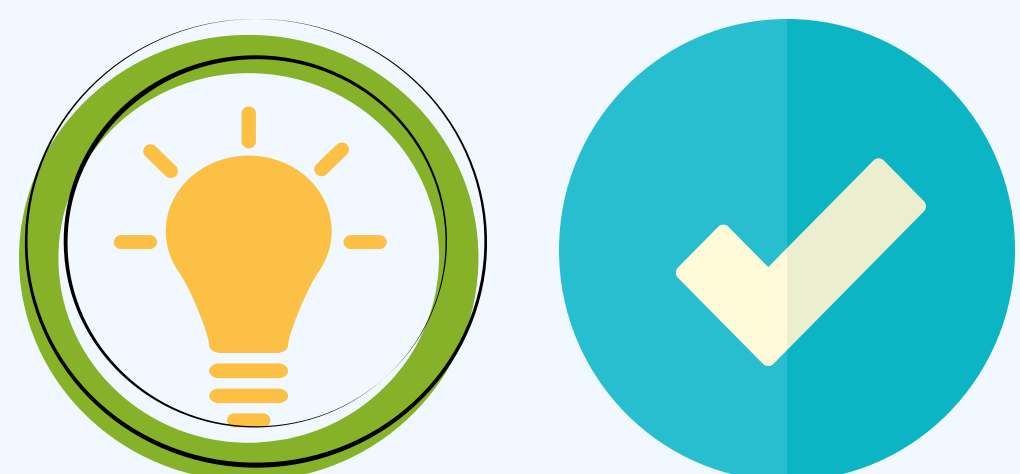
- In person and online sessions had a good amount of family engagement.
- Parents felt comfortable sharing experiences throughout in-person sessions.
- Facilitators felt that parent engagement took more effort and probing during online sessions.
- Due to distractions, parents would sometimes “step away” or go on mute to attend to their children.
- Overall, parents would come back and contribute in some capacity.

“I mean with online it's that comfort level, you know? Do I speak now? Do I wait? You know, trying to read peoples facial expressions, body language, but even if you have even one participant that gets the ball rolling the others feed off that which was what happened with us. There was definitely more participation in person but I think just the nature of being online” [Facilitator]



Making PSF Better

- Families suggested that sessions be pre-recorded so parents can access them on their own time or go back and catch up on what they missed.
- Facilitators mentioned making PSF content more reflective of different cultures. One facilitator in particular said that certain modules did not reflect different cultural beliefs (i.e., discipline and respect).
- Parents and facilitators suggested that the parenting workbook be less repetitive and more clear.



“I think it's really beneficial for parents to know about your program and have that opportunity to build those skills and better your parenting. No one's perfect obviously but it definitely gives you some tools in your pocket to be more mindful of your reactions and how you deal with situations involving your children. It's amazing, I loved it.” [Parent]

We acknowledge the support of the Public Health Agency of Canada's Mental Health Promotion-Innovation Fund (MHP-IF).



Public Health
Agency of Canada

Agence de la santé
publique du Canada

