



# **Families “Safe at Home”**

## **The COVID-19 Pandemic and Parenting in Canada**

**Nora Spinks CEO Vanier Institute of the Family**

# Research Activities

---

## Data Collection & Analysis

Week-over-week surveys, with boosters (Immigrants, Indigenous peoples, Youth)

---

Child and Youth Survey

---

Couple and Family Therapists, Counsellors and Psychotherapists

---

Veterans Targeted

---

Statistics Canada Web Panel and Crowdsourcing Surveys: Life during Pandemic, Labour Market Survey, Mental Health, Perceptions of Safety, Post Secondary Students, Parenting during Pandemic

---

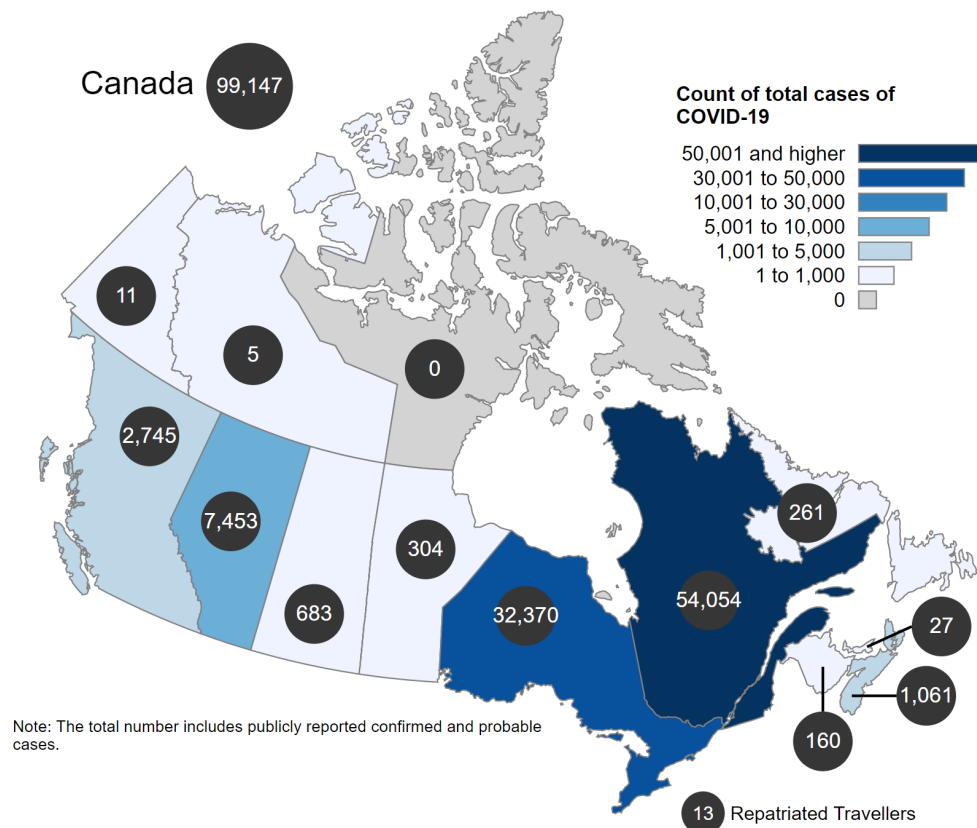
# Systems THEORY

## Family LENS

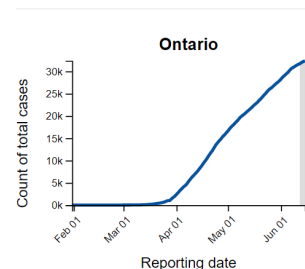
Families are like all other “systems”  
during the pandemic

their strengths and weaknesses are  
**magnified, amplified & intensified**

as relationships, interactions and  
behaviours adapt to changes in routine,  
habits, and experiences



The count of total cases of COVID-19 in **Ontario** was **32,370** as of June 15, 2020.



**37.9 million people in Canada**

## COVID-19 in Canada

2,183,476 Tested

99,147 Cases

8,175 Deaths

Among them...

82% of all deaths linked to the virus are seniors in long-term care facilities

**Canada** 2,183,476

Tested to June 15, 2020



A young girl with dark hair, wearing a light-colored shirt, is holding up a drawing of a rainbow with both hands. The drawing is on a white piece of paper and features a vibrant rainbow with red, orange, yellow, green, blue, and purple bands. The background is slightly blurred, showing what appears to be a window or a wall with some horizontal lines.

# **COVID-19 Social Impacts Network**

# **Réseau COVID-19 sur les impacts sociaux**

A searchable resource of family-related policy and program announcements in Canada

## Recent Policy Highlights



Fed. government launches Canada's COVID-19 Economic Response Plan, announces new supports



Que. government invests \$2.5M in family policy research



New funding to help sexual assault survivors in B.C.





L'Institut Vanier de la famille  
**VANIER**  
The Vanier Institute of the Family

Analyser • Synthétiser • Organiser • Mobiliser  
Analyze • Synthesize • Organize • Mobilize

[Home](#) [About Us](#) [Resources](#) [Projects](#) [UN SDGs](#) [Citations](#) [Family Research Consortium](#)



## Families in Canada Adapting: A Wedding at a Distance

Edward Ng shares his experience of attending a wedding that moved online as the newlywed's families adapted to social isolation.

2020-06-01 | Categories: [articles](#) | Tags: [COVID-19](#), [family relationships](#), [marriage](#), [pandemic](#), [technology](#), [transnational families](#) | [0 Comments](#)

[Read More >](#)



 **CANADIAN FAMILY  
POLICY MONITOR**





Statistics  
Canada

Statistique  
Canada

Search website



Subjects

Data

Analysis

Reference

Geography

Census

Surveys and statistical programs ▾

About StatCan

Canada.ca

[Home](#) → COVID-19: A data perspective

# COVID-19

## A data perspective



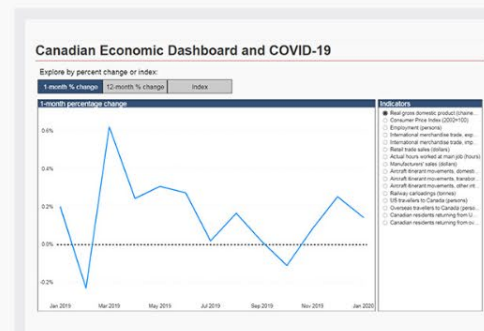
### Highlights



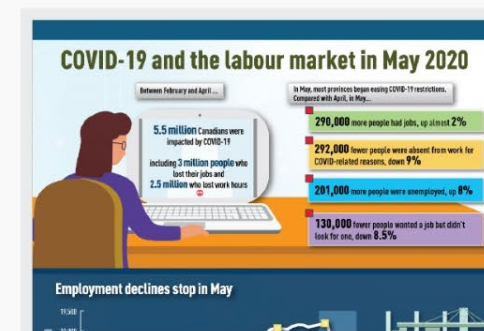
[Data tables related to COVID-19](#)



[Canadian Statistical Geospatial  
Explorer Hub](#)



[Canadian Economic Dashboard and  
COVID-19](#)



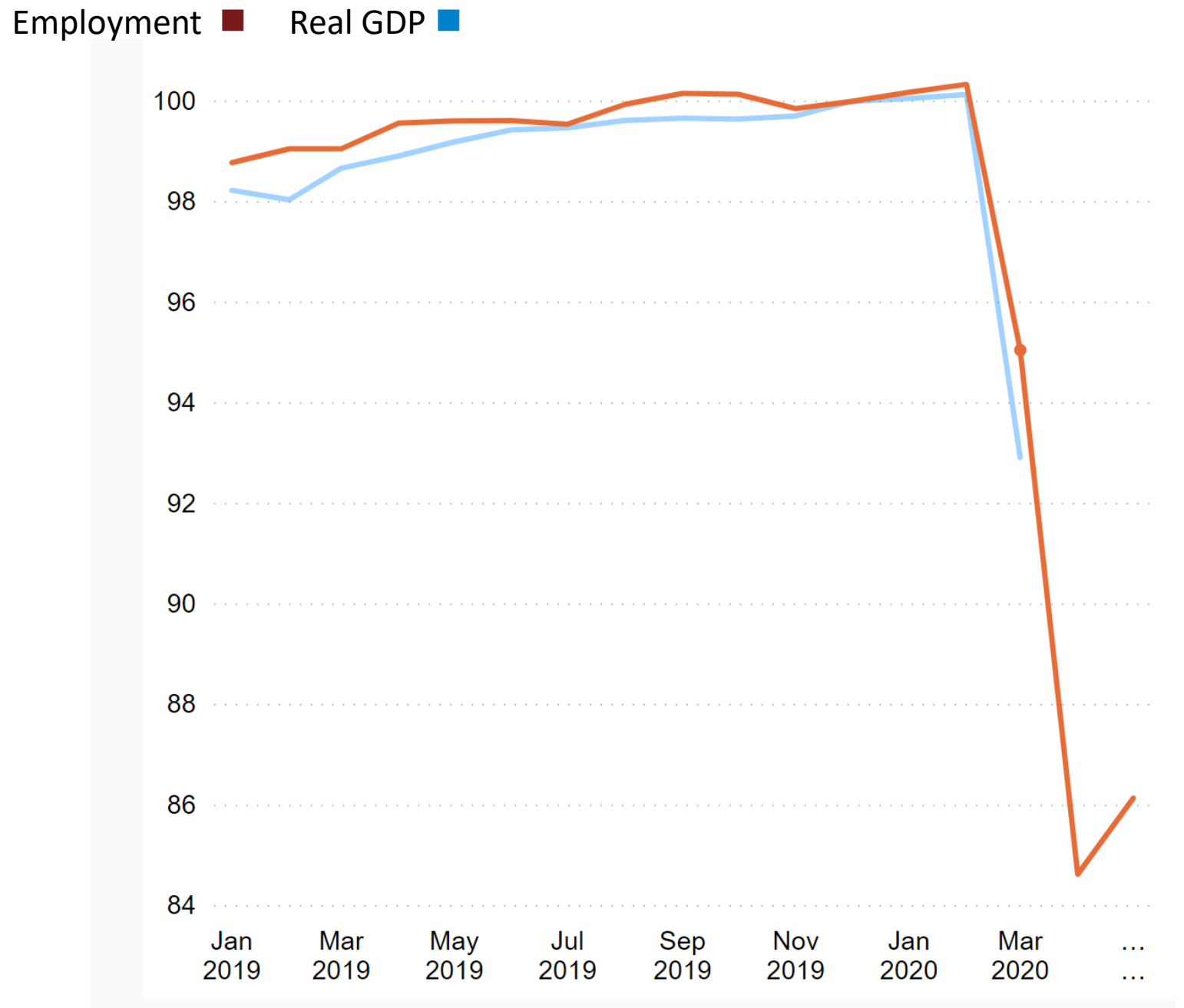
[COVID-19 and the labour market in  
May 2020](#)

[All COVID-19 releases](#)





# Canada's Real GDP Employment





Experiences

Aspirations &  
Expectations

Activities

Family Life

# Family Life

---

## **Families with Children**

Six in 10 parents reported they were talking to their children more often than before the lockdown began.

---

When young kids were in the house, adults were almost twice as likely as those with no children or youth at home to have increased their time spent making art, crafts or music.

---

## **Tension**

10% of women and 6% of men were very or extremely concerned about the possibility of violence in the home.

---

## ***Complex Relationships***

Fewer than 2 in 10 adults in committed relationships said they had been arguing more since the start of the pandemic.

---

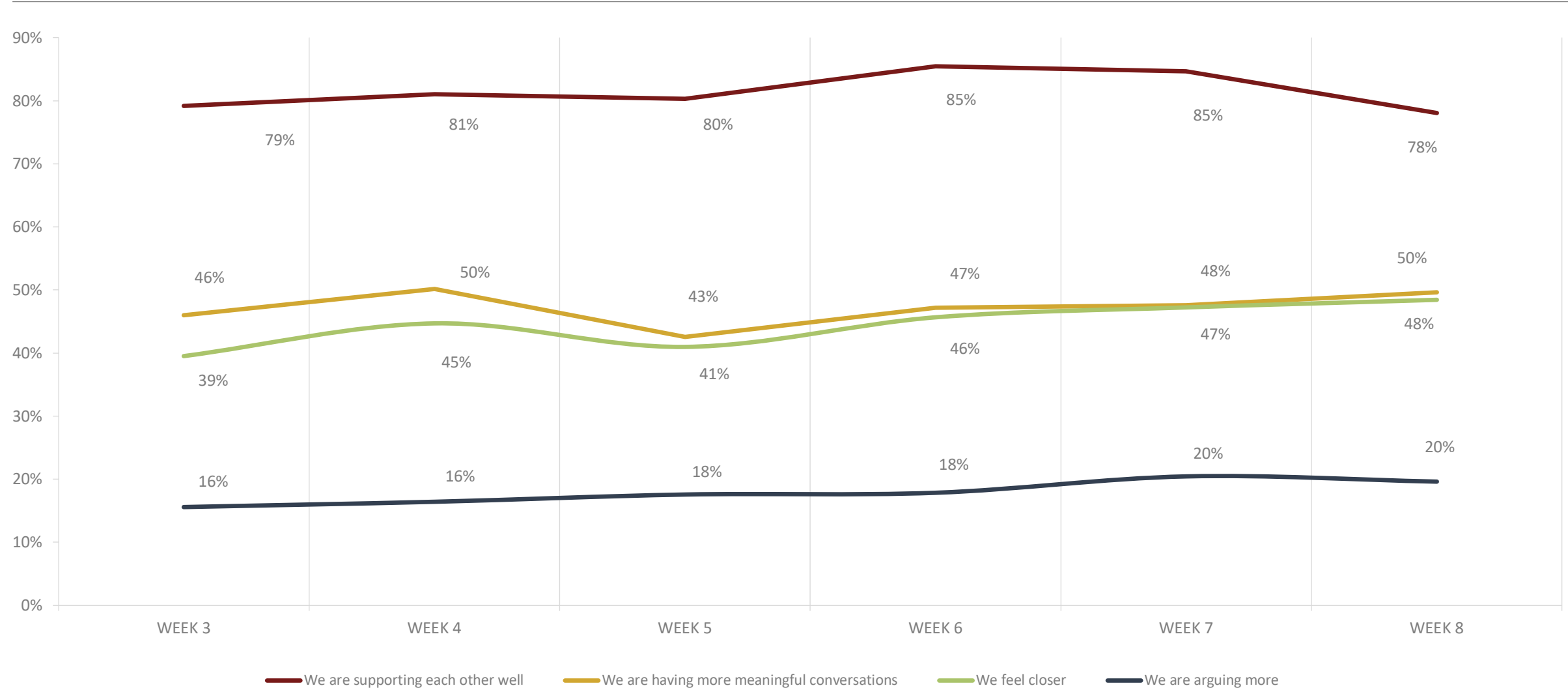
## **Seniors**

About 1 in 5 Canadians had senior relatives living in a nursing home or facility, with 92% of females and 78% of men being very or somewhat concerned for their health.

---



# Relationship Characteristics of Adults in Committed Relationships – % Agreeing



# Family Life

## Mental Health

Crowdsourcing participants reported either very good or excellent (46%) or good (31%) mental health.

Nearly half of participants (48%) said that their mental health was “about the same,” “somewhat better” or “much better” than it had been prior to COVID-19.

One-third of adults said that they were very or extremely concerned about family stress from confinement.

About half of adults said they felt anxious or nervous or felt sad “very often” or “often” since the beginning of the COVID-19 crisis.

## Gender Analysis

Women were considerably more likely than men to report experiencing anxiety or nervousness, sadness, irritability or difficulty sleeping during the pandemic.

# Family Life

---

## Fear

Canadians were more afraid of a loved one contracting COVID-19 than they were of contracting it themselves.

---

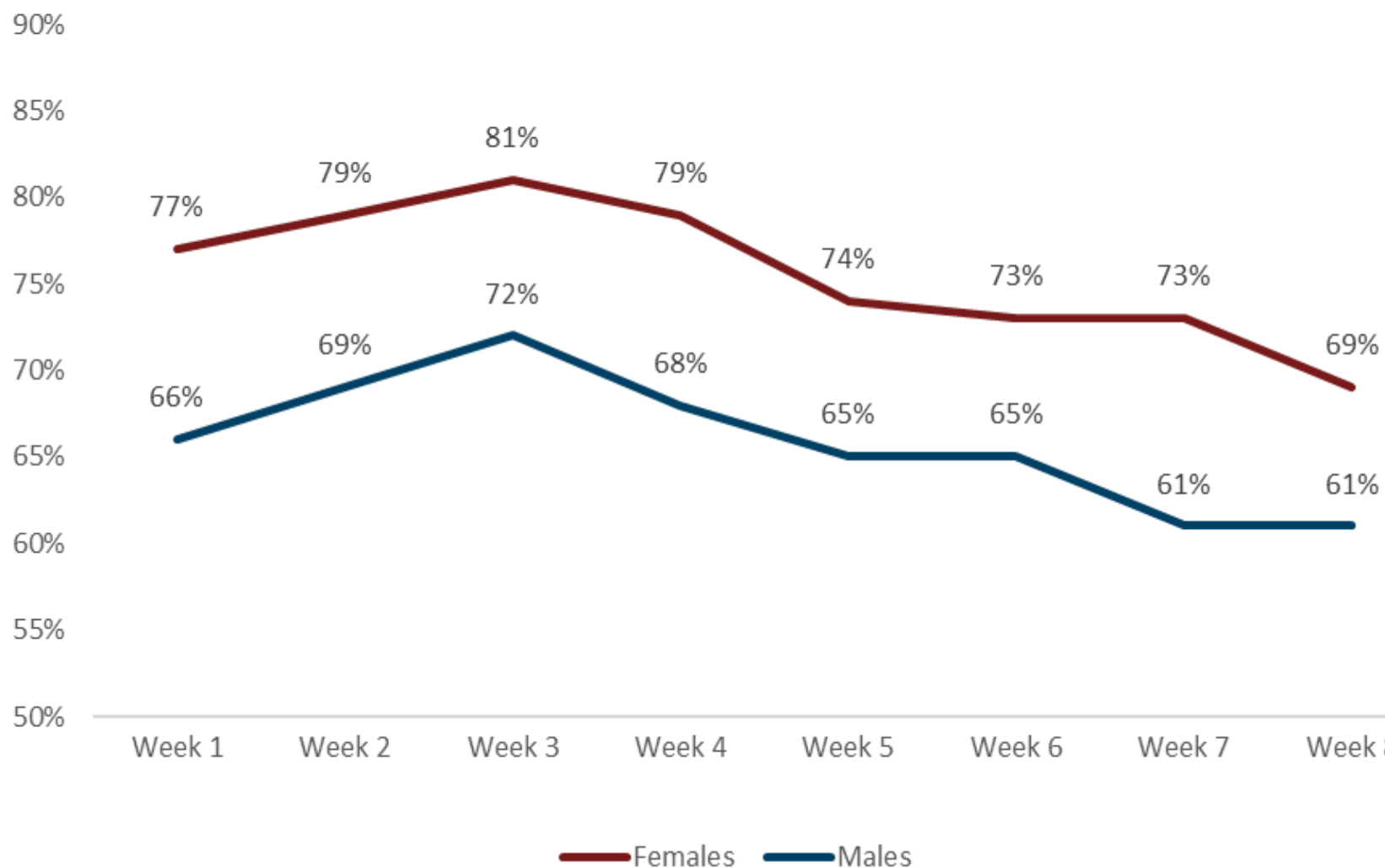
Adults who were “very” or “extremely” concerned about:

- their own health: 36%
  - health of someone in household: 54%
  - health of vulnerable people: 79%
  - overloading the health care system: 84%
-



# Are you afraid that someone in your immediate family will contract COVID-19?

*% Somewhat or very afraid*





# Family Well-Being

Gratitude

Sleep

Food & Nutrition

Exercise

# Family Well-Being

---

## **Generosity & Gratitude**

When asked to describe how they have been primarily feeling in recent weeks, Canadians were most likely to say they were worried (44%), anxious (41%) and bored (30%); fully one-third (34%) also said they were “grateful.”

---

---

## **Exercise**

Adults across all age groups continued to exercise during the pandemic, as two-thirds of adults aged 18–34 reported that they were exercising equally as often or more often during the pandemic than they were before it started. The figures were similar for adults aged 35–54 (62%) and aged 55 and older (65%).

---

---

## **Food & Nutrition**

Younger adults (aged 15–49) were more likely to report an increase in junk food consumption than older adults.

---

Food banks saw a 20% average increase in demand, with some local food banks, such as those in Toronto, Ontario, seeing increases as high as 50%.

---

---

## **Alcohol & Drugs**

More than 9 in 10 people aged 15 and older said that the pandemic had not changed their consumption of tobacco nor cannabis. Just under 8 in 10 reported that the pandemic had not affected their drinking habits.

---



# Youth Well-Being

<b>Self</b>	Older teens (aged 15–17) were having more difficult sleeping, feeling more anxious or nervous, sad and irritable.
	Younger teens (aged 12–14) were more likely to feel happy than older teens.
<b>Family</b>	Many youth said they were doing more housework or chores during the pandemic
<b>Friends</b>	Approximately half of children and youth across all age groups missed their friends the most while in isolation
	Though 75% of youth claimed to be keeping up with school while in isolation; 60% were unmotivated; 57% disliked the arrangement i.e. online learning; virtual classrooms.
<b>News and Information</b>	Youth aged 12–19 said they got most of their information about COVID-19 and public health measures from their parents.

# Youth Well-Being

## Mental Health

Older youth, aged 15–17, were more anxious than younger youth, aged 12–14

---

Among youth aged 15–17, 50% reported that the pandemic had had “a lot” or “some” negative impact on their mental health, compared with 34% of youth aged 12–14.

---

Approximately 4 in 10 youth aged 12–17 reported “a lot” or “some” negative impact on their physical health.

---



Benefits  
Programs & Services

Government Response



# Government of Canada

*“We know that times have been tough, and  
Canadians are concerned about their jobs, and  
the health and safety of their families.  
We promised that we would be here  
to support all Canadians”*

~The Rt. Hon. Justin Trudeau  
Prime Minister of Canada

# Canada Emergency Response Benefit (CERB)

---

**April-  
September  
2020**

\$2,000 every four weeks to workers who have lost their income as a result of the pandemic

---

As of early May 2020, more than 7 million Canadians had applied for CERB since its introduction.

---

# Temporary Increase to the Canada Child Benefit (CCB)

---

## Additional Monthly Benefit

An additional \$300 per child was added to the benefit in May 2020.

---

A family with two children received \$600, in addition to their regular monthly CCB payment

---

A maximum of \$553.25 per month per child under the age of 6

---

A maximum of \$466.83 per month per child aged 6–17

---

# Family Benefits and Supports Covid-19 Related

## Government Benefits

### *Sample*

---

Mortgage Payment Deferral

---

Special Goods and Services Tax Credit

---

Temporary wage top-up for low-income essential workers

---

Emergency Relief Support Fund for Parents of Children with Special Needs (Province of British Columbia)

---

COVID-19 Income Support Program (Province of Prince Edward Island)

---

Support for Families Initiative (Province of Ontario)

---

Emergency Allowance for Income Assistance Clients (Northwest Territories)

---

# What's Next

- Research - Universities (special call for proposals COVID funding) – *expedite research to practice*
- Analysis and lessons learned
- Monitoring and longitudinal analysis
- Impact assessment of interventions and programs
- Forecasting (second and subsequent waves)
- Emergency preparedness for future
- Continuance of CERB >> Guaranteed Basic Income?
- Funding for Early Learning and Child Care
- Long Term Care reform?
- Vanier Institute's **Family Well-Being INDEX, Family POLICY Monitor, Family Research CONSORTIUM**





*L'Institut Vanier de la famille*

**VANIER**

*The Vanier Institute of the Family*