

**The Indirect Impacts  
of the COVID-19  
Pandemic on  
Individuals Living in  
the Nipissing and  
Parry Sound Districts:  
A Focus on Families**

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## The Indirect Impacts of the COVID-19 Pandemic on Individuals Living in the Nipissing and Parry Sound Districts: A Focus on Families

In January and February 2021, the North Bay Parry Sound District Health Unit surveyed individuals, aged 16 and older, living in Nipissing and Parry Sound districts to learn about the indirect impacts of the COVID-19 pandemic. Participants were asked about their experiences since the start of the COVID-19 pandemic (March 2020). Survey questions were related to mental health and well-being, physical health, substance use, access to programs/services, child well-being, parental concerns, income, and access to basic needs. During the survey's collection period, the Nipissing and Parry Sound districts were under a Stay-at-Home Order, and schools were closed for a portion of the survey collection period (January 5<sup>th</sup> to February 8<sup>th</sup>, 2021).

For the purposes of this report, parent/guardian families are defined as those with at least one child aged 17 years or younger at home. Similarly, non-parent/guardian families are defined as those without a child aged 17 years or younger at home. It is important to interpret this distinction with caution, as non-parent/guardian families may include those with a child over the age of 17 living at home, those with a child over the age of 17 not living at home, and those without any children.

Overall, 679 survey respondents reported they were the parent/guardian of at least one child aged 17 years or younger living at home. Four out of five (82%) parents/guardians identified as female, and two-thirds (68%) indicated they lived in the Nipissing district. The age group with the highest proportion of parent/guardian respondents was 35-to-44 years. Most parent/guardian reported working during the pandemic (82%), while 7% reported not working due to the pandemic and 11% reported not working for other reasons. Over one-third (36%) of parents/guardians reported receiving government financial assistance as a result of COVID-19.

Parents/guardians were asked the ages of their children in years and were then categorized into the following groups: children aged 0-4 years, 5-9 years, 10-13 years, and 14-17 years. If a parent/guardian had children in more than one age group, they were counted in each group. Analyses comparing age groups were conducted by comparing parents/guardians with a child in a particular age group to parents/guardians without a child in that same age group.

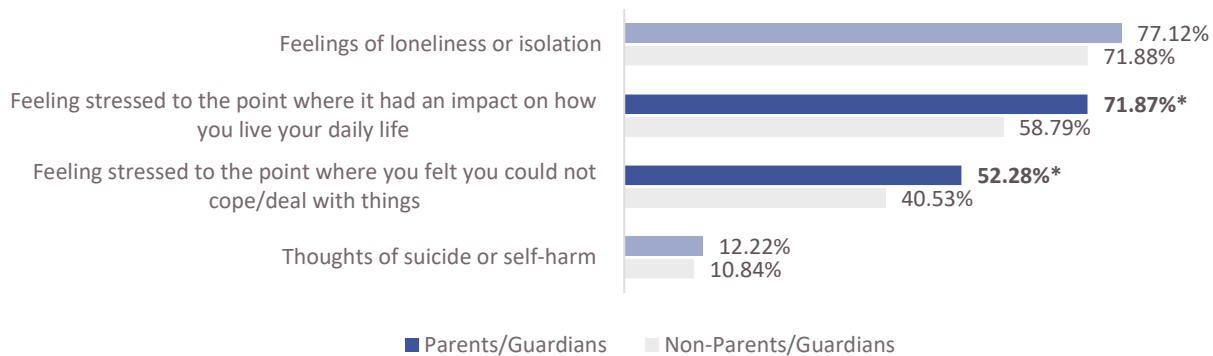
Descriptive statistics of demographic traits, as well as frequency tables detailing supplementary information, can be found in the appendix (Tables 1-14).

Please note, data collected from the community survey may be subject to various survey biases, including social desirability bias (i.e., respondents may give an answer that they believe is socially acceptable), response bias (i.e., certain groups of people are more likely to complete a survey than others) and recall bias (i.e., misremembering events or information to accurately answer a question). Additionally, individuals without internet access were excluded from the sampling frame. As a result, data should be interpreted with caution.

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**FINDING #1:** The survey asked respondents about changes to their mental health and well-being since the start of the COVID-19 pandemic. Over three-quarters of parents/guardians reported experiencing much more or somewhat more feelings of loneliness or isolation due to the COVID-19

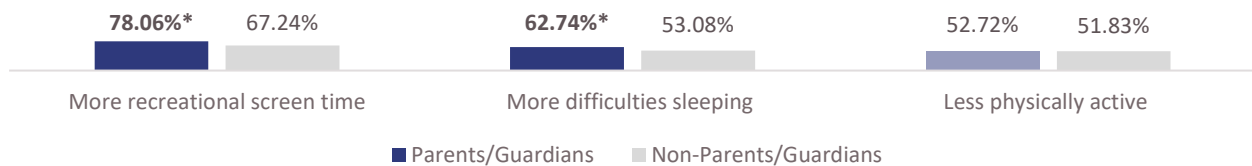
pandemic. Nearly three-quarters of parents/guardians reported feeling **stressed** to the point where it had an **impact on their daily life**, while one half reported feeling stressed to the point where they felt they **could not cope/deal with things**.



\* Indicates the difference is statistically significant.

Rates of **stress** were significantly<sup>1</sup> **higher** for parents/guardians compared to non-parents/guardians. Moreover, rates of feeling stressed to the point where you felt you could not cope/deal with things was significantly **higher** for parents/guardians with **at least one child aged 0-4 years** compared to parents/guardians without a child in that age category.

**FINDING #2:** The survey asked about physical health behaviours. Over three-quarters of parents/guardians engaged in **more recreational screen time**, while nearly two-thirds reported **more difficulties sleeping** since the start of the pandemic. In addition, about half of parents/guardians indicated they were less physically active since the start of the pandemic.



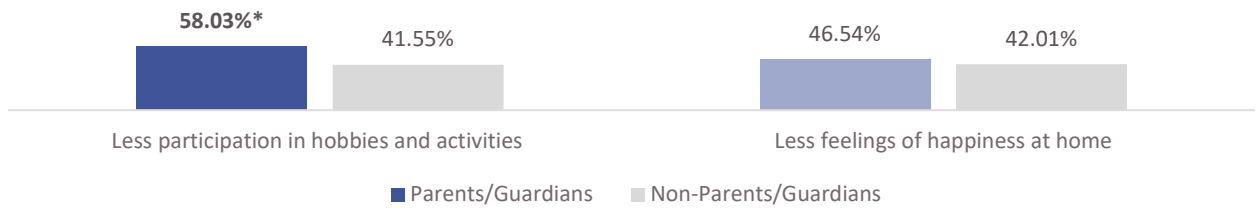
\* Indicates the difference is statistically significant.

Rates of **more difficulties sleeping** and **more recreational screen time** were significantly **higher** for parents/guardians than non-parents/guardians.

**FINDING #3:** The COVID-19 pandemic and its associated public health measures resulted in changes to respondents’ participation in hobbies and activities, as well as feelings of happiness at home. Specifically, **more than half** of parents/guardians reported participating in **hobbies and activities**

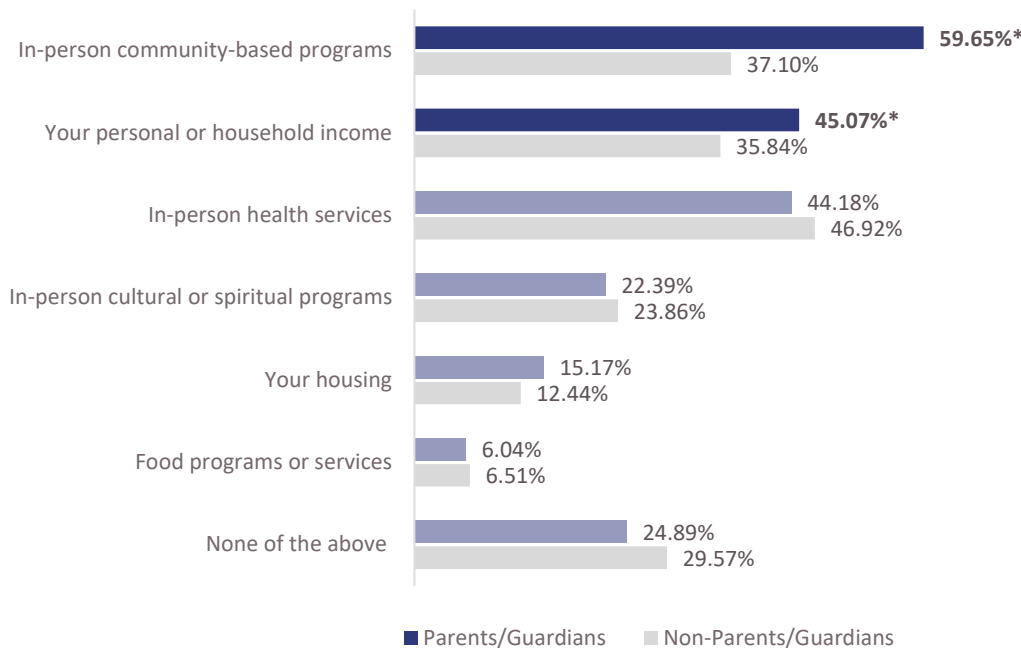
<sup>1</sup> The term “significant” is used within this report to describe differences between parents/guardians (those with a child aged 17 years or younger living at home) and non-parents/guardians (those without a child aged 17 years or younger living at home) that are statistically meaningful. Without statistical significance, we cannot say with certainty that the differences are real, or simply due to chance. Sampling variability associated with each estimate is determined using 95% confidence intervals (95% CI), which indicate the precision of the estimate. Confidence intervals were used to determine significant differences between estimates.

**less often** as a result of the pandemic. Similarly, almost half of parents/guardians reported a decrease in feelings of happiness at home.



\* Indicates the difference is statistically significant.

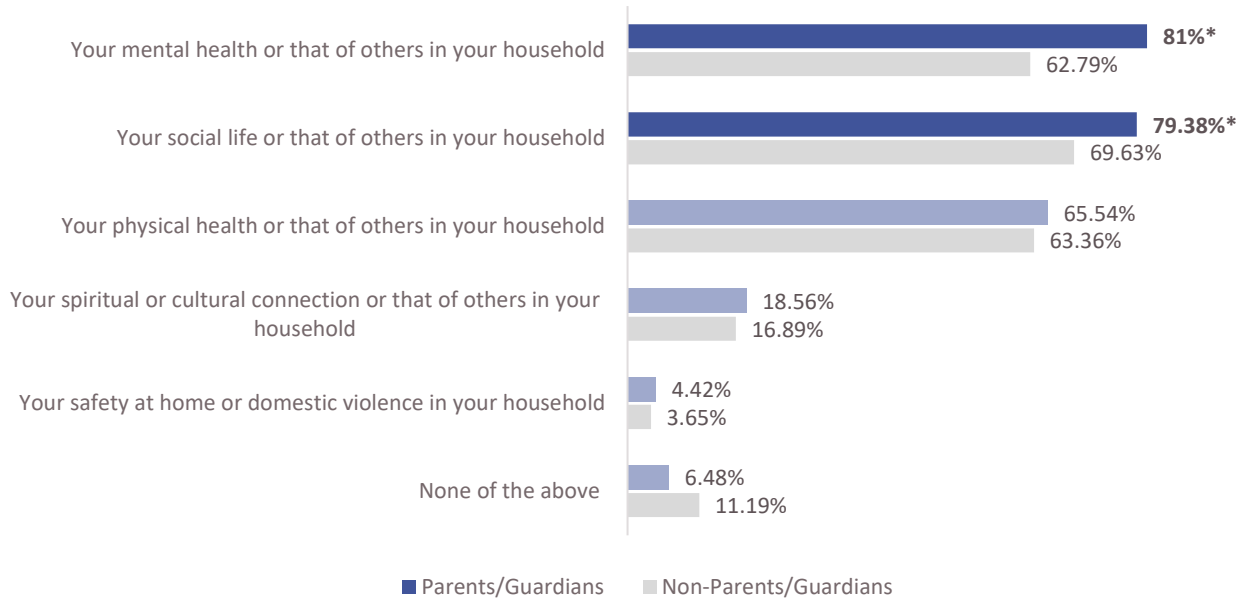
**FINDING #4:** The survey asked respondents what they were worried about losing due to the COVID-19 pandemic. Significantly **more** parents/guardians reported they were worried about the loss of **in-person community-based programs** as well as **personal or household income** compared to non-parents/guardians.



\* Indicates the difference is statistically significant.

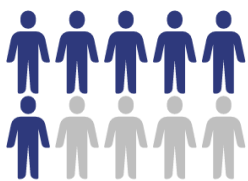
Rates of worry about the loss of in-person community-based programs was significantly **higher** for parents/guardians with **at least one child aged 0-4 years** compared to parents/guardians without a child in that age category.

**FINDING #5:** The survey asked respondents which impacts of the COVID-19 pandemic worried them. Parents/guardians were **most worried** about their **mental health** or that of others in their household, which was closely followed by concerns for their **social life** or that of others in their household. Rates of worry about mental health and social life were significantly greater for parents/guardians than non-parents/guardians.



\* Indicates the difference is statistically significant.

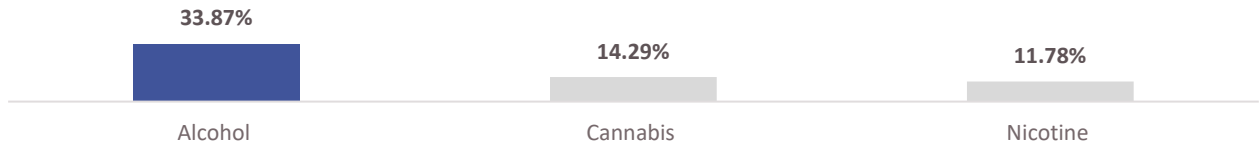
**FINDING #6:** The survey asked whether respondents had accessed any resources to support or improve their health and well-being during the pandemic. The majority of both parents/guardians and non-parents/guardians (74%) did not use any resources to support or improve their health and well-being. For those who did use health and well-being resources (26%), the most frequently selected resource was **support from friends and/or family**. This was consistent among both parents/guardians and non-parents/guardians.



**58%** of parents/guardians who sought resources utilized **support from friends and/or family** to improve their health and well-being during the COVID-19 pandemic.

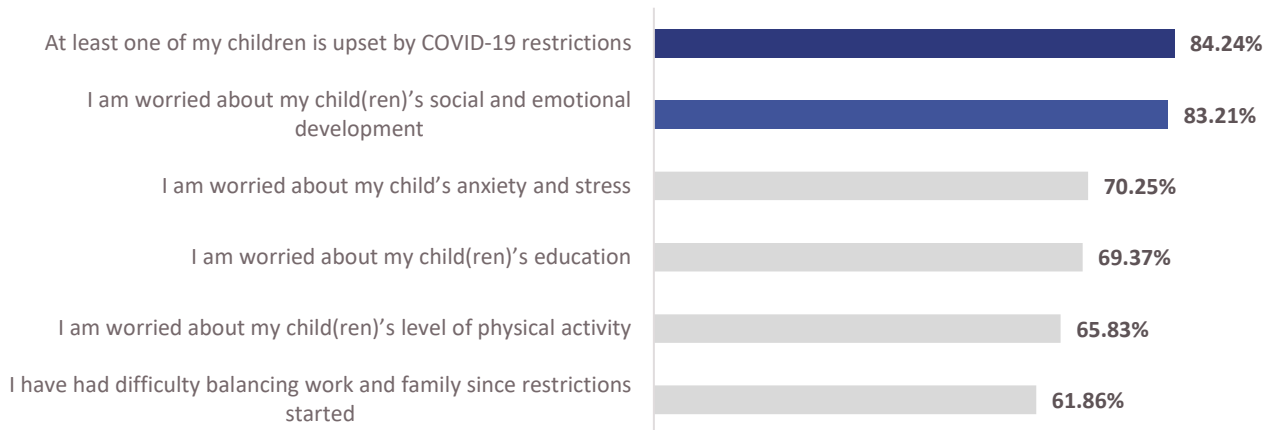
Of the parents/guardians who did use health and well-being resources, **more than half** (61%) **reported challenges** accessing these supports. The most frequently reported challenges were hours that services are open (26%), lack of child care (25%), waitlists (23%), and need for an appointment (20%).

**FINDING #7:** Respondents were asked about their substance use since the start of the pandemic. **One-third** of parents/guardians reported an **increase in alcohol use**, which is twice the rate of cannabis use increase and three times the rate of nicotine use increase since the start of the pandemic. Significantly more parents/guardians reported an increase in alcohol use since the start of the pandemic compared to non-parents/guardians.



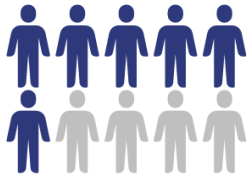
**Stress** was the most frequently selected reason for the increase in alcohol, cannabis, and nicotine use, with all parents/guardians selecting stress as a reason for their increase in alcohol use.

**FINDING #8:** The survey asked parents/guardians about child well-being. **The majority** of parents/guardians indicated at least one of their children was **upset by COVID-19 restrictions**. In addition, parents/guardians were **most worried** about their child(ren)'s **social and emotional development**, followed by their child(ren)'s anxiety and stress, and their child(ren)'s education.



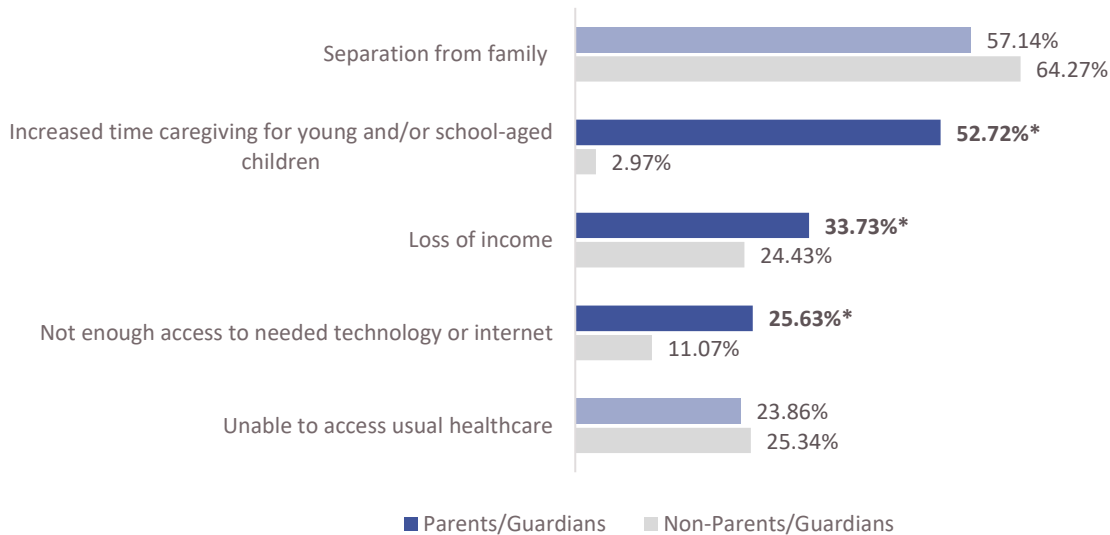
Children aged 5-17 were significantly more likely to be upset by COVID-19 restrictions compared to those aged 0-4 years, according to parents/guardians. Worries about **social and emotional development**, as well as worries about **education** were consistent among parents/guardians regardless of child age. In contrast, worries about **anxiety and stress** and worries about **physical activity levels** were significantly **higher** for parents/guardians with **children aged 10-13 or 14-17 years**. Finally, parents/guardians with at least one child aged 5-9 years were significantly more likely to report **difficulty balancing work and family** since COVID-19 restrictions started compared to all other age categories.

**FINDING #9:** For parents/guardians with a child born in 2020, **64%** reported they experienced **depression or anxiety** following the birth of their child. In addition, 19% of parents/guardians with a child born in 2020 reported they breastfed less than planned due to the pandemic, while 58% reported they did not receive the breastfeeding supports they needed.



Approximately **two-thirds** of parents/guardians with a child born in 2020 experienced **depression or anxiety** following the birth of their child.

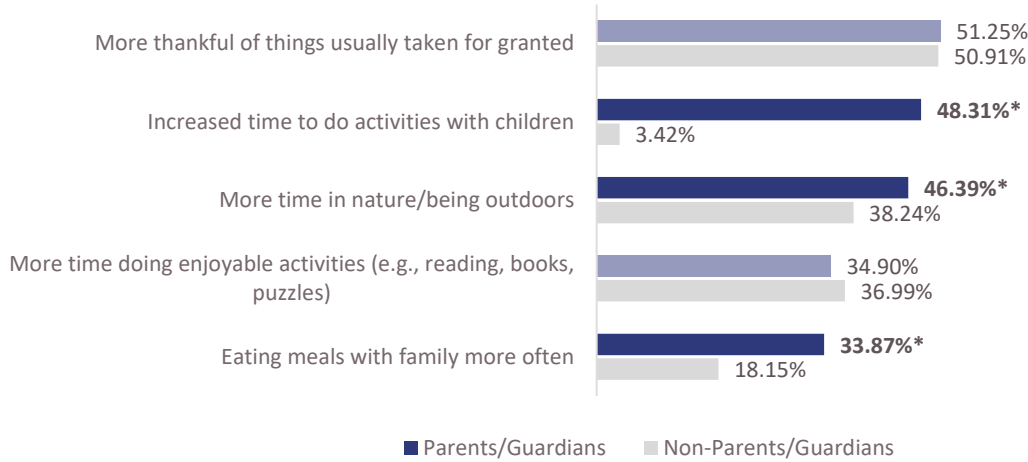
**FINDING #10:** The survey asked about negative experiences arising from the COVID-19 pandemic. The **most reported issue** arising from the pandemic reported by parents/guardians was **separation from family**, which is consistent with non-parents/guardians. In contrast, parents/guardians were **more likely** to report **increased time caregiving for young and/or school-aged children, loss of income, and not enough access to needed technology or internet** compared to non-parents/guardians.



\* Indicates the difference is statistically significant.

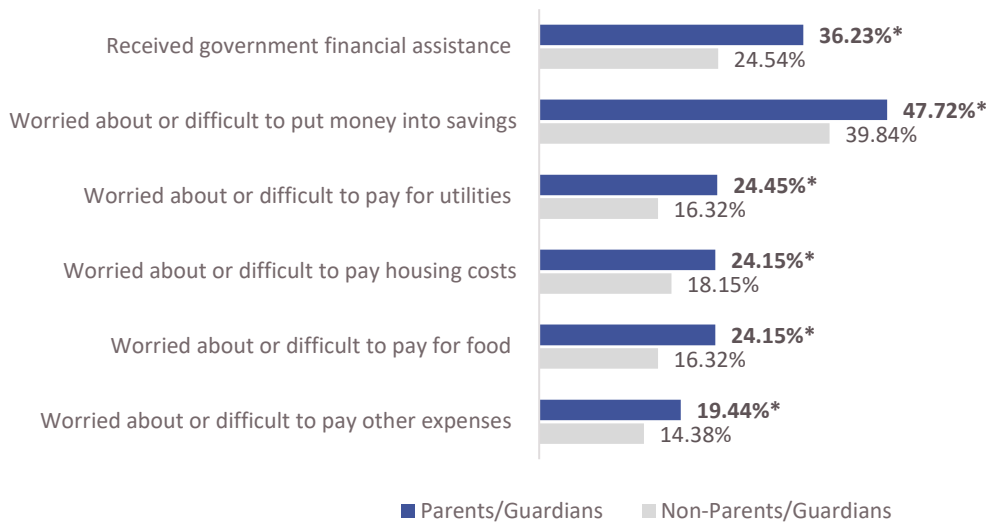
Rates of loss of income were consistent among parents/guardians regardless of their child’s age. In contrast, significantly **more** parents/guardians with at least one **child aged 10-13 years** reported **not having enough access to needed technology or internet**.

**FINDING #11:** The survey asked about positive experiences arising from the COVID-19 pandemic. The **most reported** positive experience arising from the pandemic indicated by parents/guardians was feeling **more thankful of things usually taken for granted**. Parents/guardians were significantly **more likely** to report **increased time doing activities with children, more time in nature/being outdoors, and eating meals with family more often** compared to non-parents/guardians.



\* Indicates the difference is statistically significant.

**FINDING #12:** The survey asked about financial difficulties as a result of the COVID-19 pandemic. Over **one third** of parents/guardians reported receiving **government financial assistance** as a result of the pandemic, which is significantly more than non-parents/guardians. In addition, significantly **more** parents/guardians reported being **worried about or having difficulty putting money into savings**, as well as **paying for housing, utilities, food, and other expenses** during the pandemic, compared to non-parents/guardians.



\* Indicates the difference is statistically significant.



## Appendix

**Table 1**

*Parent/Guardian Respondent Characteristics*

Characteristic	%
Gender (n = 659)	
Female	81.64
Male	18.21
Transgender	0.15
Age Group (n = 679)	
16 to 24 years	1.03
25 to 34 years	24.45
35 to 44 years	51.10
45 to 54 years	20.18
55 to 64 years	2.65
65 to 74 years	0.59
COVID-19 Government Financial Assistance (n = 679)	
Yes	36.23
No	59.50
Prefer not to answer	4.27
Employment Status (n = 651)	
Working outside the home, without regular face-to-face interaction with the public	13.36
Working outside the home, with regular face-to-face interaction with the public	38.40
Working from home	29.80
Not working but for other reasons than the pandemic	11.21
Not working because of the pandemic	6.91
Retired	0.31
Student Status (n = 662)	
Not a student	96.22
College or university student	3.63
High school student	0.15

*Note.* Government financial assistance includes CERB, CESB, EI, rent/mortgage or other payment deferrals (e.g. utilities, credit card balance) from the beginning of the COVID-19 pandemic to the time of the survey.

**Table 2***Frequency of Parents/Guardians Stratified by Child Age Group (n = 679)*

Age Group	n (%)
4 years or younger	220 (32.40)
5 to 9 years	295 (43.45)
10 to 13 years	252 (37.11)
14 to 17 years	236 (34.76)

*Note. Respondents were asked the age(s) of their child(ren) in years and were categorized into pre-determined age groups. If a respondent had children in more than one age group, they would be counted in each category.*

**Table 3***Frequency of Parents/Guardians Stratified by Child Age Group and District*

	0-4 years (n = 220)	5-9 years (n = 295)	10-13 years (n = 252)	14-17 years (n = 236)	All parents (n = 679)
District	%	%	%	%	%
Nipissing	65.91	70.17	65.48	64.83	67.75
Parry Sound	34.09	29.83	34.52	35.17	32.25

*Note. Respondents were asked the age(s) of their child(ren) in years and were categorized into pre-determined age groups. If a respondent had children in more than one age group, they would be counted in each category.*

**Table 4**

*Level of Agreement of the Changes Experienced by Parents/Guardians since the Start of the COVID-19 Pandemic Stratified by Child Age Group*

	0-4 years (n = 220)	5-9 years (n = 295)	10-13 years (n = 252)	14-17 years (n = 236)	All parents (n = 679)
	%	%	%	%	%
<b>Recreational screen time</b>					
More often	79.55	78.64	80.95	76.27	78.06
About the same	15.91	16.27	15.48	17.80	16.79
Less often	3.64	2.37	1.59	3.39	2.95
Prefer not to answer	0.00	0.68	0.79	0.00	0.44
Doesn't apply to me	0.91	2.03	1.19	2.54	1.77
<b>Feelings of loneliness or isolation</b>					
More often	80.73	78.01	76.80	72.65	77.12
About the same	9.63	12.37	14.40	17.95	13.97
Less often	5.50	4.12	1.60	1.28	3.12
Prefer not to answer	0.00	0.00	0.00	0.00	0.00
Doesn't apply to me	4.13	5.50	7.20	8.12	5.79
<b>Feeling stressed to the point where it had an impact on how you live your daily life</b>					
More often	78.18	71.86	70.63	69.49	71.87*
About the same	12.73	16.95	19.44	17.37	16.05*
Less often	4.55	3.73	3.57	4.24	4.42
Prefer not to answer	0.00	0.68	0.40	0.00	0.29
Doesn't apply to me	4.55	6.78	5.95	8.90	7.36
<b>Difficulties sleeping</b>					
More often	64.55	65.76	65.48	64.83	62.74
About the same	27.27	24.07	25.40	28.39	28.13
Less often	3.18	3.73	3.17	2.54	3.39
Prefer not to answer	0.00	0.00	0.00	0.00	0.00
Doesn't apply to me	5.00	6.44	5.95	4.24	5.74
<b>Feeling stressed to the point where you felt you could not cope/deal with things</b>					
More often	60.91	57.29	53.57	44.07	52.28*
About the same	18.18	19.66	22.62	27.97	23.12*
Less often	6.36	4.07	3.17	3.81	5.15
Prefer not to answer	0.91	1.02	1.19	0.85	0.88
Doesn't apply to me	13.64	17.97	19.44	23.31	18.56
<b>Being physically active</b>					
More often	28.64	25.42	20.63	22.46	24.45
About the same	20.91	22.03	24.21	26.69	22.39
Less often	50.45	52.20	54.76	50.00	52.72
Prefer not to answer	0.00	0.34	0.00	0.00	0.15
Doesn't apply to me	0.00	0.00	0.40	0.85	0.29

Table 4, continued

	0-4 years (n = 220)	5-9 years (n = 295)	10-13 years (n = 252)	14-17 years (n = 236)	All parents (n = 679)
	%	%	%	%	%
Participating in hobbies and activities					
More often	20.91	21.69	27.38	24.15	22.53
About the same	14.55	15.93	17.46	22.88	17.97
Less often	61.36	61.36	55.16	52.12	58.03
Prefer not to answer	0.00	0.00	0.00	0.42	0.15
Doesn't apply to me	3.18	1.02	0.00	0.42	1.33
Feelings of happiness at home					
More often	18.18	20.00	19.05	16.95	18.41
About the same	33.18	31.53	32.14	37.71	33.87
Less often	47.27	47.12	47.62	44.92	46.54
Prefer not to answer	0.45	0.68	0.40	0.42	0.59
Doesn't apply to me	0.91	0.68	0.79	0.00	0.59
Thoughts of suicide or self-harm					
More often	12.27	11.86	13.49	11.86	12.22
About the same	11.36	9.15	7.94	6.78	8.69
Less often	2.27	1.36	0.79	0.42	1.47
Prefer not to answer	2.73	1.36	2.78	3.81	3.09
Doesn't apply to me	71.36	75.93	75.00	77.12	74.52

Note. Survey response options "much more often" and "somewhat more often" were combined to denote *more often*. Response options "much less often" and "somewhat less often" were combined to denote *less often*.

\* Indicates significantly different than non-parents

**Table 5**

*Frequency of Parents/Guardians who indicated they were worried about the following losses caused by the COVID-19 Pandemic, Stratified by Child Age Group*

Variable	0-4 years (n = 220)	5-9 years (n = 295)	10-13 years (n = 252)	14-17 years (n = 236)	All parents (n = 679)
	%	%	%	%	%
Personal or household income	46.36	43.73	44.44	48.73	45.07*
Housing	15.00	15.59	14.29	16.10	15.17
In-person health services	44.55	40.34	42.46	47.88	44.18
In-person community-based programs	68.18	62.37	55.16	58.90	59.65*
Food programs	6.82	6.44	5.56	5.93	6.04
In-person cultural or spiritual programs	24.55	21.36	22.62	24.15	22.39
None of the above	17.73	26.44	28.17	23.31	24.89

*Note.* Respondents were requested to select all that apply.

\* Indicates significantly different than non-parents

**Table 6**

*Frequency of Parents/Guardians who indicated they were worried about the following impacts caused by the COVID-19 Pandemic Stratified by Child Age Group*

Variable	0-4 years (n = 220)	5-9 years (n = 295)	10-13 years (n = 252)	14-17 years (n = 236)	All parents (n = 679)
	%	%	%	%	%
Mental health	80.00	81.36	81.75	82.63	81.00*
Physical health	63.64	64.07	67.86	65.25	65.54
Social life	78.64	76.95	79.76	80.93	79.38*
Safety at home or domestic violence	3.64	4.07	6.35	4.66	4.42
Spiritual or cultural connection	18.18	18.98	18.25	21.19	18.56
None of the above	5.00	7.12	6.75	7.63	6.48*

*Note.* Respondents were requested to select all that apply.

\* Indicates significantly different than non-parents

**Table 7**

*Frequency of Parents/Guardians who indicated they experienced the following challenges when accessing resources or supports to improve their health and well-being Stratified by Child Age Group*

Variable	0-4	5-9	10-13	14-17	All
	years (n = 220)	years (n = 295)	years (n = 252)	years (n = 236)	parents (n = 679)
	%	%	%	%	%
Limited or no access to computer or internet	14.09	14.58	16.27	11.44	13.70
Location of services	7.27	9.15	11.90	12.71	10.16
Transportation issues	6.36	6.78	4.76	4.24	4.71
Cost of services	17.73	22.03	15.08	16.53	17.23
Hours that services are open	24.55	25.76	27.78	26.69	26.22
Need for appointment	13.64	17.63	22.62	25.42	20.47
Lack of child care	41.82	37.29	19.44	8.05	24.89*
Lack of culturally appropriate services	3.64	3.39	2.78	3.39	3.24
Fear of discrimination or stigma by service providers	4.09	7.80	6.35	6.78	5.89
Physical accessibility	1.36	3.39	3.17	1.69	2.50
Waitlists	20.45	22.03	23.02	26.27	22.53
Other	3.64	1.69	1.98	2.97	3.24
I did not experience any challenges	32.73	37.63	40.48	41.53	38.73*

*Note.* Respondents were requested to select all that apply.

\* Indicates significantly different than non-parents

Other challenges indicated by parent/guardian respondents included:

- Current lockdown (n = 12)
- Can't get in-person service (n = 3)
- Backlog because of pandemic (n = 2)
- Cancellation of service (n = 1)
- Can't get in touch with service (n = 1)
- COVID-19 concerns (n = 1)
- No local services (n = 1)
- Services haven't helped (n = 1)

**Table 8**

*Percent of Parents/Guardians who indicated an increase in the following behaviours since the start of the COVID-19 Pandemic Stratified by Child Age Group*

Variable	0-4 years	5-9 years	10-13 years	14-17 years	All parents
	(n = 220)	(n = 295)	(n = 252)	(n = 236)	(n = 679)
	%	%	%	%	%
Alcohol	33.64	34.92	36.51	33.05	33.87*
Cannabis	15.45	15.93	17.06	12.29	14.29
Nicotine	11.36	12.20	12.70	12.71	11.78
Illegal drugs	0.91	1.36	1.59	2.54	1.47
Gambling	0.45	1.02	2.38	3.39	2.21
None of the above	56.82	54.24	53.17	56.36	55.82

*Note.* Respondents were requested to select all that apply.

\* Indicates significantly different than non-parents

**Table 9**

*Reason for Increase in Behaviours among Parents/Guardians Stratified by Child Age Group*

Reason	%				
	Alcohol (n = 230)	Cannabis (n = 97)	Nicotine (n = 80)	Illegal drug (n = 10)	Online gambling (n = 15)
Stress	100.00	73.20	77.50	10.00	40.00
Boredom	60.00	52.58	63.75	20.00	86.67
More time at home	55.22	41.24	43.75	40.00	53.33
Loneliness	43.04	36.08	42.50	10.00	53.33
Lack of regular schedule	41.74	30.93	36.25	10.00	33.33
Pain relief/anxiety	40.43	58.76	38.75	50.00	-
Working from home	24.78	13.40	18.75	0.00	20.00
Cook more/have with supper	15.65	-	-	-	-
Social gatherings	9.13	3.09	3.75	0.00	0.00
No reason	0.00	0.00	0.00	0.00	0.00
Legal age now	0.00	-	-	-	-
Unsure	4.78	0.00	5.00	0.00	13.33
Prefer not to answer	0.00	0.00	0.00	0.00	0.00

*Note.* Only respondents who indicated an increase in the behaviour were given the option to indicate the reason(s) for the increase. As such, percentages are based on the number of participants who indicated an increase in the behaviour.

**Table 10***Parents/Guardians' Level of Agreement to the Following Statements Stratified by Child Age Group*

	0-4 years (n = 220)	5-9 years (n = 295)	10-13 years (n = 252)	14-17 years (n = 236)	All parents (n = 679)
	%	%	%	%	%
<b>At least one of my children is upset by COVID-19 restrictions</b>					
Agree	78.18	90.17	88.49	89.41	84.24
Disagree	7.73	7.12	8.73	8.05	7.95
Does not apply	12.73	0.34	0.79	0.42	5.74
Prefer not to answer	1.36	2.37	1.98	2.12	2.06
<b>I am worried about my child(ren)'s social and emotional development</b>					
Agree	82.73	82.03	84.92	83.90	83.21
Disagree	12.73	15.25	12.70	13.98	13.40
Does not apply	3.18	1.02	0.79	0.42	1.62
Prefer not to answer	1.36	1.69	1.59	1.69	1.77
<b>I am worried about my child's anxiety and stress</b>					
Agree	57.73	74.24	80.95	82.63	70.25
Disagree	28.64	22.03	15.87	14.83	21.94
Does not apply	11.82	2.03	1.59	0.85	5.89
Prefer not to answer	1.82	1.69	1.59	1.69	1.91%
<b>I am worried about my children's education</b>					
Agree	62.73	73.22	74.21	73.73	69.37
Disagree	24.09	22.37	22.62	22.46	22.97
Does not apply	10.91	1.36	1.59	1.69	5.45
Prefer not to answer	2.27	3.05	1.59	2.12	2.21
<b>I am worried about my child(ren)'s level of physical activity</b>					
Agree	54.55	64.07	79.76	75.00	65.83
Disagree	36.82	32.20	18.25	20.76	27.25
Does not apply	7.27	1.69	0.79	2.54	5.15
Prefer not to answer	1.36	2.03	1.19	1.69	1.77
<b>I have difficulty balancing work and family since restrictions started</b>					
Agree	67.73	72.20	66.27	55.51	61.86
Disagree	17.27	19.66	24.21	33.90	25.77
Does not apply	12.73	5.76	7.14	8.05	9.87
Prefer not to answer	2.27	2.37	2.38	2.54	2.50
<b>At least one of my children worries that someone they love will get COVID-19</b>					
Agree	40.00	62.37	69.44	67.37	56.41
Disagree	35.00	33.22	27.78	27.54	31.08
Does not apply	21.36	1.69	1.19	2.97	9.87
Prefer not to answer	3.64	2.71	1.59	2.12	2.65



Table 10, continued

	0-4 years (n = 220)	5-9 years (n = 295)	10-13 years (n = 252)	14-17 years (n = 236)	All parents (n = 679)
	%	%	%	%	%
I am worried about maintaining household routines, organization and meals					
Agree	60.91	59.32	57.14	51.69	55.08
Disagree	31.36	34.92	36.90	38.98	36.82
Does not apply	6.36	3.39	4.37	6.78	5.89
Prefer not to answer	1.36	2.37	1.59	2.54	2.21
I am having difficulty supporting my child(ren)'s remote learning					
Agree	43.18	71.19	66.27	53.39	54.93
Disagree	15.45	14.24	20.63	34.32	21.65
Does not apply	39.55	12.20	10.71	10.17	21.21
Prefer not to answer	1.82	2.37	2.38	2.12	2.21
At least one of my children worries that they will get COVID-19					
Agree	34.09	55.25	59.13	59.32	48.75
Disagree	41.36	39.66	36.11	33.90	37.85
Does not apply	21.82	1.69	3.17	3.81	10.60
Prefer not to answer	2.73	3.39	1.59	2.97	2.80
I am worried about the amount of sleep my child is getting					
Agree	31.82	40.34	55.56	60.17	44.04
Disagree	50.00	50.17	36.90	33.05	43.89
Does not apply	16.36	7.12	6.35	5.08	10.16
Prefer not to answer	1.82	2.37	1.19	1.69	1.91
My child(ren) and I argue more because of COVID-19 restrictions					
Agree	42.27	47.46	46.03	41.53	41.68
Disagree	35.00	40.00	42.46	44.92	40.21
Does not apply	19.55	10.51	8.73	10.59	15.32
Prefer not to answer	3.18	2.03	2.78	2.97	2.80
I am worried about managing my child's behaviour					
Agree	41.82	43.39	41.67	36.44	37.41
Disagree	40.00	44.41	46.43	48.31	44.77
Does not apply	15.45	9.49	9.92	12.29	15.02
Prefer not to answer	2.73	2.71	1.98	2.97	2.80
It is challenging to get the mental health services and supports I need for my child(ren)					
Agree	25.91	38.64	42.46	44.07	35.49
Disagree	18.64	16.27	17.86	20.34	18.26
Does not apply	50.00	40.00	33.33	29.24	40.50
Prefer not to answer	5.45	5.08	6.35	6.36	5.74
I feel I do not have enough parenting support due to COVID-19 restrictions					
Agree	45.45	40.68	30.56	26.27	35.35
Disagree	36.82	40.34	45.24	47.88	42.42
Does not apply	15.00	15.25	19.84	20.34	17.97
Prefer not to answer	2.73	3.73	4.37	5.51	4.27

**Table 11**

*Parents/Guardians with a child born in 2020's (n=45) Level of Agreement with the Following Statements after their child's (2020) birth*

	%
COVID-19 restrictions limited the support I received from family and friends (n = 43)	86.05
I experienced depression or anxiety (n = 42)	64.29
I got the breastfeeding supports I needed (n = 33)	42.42
I breastfed less than I planned because of COVID-19 (n = 37)	18.92

**Table 12**

*Frequency of Negative Impacts as a result of the COVID-19 Pandemic reported by Parent/Guardian Respondents Stratified by Child Age Group*

Impact	0-4 years (n = 220)	5-9 years (n = 295)	10-13 years (n = 252)	14-17 years (n = 236)	All parents (n = 679)
	%	%	%	%	%
Separation from family	62.73	54.92	54.76	55.51	57.14
Increased time caregiving for young and/or school-aged children	70.00	66.78	53.97	30.51	52.72*
Loss of income	39.55	36.27	32.14	33.47	33.73*
Not enough access to needed technology or internet	20.00	29.49	33.73	28.81	25.63*
Unable to access usual healthcare	21.82	21.36	25.40	25.85	23.86
Increased verbal or physical conflict	21.36	17.97	17.86	11.44	16.49
Increased time caring for older adults	7.27	9.83	11.11	13.98	9.13
Unable to get usual prescription medications and treatments	5.00	6.44	7.94	8.90	6.33
Unable to access food because of a lack of income	3.64	3.05	2.78	2.54	2.95
Loss of housing	1.82	1.36	0.40	0.42	1.03
None of the above	9.55	12.54	15.08	16.10	14.29

*\* Indicates significantly different than non-parents*

**Table 13**

*Frequency of Positive Impacts as a result of the COVID-19 Pandemic reported by Parent/Guardian Respondents Stratified by Child Age Group*

Impact	0-4 years (n = 220)	5-9 years (n = 295)	10-13 years (n = 252)	14-17 years (n = 236)	All parents (n = 679)
	%	%	%	%	%
More thankful of things usually taken for granted	52.73	46.10	51.19	55.08	51.25
Increased time to do activities with children	55.00	52.54	51.59	44.07	48.31*
More time in nature/being outdoors	53.64	45.08	45.24	41.95	46.39*
More time doing enjoyable activities (e.g., reading, books, puzzles)	33.18	32.54	38.89	33.90	34.90
Eating meals with family more often	34.09	33.22	36.90	34.32	33.87*
Increased contact with family and friends (through phone or video)	23.18	21.02	18.65	18.22	21.06
New connection with supportive people	9.55	8.14	10.32	9.75	9.87
None of the above	20.45	24.41	20.63	22.46	23.12

*\* Indicates significantly different than non-parents*

**Table 14**

*Frequency of Worries about or Difficulties Experienced by Parent/Guardian Respondents during the Previous Month Stratified by Child Age Group*

Impact	0-4 years (n = 220)	5-9 years (n = 295)	10-13 years (n = 252)	14-17 years (n = 236)	All parents (n = 679)
	%	%	%	%	%
Put money into savings or other investments					
Yes	47.72	47.72	47.72	47.72	47.72
No	44.48	44.48	44.48	44.48	44.48
Prefer not to answer	3.68	3.68	3.68	3.68	3.68
Does not apply	4.12	4.12	4.12	4.12	4.12
Pay for utilities (e.g. electricity, water, internet, telephones)					
Yes	24.45	24.45	24.45	24.45	24.45
No	69.07	69.07	69.07	69.07	69.07
Prefer not to answer	3.39	3.39	3.39	3.39	3.39
Does not apply	3.09	3.09	3.09	3.09	3.09
Pay housing costs (e.g. mortgage, rent, major repairs)					
Yes	24.15	24.15	24.15	24.15	24.15
No	68.19	68.19	68.19	68.19	68.19
Prefer not to answer	4.12	4.12	4.12	4.12	4.12
Does not apply	3.53	3.53	3.53	3.53	3.53
Pay other expenses (e.g. transportation, health-related costs such as dental care or medications, education, childcare, clothing, etc.)					
Yes	24.15	24.15	24.15	24.15	24.15
No	68.19	68.19	68.19	68.19	68.19
Prefer not to answer	3.98	3.98	3.98	3.98	3.98
Does not apply	3.68	3.68	3.68	3.68	3.68
Pay for food					
Yes	19.44	19.44	19.44	19.44	19.44
No	73.64	73.64	73.64	73.64	73.64
Prefer not to answer	3.83	3.83	3.83	3.83	3.83
Does not apply	3.09	3.09	3.09	3.09	3.09