



Phase 2 Results



Greater Sudbury Middle Childhood Partnership:

Building Intersectoral Partnerships and Community Strategies to support the health and well-being of children aged 6 to 12 and their families

Background

The City of Greater Sudbury Children Services Section received funding in early 2023 to complete a project to increase collaboration in the Children Services sector to support coordination of resources for children in middle childhood (6 to 12 years of age) and their families. The goal of the project is to:

- Provide targeted support and resources to identify and engage partners
- Create a networking/planning infrastructure that is sustainable
- Develop shared goals and strategies and build communication tools to keep partners connected
- Develop strategies to coordinate and promote community programming, resources and information for families, to support the social, physical and mental health of children aged 6 to 12 and their families.

Project Timeline

- **Phase 1:** Literature review and stakeholder engagement – one-on-one interviews with community partners who provide services to families and children aged 6 to 12 (**April to August 2023**)
- **Phase 2:** Public engagement – engagement with families of children aged 6 to 12 (**September to December 2023**)
- **Phase 3:** Develop resources and tools to support stakeholders, children and families (**November to December 2023**)
- **Phase 4:** Develop strategies for long-term maintenance of partnerships and resources and evaluation of strategies (**December to February 2024**)

In Phase 1 of the project, a literature review was completed on recent research related to the well-being of children aged 6-12, specifically related to social, physical, and mental well-being. 1:1 interviews were completed with community partners in the Children Services sector on trends they have observed related to the well-being of children in this age group. The Phase 1 Final Report can be found [here](#).

In Phase 2 of the project, the Children Services Section engaged with parents/guardians of children aged 6-12 through an Over to You page hosted on the City of Greater Sudbury website. The Over to You page hosted a survey to collect feedback from parents/guardians of children aged 6-12 to collect their input on their child(s) social, physical, and mental health, and resources and supports they may require for their child related to these areas.

Methods

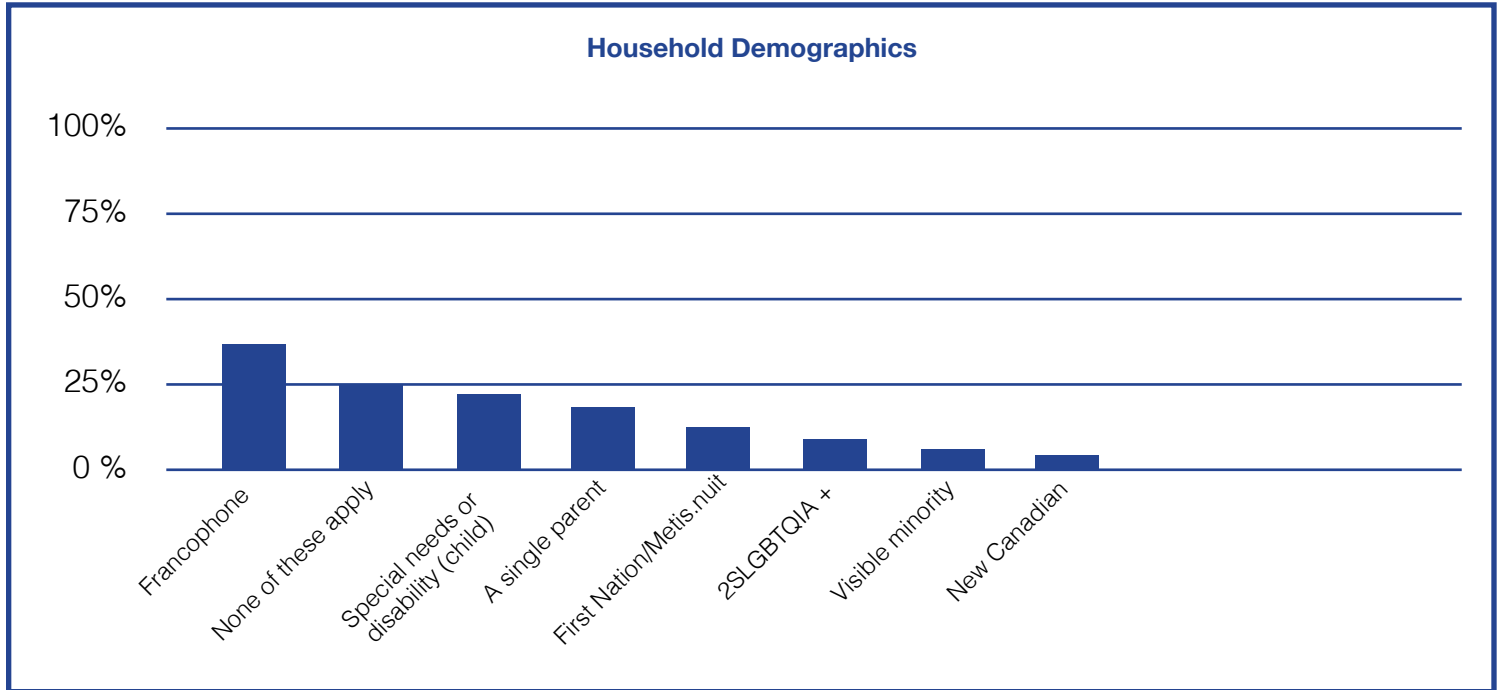
Two options were provided to respond to the survey: a long version (25 questions) and a short version (six questions) both available in English and French. The survey was available from November 10th to December 15th, 2023. The survey was shared with community partners participating in the Early Years Planning Network, City of Greater Sudbury Immigration Services, and community partners who participated in the 1:1 interviews in Phase 1 of the project to share the survey with parents of children aged 6-12. The survey was shared directly with community members through the City of Greater Sudbury Facebook, Twitter, and Instagram pages, and through the Children's Services Registry for childcare. Participants of the survey were eligible to be entered into a draw for one of three \$50 City of Greater Sudbury Leisure Services gift cards. Community members were also provided with the project team's email and phone number to provide additional feedback on the project.



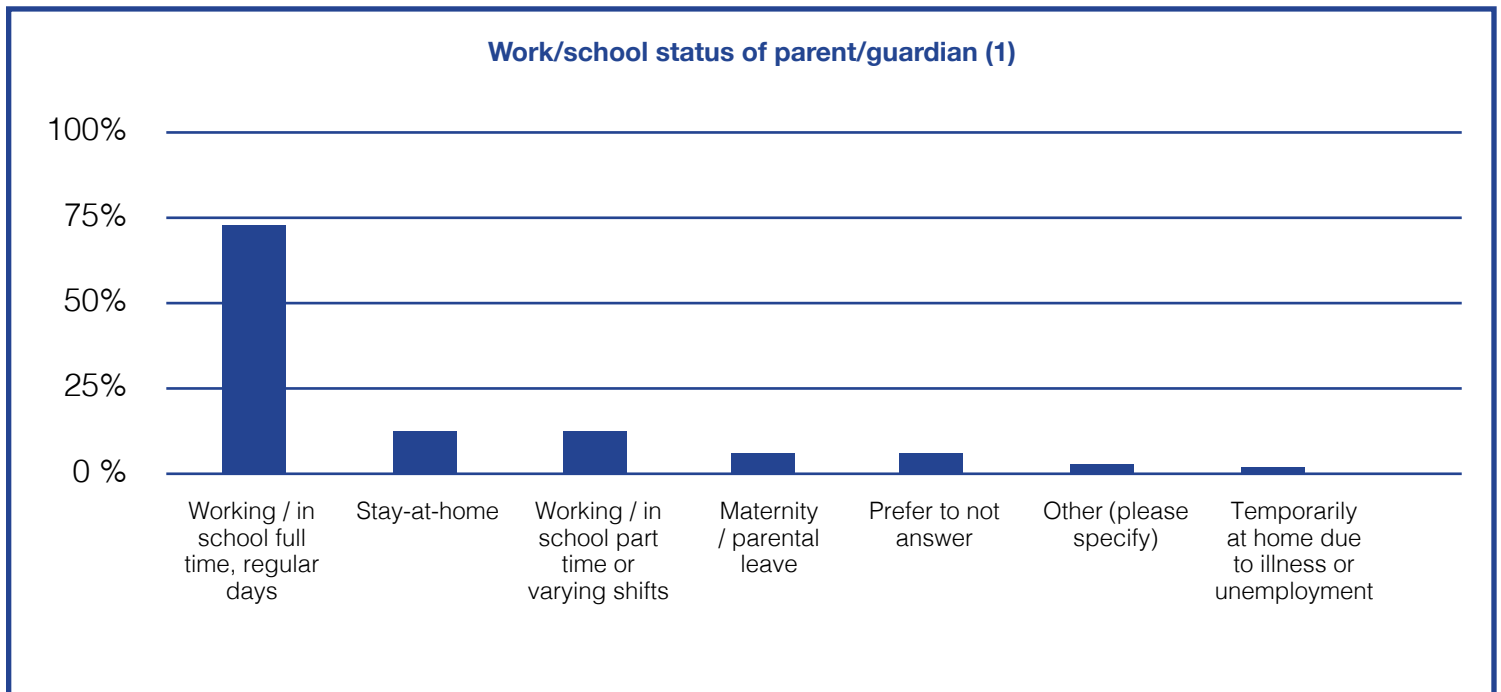
Results

150 participants responded to the short survey and 91 participants responded to the long survey. 211 participants responded to the English surveys and 30 responded to the French surveys. In total, 241 surveys were completed.

Demographics

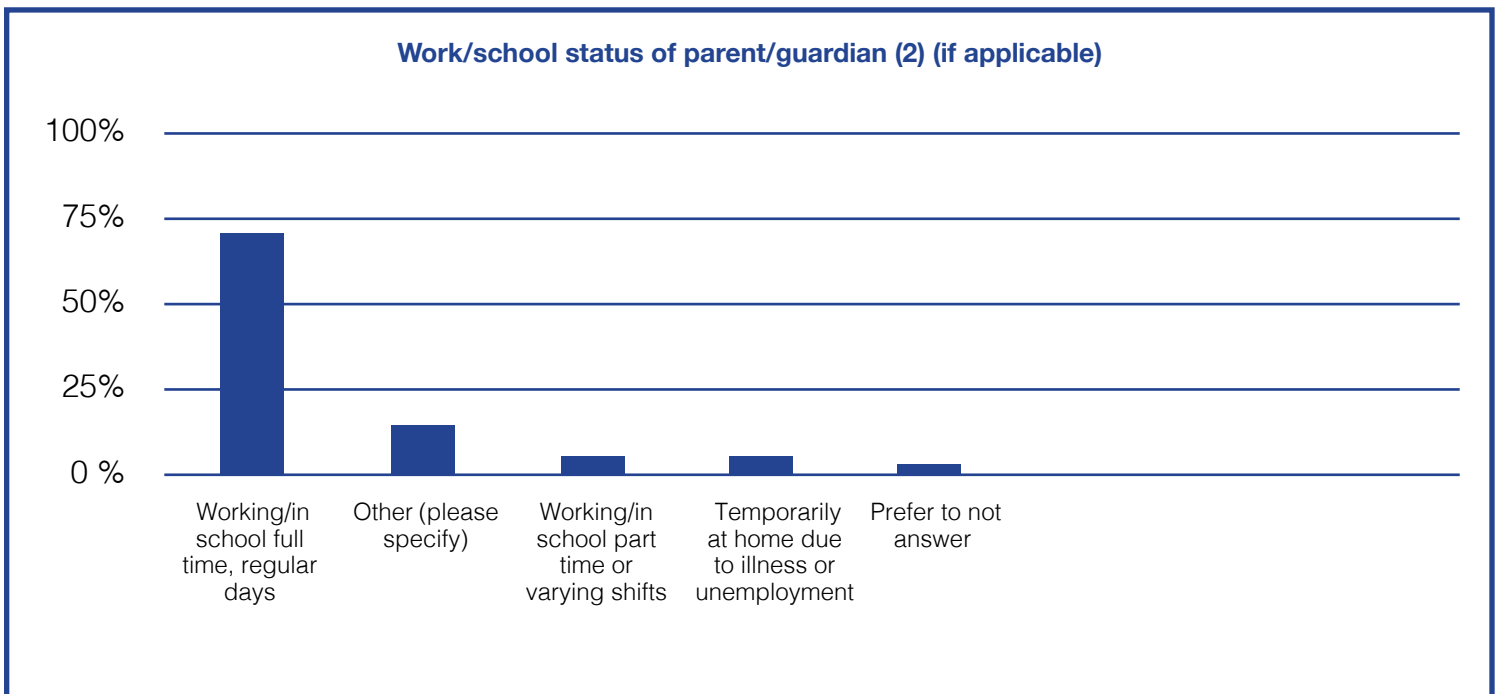


Survey participants were asked demographics of their family household. 37% of participants identified at least one member of their household was Francophone, 26% had a child with special needs or disability, 21% were a single parent, 11% identified as First Nation, Metis, or Inuit, 7% as 2SLGBTQIA+, 5% as a visible minority, and 4% as a new Canadian.



Survey participants were asked about the current work or school status of both parents or guardians in their household. For the first parent or guardian, the majority (72%) were working or in school full time.

Key Performance Indicators for the Middle Childhood Project:



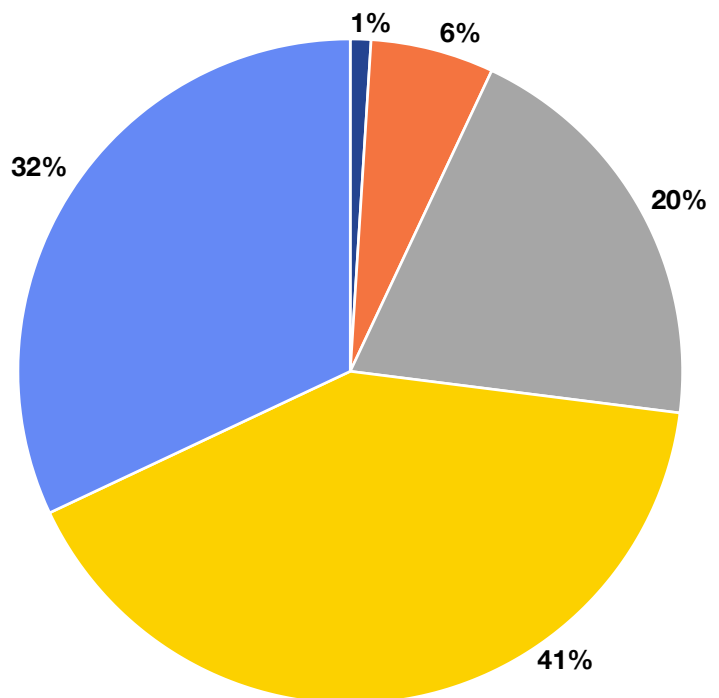
Survey participants were asked about the current work or school status of the second parent or guardian in their household (if applicable). For the second parent or guardian, the majority (70%) were also working or in school full time.

Social Well-being

How would you rate your child's social well-being? (one is poor, five is excellent)

Social well-being indicates the child's ability to make friends, play with others, resolve conflict, have empathy towards others, and help others, among other indicators.

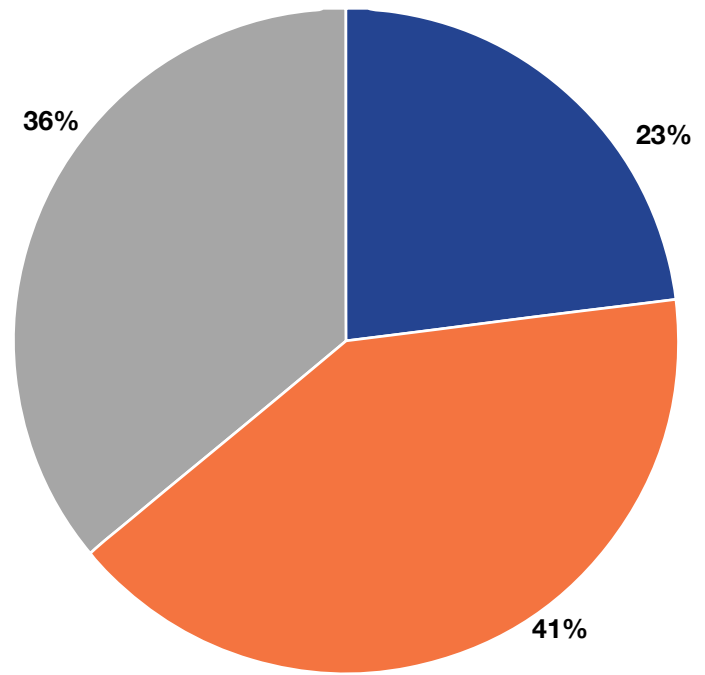
Parents and guardians were asked to rate their child's social well-being on a scale of one to five - one indicating poor social well-being and five indicating excellent social well-being. 41% of parents and guardians rated their child's social well-being as good (4) and 32% of parents rated their child's social well-being as excellent (5). The weighted average for social well-being was 3.95.



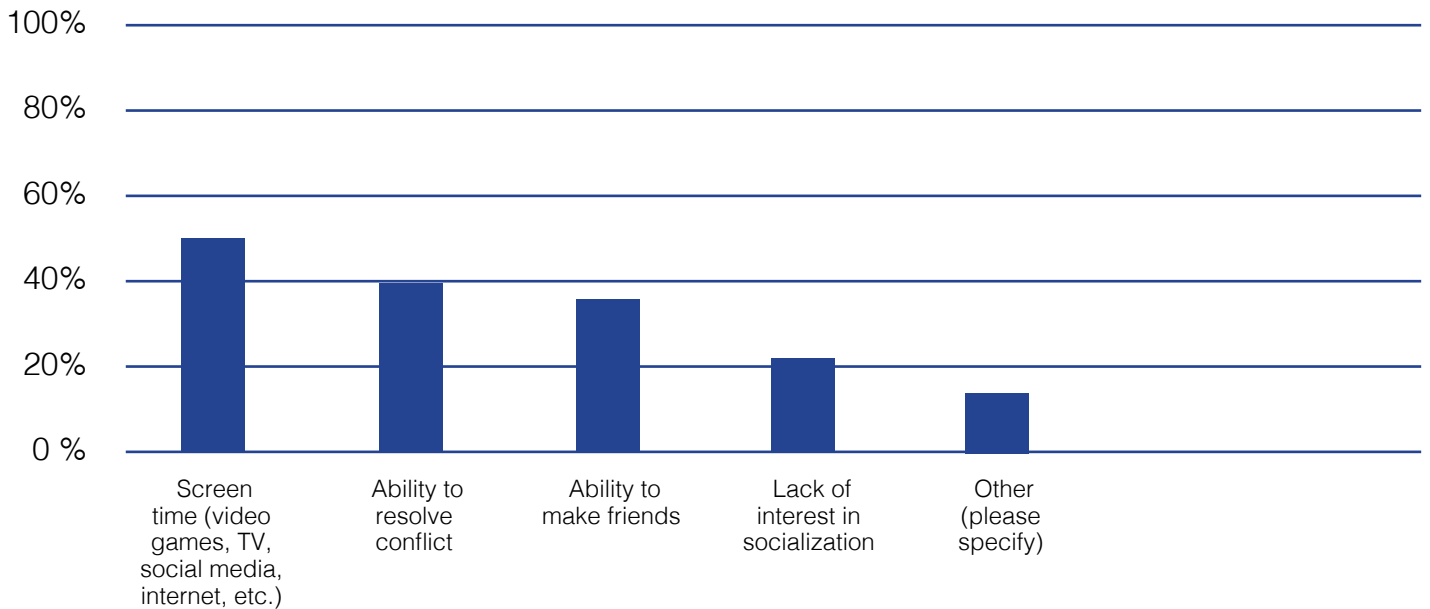
Do you have concerns about your child's social well-being?

Parents and guardians were asked if they had concerns about their child's social well-being. 41% indicated they were somewhat concerned, 36% were not concerned, and 23% were concerned.

Yes **Somewhat** **No**

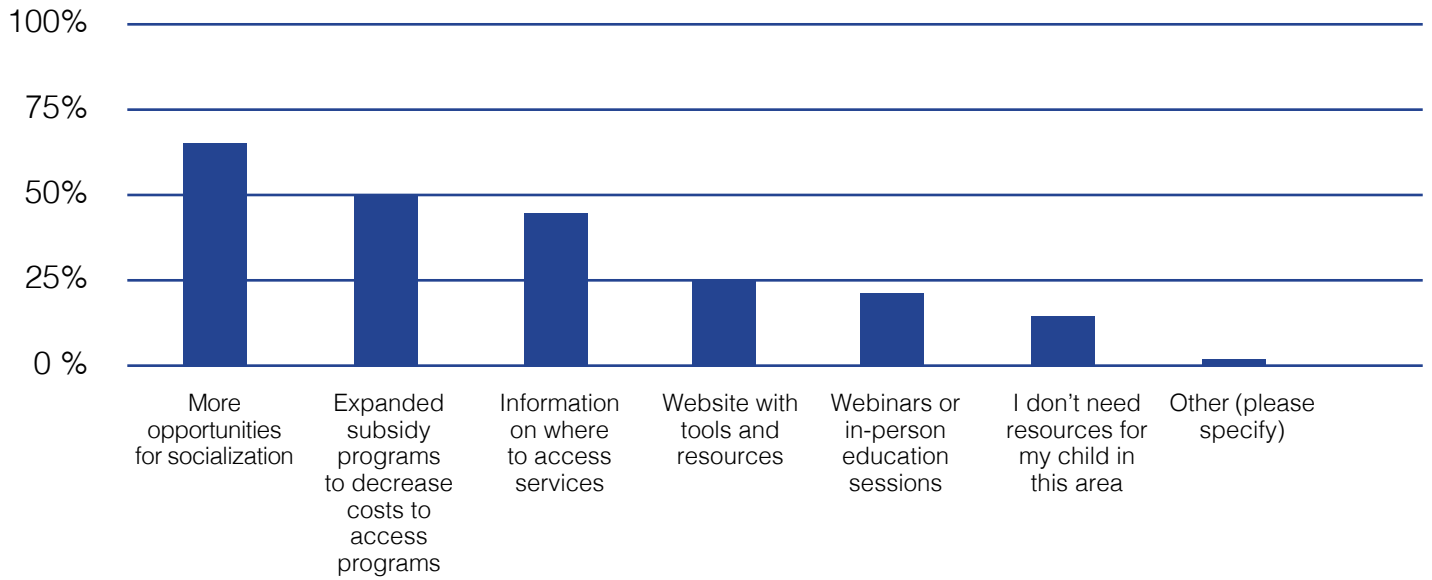


If you have concerns about your child's social well-being, what are your main concerns? (Select all that apply)



Parents and guardians were asked their main concerns related to their child's social well-being. 51% indicated concerns with screentime, 40% had concerns about their child's ability to resolve conflict, and 34% had concerns about their child's ability to make friends.

What types of resources would be helpful to support your child's social well-being? (Select all that apply)

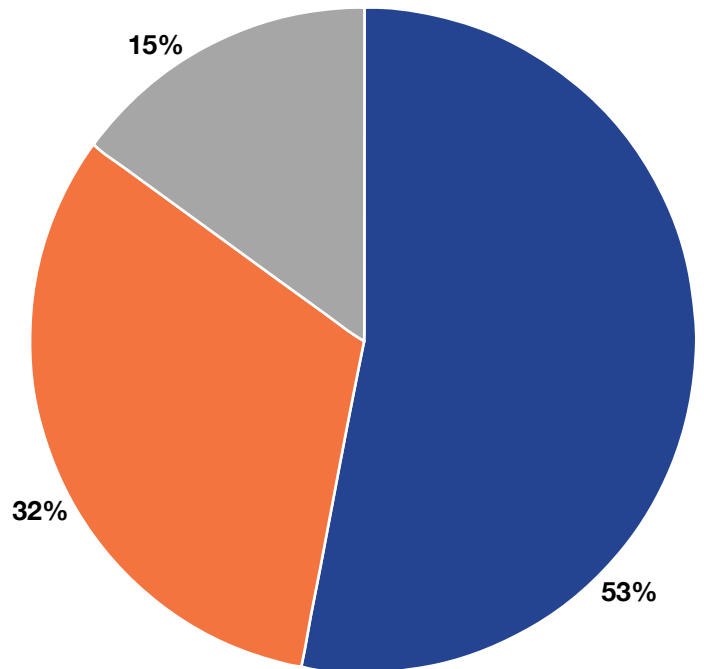


Parents and guardians were asked about the types of resources that would be helpful to support their child's social well-being. 66% indicated more opportunities for socialization, 51% indicated expanded subsidy programs to decrease costs to access programs, and 44% indicated information on where to access services.

Have you ever accessed resources or services to support your child's social well-being in CGS?

Parents and guardians were asked if they had ever accessed resources or services to support their child's social well-being in the City of Greater Sudbury. 53% indicated they had accessed services, 32% had not, and 15% were not sure where to access services.

■ **Yes**
 ■ **No**
 ■ **No, I'm not sure where to find resources/services**

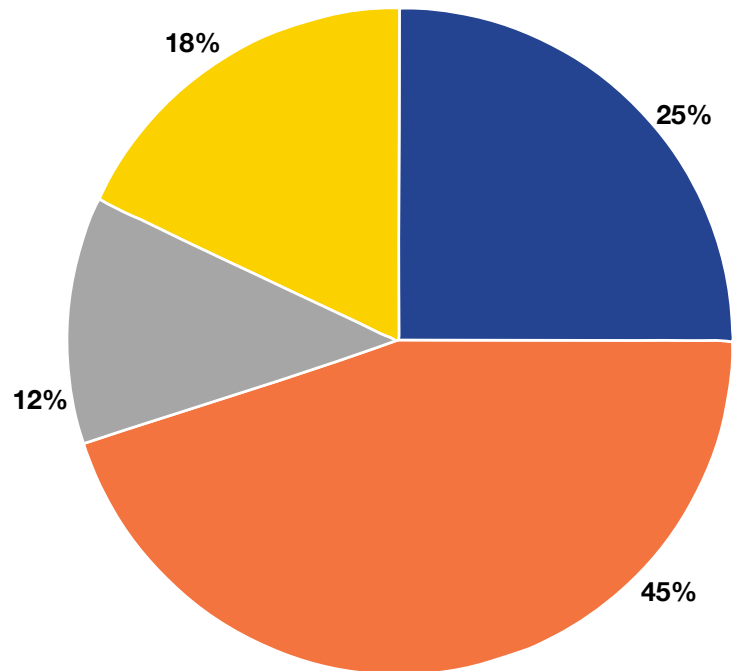


If you have accessed resources or services to support your child's social well-being, did you feel they met your child's needs?

If parents and guardians had accessed resources or services to support their child's social well-being, they were asked if they felt these services had met their child's needs. 45% indicated the services had somewhat met their child's needs and 25% indicated they had met their needs. Only 12% indicated the services had not met their child's needs.

Additional feedback provided by parents and guardians related to social well-being were focused around the key themes of:

- Improved accessibility and inclusion for children with special needs in programming
- Increase in the availability of programs for school-aged children and their families (including in rural areas)
- Increased awareness of new and existing programs
- Increased subsidy to access programs



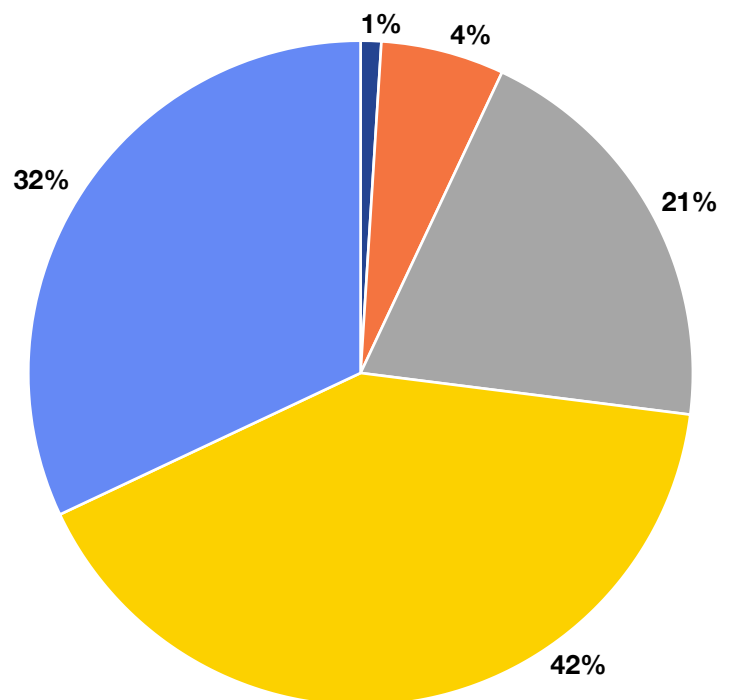
■ Yes ■ Somewhat ■ No ■ Prefer to not answer

Physical Health

How would you rate your child's physical health? (one is poor, five is excellent)

Physical health indicates the child's ability to participate in physical activity, have a balanced diet, and adequate sleep, among other indicators.

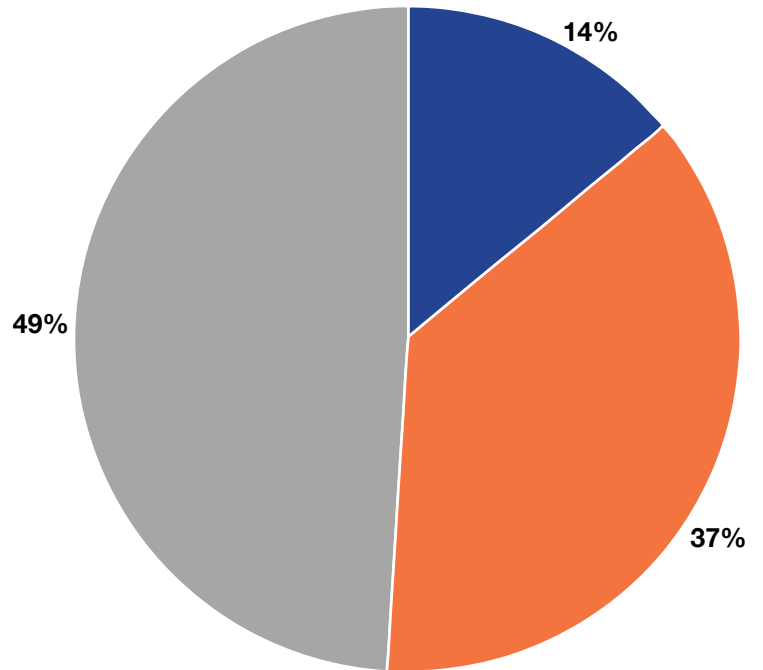
■ 1 ■ 2 ■ 3 ■ 4 ■ 5



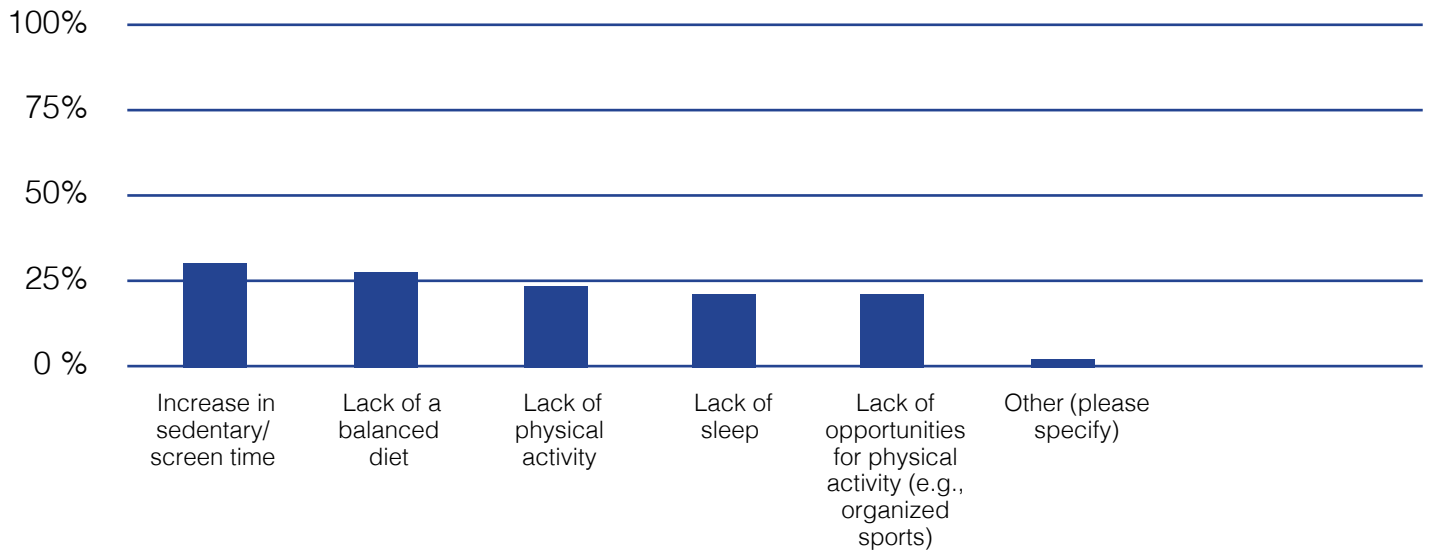
Do you have concerns about your child's physical health?

Parents and guardians were asked if they had concerns about their child's physical health. 49% of parents were not concerned about their child's physical health, 37% were somewhat concerned, and 14% were not concerned.

Yes **Somewhat** **No**

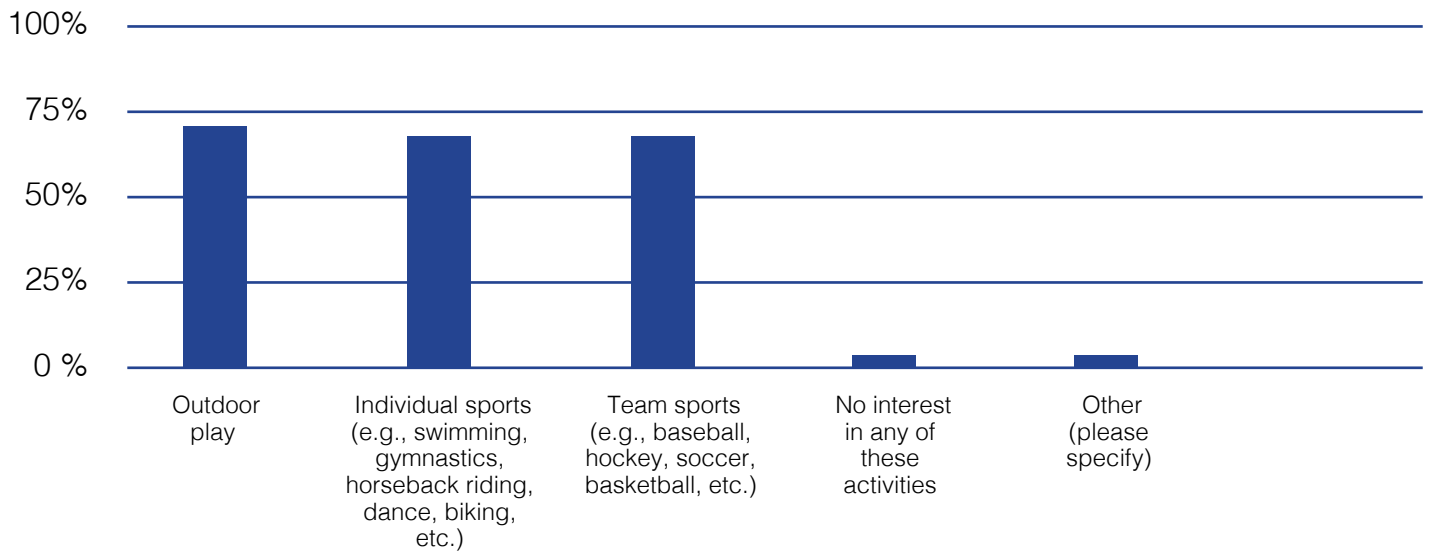


If you have concerns about your child's physical health, what are your main concerns? (Select all that apply)



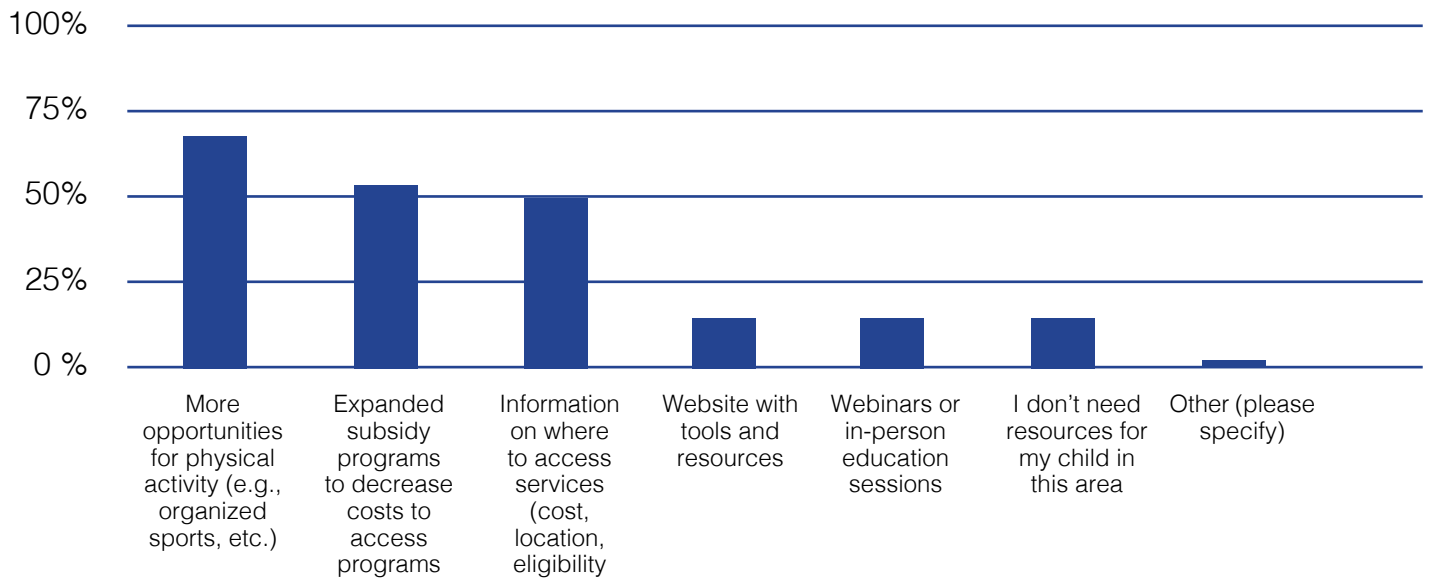
Parents and guardians were asked their main concerns related to their child's physical health. 30% indicated an increase in sedentary/screen time, 28% indicated a lack of a balanced diet, 23% lack of physical activity, 22% lack of sleep, and 21% lack of opportunities for physical activity.

What types of physical activity is your child most interested in? (Select all that apply)



Parents and guardians were asked the types of physical activity their child is most interested in. 68% indicated outdoor play, 66% indicated individual sports, and 66% indicated team sports.

What types of resources would be helpful to support your child's physical health? (Select all that apply)

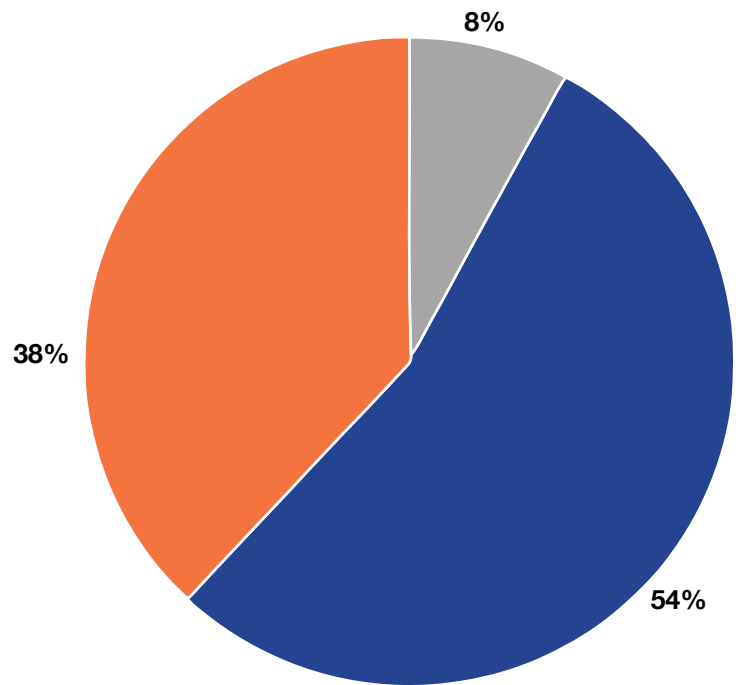


Parents and guardians were asked about the types of resources that would be helpful to support their child's physical health. 66% indicated more opportunities for physical activity, 57% indicated expanded subsidy programs to decrease costs to access programs, and 51% indicated information on how to access services.

Have you ever accessed resources or services to support your child's physical health in Greater Sudbury?

Parents and guardians were asked if they had ever accessed resources or services to support their child's physical health in the City of Greater Sudbury. 54% indicated they had accessed resources and 38% indicated they had not.

■ **Yes**
 ■ **No**
 ■ **No, I'm not sure where to find resources/services**



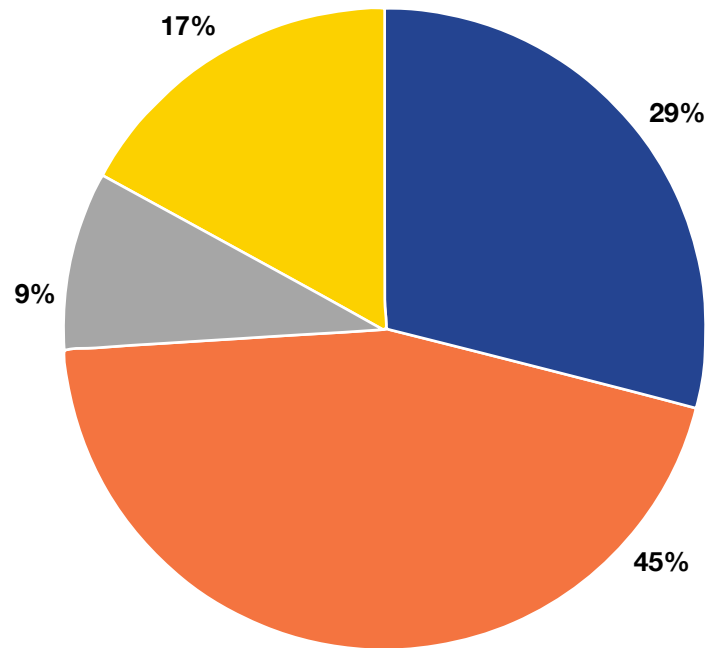
If you have accessed resources or services to support your child's physical health, did you feel they met your child's needs?

If parents/guardians had accessed resources to support their child's physical health, they were asked if the services had met their child's needs. 45% indicated the services had somewhat met their child's needs and 29% indicated they had met their child's needs.

Additional feedback provided by parents and guardians related to physical health were focused around the key themes of:

- Improved accessibility and inclusion in programs for children with special needs
- Increased subsidy programs
- Increased availability of programming and play opportunities (including rural areas)
- Upgrading of existing recreation spaces in CGS
- Increased promotion of available opportunities

■ **Yes**
 ■ **Somewhat**
 ■ **No**
 ■ **Prefer to not answer**



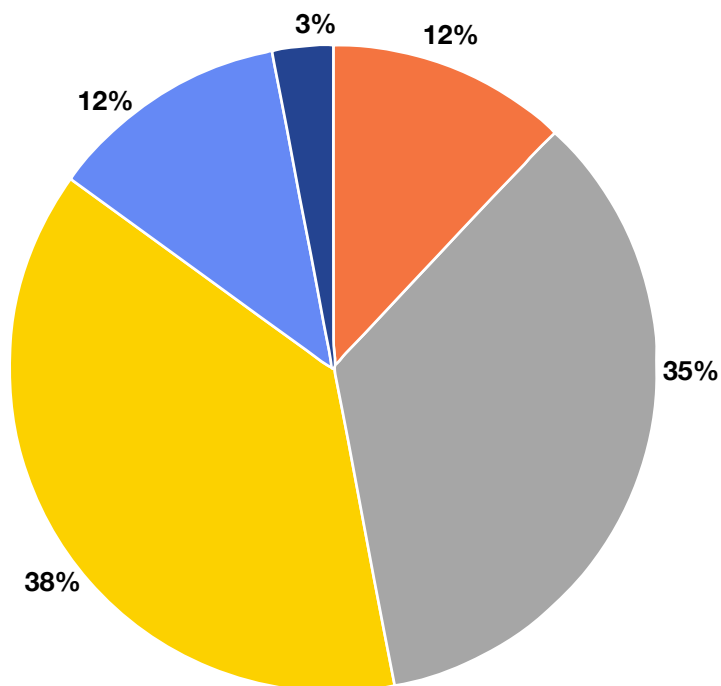
Mental Health

How would you rate your child's mental health? (one is poor, five is excellent)

Mental health indicates the child's ability to regulate their emotions, handle stress, have resiliency and high self-esteem, among other indicators.

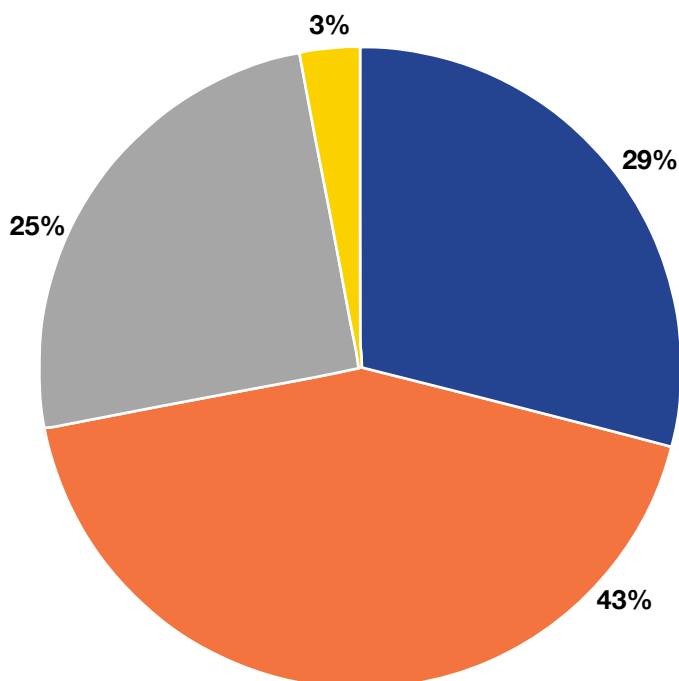
Parents and guardians were asked how they would rate their child's mental health – five indicated excellent mental health and 1 indicated poor mental health. 38% of parents and guardians indicated their child's mental health as good (4) and 35% indicated moderate mental health (3). The weighted average for this rating was 3.44.

Mental health was the lowest rated category among parents/guardians in comparison to social well-being and physical health.

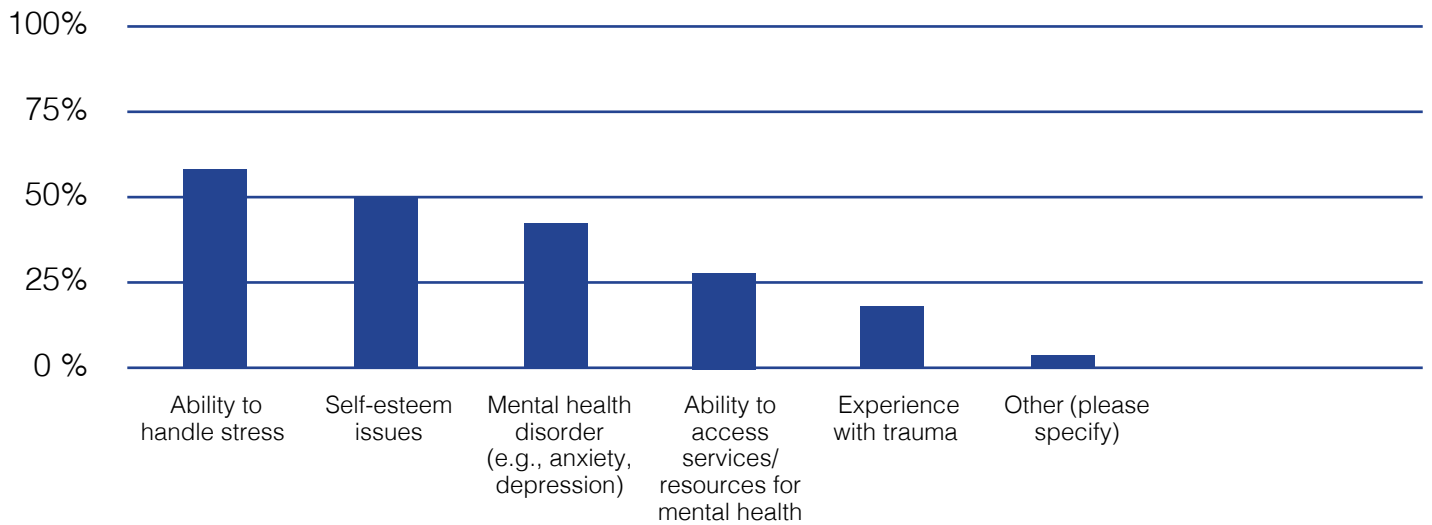


Do you have concerns about your child's mental health?

Parents and guardians were asked if they had any concerns about their child's mental health. 43% indicated they were somewhat concerned, 29% indicated they were concerned, and 25% indicated they were not concerned.

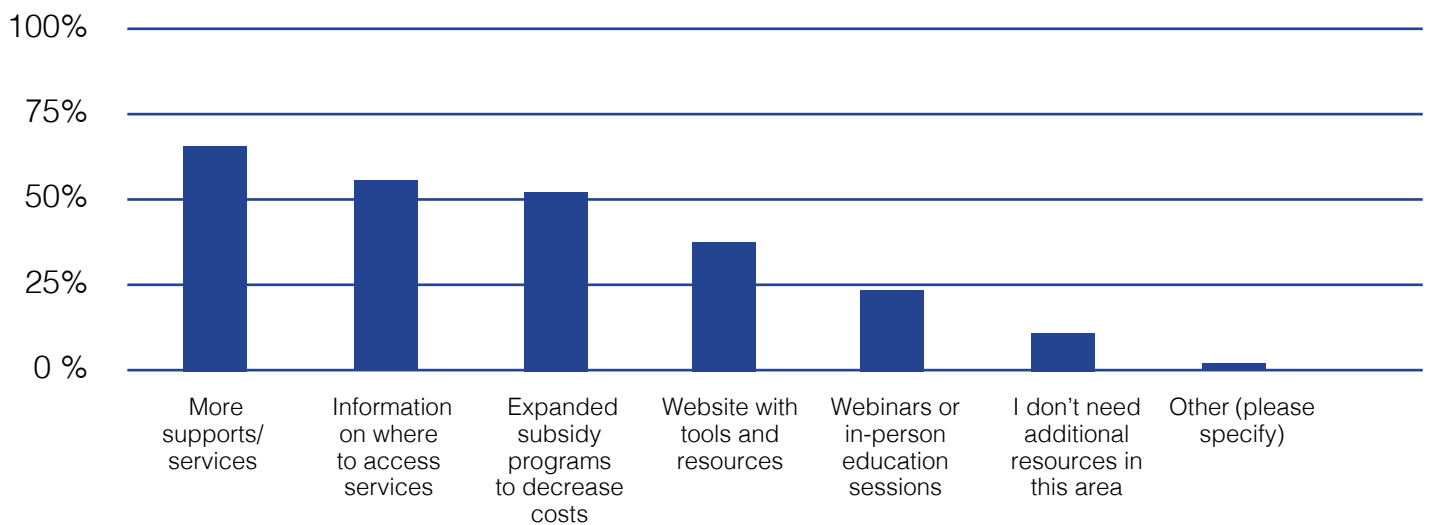


If you have concerns about your child's mental health, what are your main concerns? (Select all that apply)



Parents and guardians were asked their main concerns related to their child's mental health. 60% indicated concerns about their child's ability to handle stress, 51% were concerned about self-esteem issues, 41% were concerned about mental health disorders (anxiety, depression), and 27% were concerned about their ability to access services and resources related to mental health.

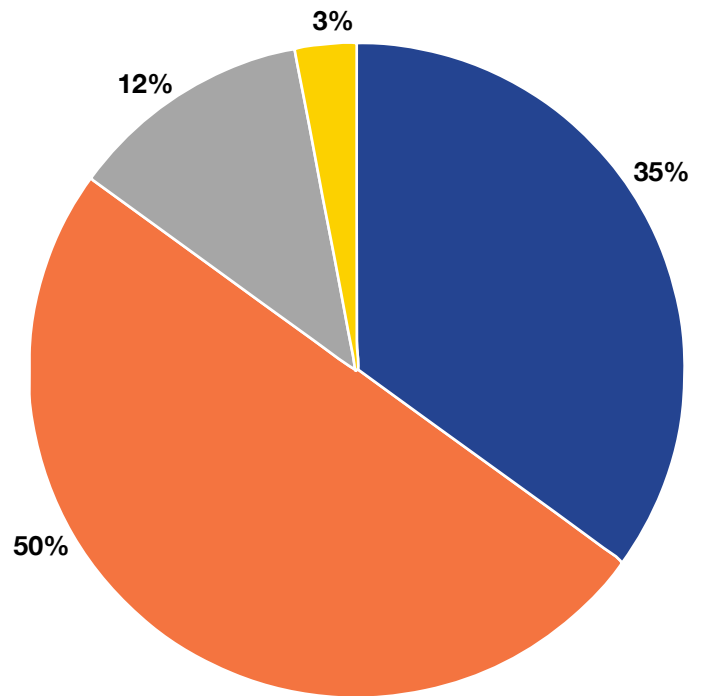
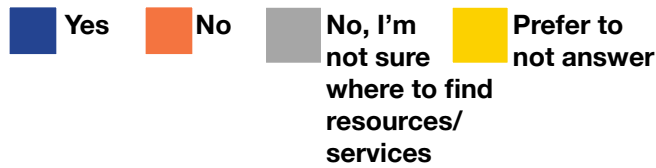
What types of resources would be helpful to support your child's mental health? (Select all that apply)



Parents and guardians were asked the types of resources that would be helpful to support their child's mental health. 65% indicated more supports and services, 56% indicated information on where to access services, 52% indicated expanded subsidy programs, and 39% indicated a website with tools and resources.

Have you ever accessed resources or services to support your child's mental health in CGS?

Parents and guardians were asked if they had ever accessed resources or services to support their child's mental health in the City of Greater Sudbury. 50% indicated they had not accessed services and 35% indicated they had accessed resources.

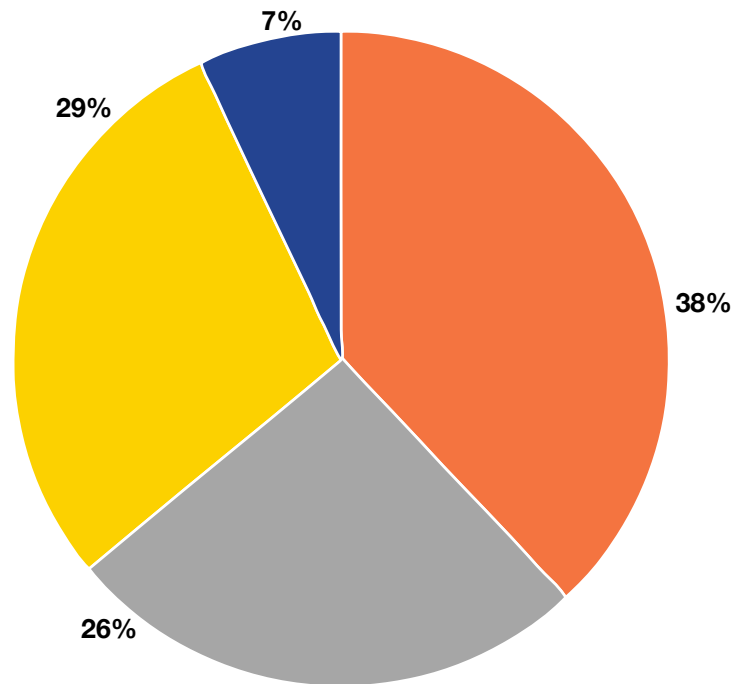


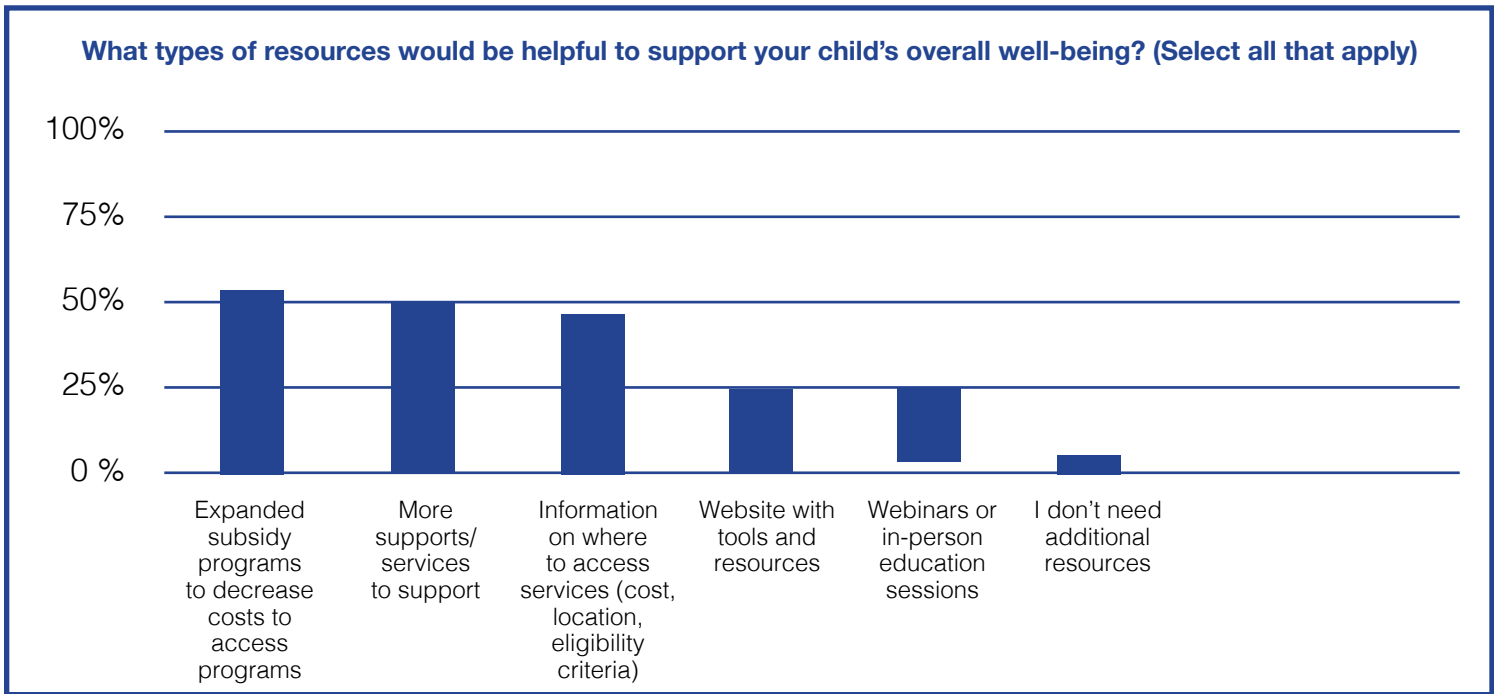
If you have accessed resources or services to support your child's mental health, did you feel they met your child's needs?

Parents and guardians were asked if they had accessed resources or services to support their child's mental health and if these services met their child's needs. 38% indicated they somewhat met their child's needs, and 26% indicated they did not meet their needs.

Additional feedback provided by parents and guardians related to mental health were focused around the key themes of:

- Decrease waitlists for mental health services
- Increase promotion of available services
- Increase availability for programs and workshops for parents/guardians (including in rural areas)
- Decreased costs to access programs
- Increase availability to culturally-safe programming





Parents and guardians were asked the types of resources that would be helpful to support their child’s overall well-being. 56% indicated expanded subsidy programs, 51% indicated more supports and services, and 47% indicated more information on where to access services. Additional feedback provided by parents and guardians related to overall child well-being were focused around the key themes of:

- Improve affordability of programs
- Increase availability of consistent programs and workshops for mental health, physical activity/health, and socialization (including outlying areas)
- Increase promotion of available programs and services
- Decrease waitlists for services

Next Steps:

A Middle Childhood Partnership Committee will be formed in early 2024 to support planning and implementation of community needs identified within this report. The Committee will be formed as a sub-committee of the Early Years Planning Network, a community-wide planning table to support collaborative program planning for programs for children aged 0-12 and their families from a variety of sectors including, but not limited to, childcare, special needs resourcing, schools, public health, child’s mental health, and indigenous and francophone services.

Progress towards the implementation of priorities identified within this report will be updated on the City of Greater Sudbury’s Middle Childhood Over to You page.

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