GROWING UP IN KAMLOOPS

Parent Survey Report

Research Group:
Helen MacDonald-Carlson
Heather Bounds
Rosemary Dinsdale
Bonnie Bylsma

A Kamloops Make Children First Learning Initiative Project

Additional Funding From:

CURA
Mapping Community-University Research Alliances Program
Quality of Life Through the Social Sciences and Humanities
& the Culture Research Council of Canada of Small Cities
Growing Up in Kamloops

Parent Survey Report

Table of Contents

INTRODUCTION TO THE PROJECT: PARENTS SPEAK OUT ............................................. 1

SURVEY RESPONSES (217)

1. THE CITY .................................................................................................................. 7
   • Size of the City
   • Location of the City
   • Community Arts
   • Recreation / Sports
   • Education
   • Employment
   • Affordable Housing

2. FAVOURITE PLACES ................................................................................................. 14

3. FORMAL SUPPORT SERVICES FOR FAMILIES .............................................. 21
   • City Parks
   • Wildlife Park
   • Library
   • Kamloops Museum & Archives
   • Pools
   • YMCA
   • Parks & Recreation Programs
   • Cultural / Sports Events
   • Other Events

4. IMPORTANT FAMILY ACTIVITIES .......................................................................... 32

5. RAISING CHILDREN IN KAMLOOPS: WHAT'S BEST .............................. 36

6. RAISING CHILDREN IN KAMLOOPS: IMPROVEMENTS ... 42

7. HEALTH SERVICES .................................................................................................. 45
   • Public Health
   • Royal Inland Hospital
   • Prenatal Classes
   • Therapy Services
   • Specialists
   • Mental / Emotional Health
   • Other Health Services
8. OTHER FORMAL SUPPORT SERVICES ............... 52
- Food Bank
- Public Gardens
- Parent Group
- Ministry of Children & Family Development
- Ministry of Human Resources

9. CHILDCARE / EDUCATIONAL SERVICES .......... 59
- Childcare Resource & Referral
- Family Member
- Unlicensed Family Childcare
- Licensed Family Childcare
- Group Daycare
- Preschool / Nursery School
- Other Early Childhood Service

10. OTHER NECESSARY SERVICES AND SUPPORTS ... 65

11. INFORMAL / PERSONAL SOURCES OF SUPPORT ... 67
- Immediate Family Members
- Extended Family
- Friends
- Neighbours
- Place of Worship

12. NEIGHBOURHOOD FAMILY ACTIVITIES .......... 72

13. OTHER NECESSARY NEIGHBOURHOOD ACTIVITIES ........................................ 73

SURVEY PARTICIPANT INFORMATION ............... 74

14. Postal Code
15. Length of Time at Address
16. Primary Source of Transportation
17. Marital Status
18. Annual Family Income
19. Gender of Respondents
20. Age of Respondents
21. Age of Child(ren) of Respondents

22. ADDITIONAL COMMENTS ....................... 78

MAJOR THEMES AND RECOMMENDATIONS ........ 79

APPENDICES ............................................. 82
- Overall Comments and Recommendations
- Parent Survey

Research Group:
- Helen MacDonald-Carlson
- Heather Bounds
- Rosemary Dinsdale
- Bonnie Blysma

Web Sources for Quick Facts:
- City of Kamloops www.cityofkamloops.com
- Venture Kamloops www.venturekamloops.com
- Tourism Kamloops www.tourismkamloops.com
- Kamloops Citizen Survey Report www.city.kamloops.bc.ca
- Community Arts Council of Kamloops www.cackamloops.ca
- Kamloops Wildlife Park www.kamloopswildlife.org
- City of Kamloops Parks and Recreation Master Plan 2004 – 2007
- Statistical Data on Kamloops 2004
Growing Up in Kamloops

INTRODUCTION TO THE PROJECT: PARENTS SPEAK OUT

The small room has a sofa, loveseat, and several comfortable chairs. End tables display a variety of magazines. Shelves by the entrance have toys and materials suitable for young children. There are no external windows, but an internal window looks into a hallway comprised of doors. Directly across the hall is a nurse’s office. Further down the hallway is a kitchen where a nutritionist and family support worker have just finished preparing a fresh green salad and homemade chili. The aroma of food reaches the small sitting room occupied by young mothers – many of whom are pregnant – and their children ranging in age from one week to five years. Some of the mothers move down the hall to the kitchen, returning with chili and salad for themselves and their children. They eat and talk informally, mostly about their children, while they wait patiently for their turn to see the nurse. A five-year-old boy is drawing. One infant is in her mother’s arms; two other infants are lying quietly on blankets on the floor. A young, fourteen-month-old boy is either displaying his curiosity about the babies on the floor (trying to poke eyes or pull hair) or attempting to escape this small room. Many of the adults take turns walking him around the hallways in an attempt to channel his natural enthusiasm.

These mothers and young children are participating in the Baby’s Head Start Program – a free service offering nutrition and health counselling as part of a full range of support services for pregnant women and new moms. On this particular day, two researchers from the university are also present. They are field testing a survey designed for parents of young children. At some point during the hour, each mother completes a survey – sharing her experiences and opinions about raising a child in this community. Near the end of the hour, the registered nurse pops her head in the door to ask if she, too, can fill out a survey. “I’m a parent of a child under 6 years of age, and I would like to tell the city how difficult it is to get around the North Shore with a stroller!”
These parents, and many more throughout the city of Kamloops, British Columbia, have (eagerly) participated in a survey to ascertain how this community supports, or doesn’t support, the healthy development of young children. Early childhood educators have always believed that the first six years of life are critical. Recently commissioned government reports have given this philosophy much needed mainstream public attention. In their final report – *The Early Years Study: Reversing the Brain Drain* – the Honourable Margaret Norrie McCain and J. Fraser Mustard review relevant literature and, coupled with new evidence from neuroscience, affirm that “the early years from conception to age six have the most important influence of any time in the life cycle on brain development and subsequent learning, behaviour and health. The effects of early experience, particularly during the first three years, on the wiring and sculpting of the brain’s billions of neurons, last a lifetime” (7).

Children do not grow and develop in isolation. McCain and Mustard acknowledge that the role of parents “in the early years has a decisive and long-lasting impact on how people develop, their capacity to learn, their behaviour and ability to regulate their emotions and their risks for disease in later life” (5). Children and families are embedded in a network of social systems that can support or impede parents in the child rearing process. In some cases, families are able to rely on informal support systems such as extended family, friends, and neighbours, with little need or desire to access available formal family support services. In other cases, families regularly use one or more formal support services such as financial assistance, parenting or self-help groups, health services, and early childhood education programs.

As the active managers of their child’s social environment outside the family (Parke et al, 248), parents play a critical role in accessing appropriate programs for their children. Especially important are early child development programs that involve parents, for these programs influence how parents “relate to and care for children in the home, and can vastly improve outcomes for children’s behaviour, learning and health in later life” (McCain & Mustard, 7). In the Early Years Report, McCain and Mustard also observe that the “family and early child development challenge is a shared responsibility among governments, employers, communities and families” (8).
Given that children and parents are dependant upon their local community for the provision of appropriate services to support and enhance a family's quality of life, what are the experiences of parents raising children in Kamloops? Are there aspects of life in a small city that contribute to a positive family experience? Are there other ways communities support families with young children? These questions provided the initial rationale for the development of a survey that would give parents an opportunity to comment on their own individual sources of support, as well as share their opinions about the quality of life in this small city. The survey was spearheaded by the Kamloops Make Children First (MCF) Learning Site, a collaborative community initiative dedicated to enhancing the ability of the community to support healthy early childhood development. The MCF Learning Initiatives are funded by British Columbia’s Ministry of Children and Family Development. The monies provided by the province encourage local communities to work collaboratively to enhance and support the healthy development of children and their families. The Kamloops MCF Learning Site provided the necessary funds and community support to develop the Parent Survey, conduct the initial focus groups, and re-distribute the survey to the broader community.

The Parent Survey research project is a community-university collaboration that involves faculty from the Early Childhood Education Program at Thompson Rivers University (TRU). The principal researcher for the Parent Survey is also a researcher with the Mapping Quality of Life and Culture in Small Cities research program, a Community-University Research Alliances (CURA) research grant from the Social Sciences and Humanities Research Council (SSHRC) of Canada. Known as the Small Cities CURA, this research program is involved with various, individual projects that investigate, and then visually and verbally represent the vernacular, the everyday experiences associated with life in small cities. The Small Cities CURA is very interested in the parenting experiences of families in Kamloops, and has provided administrative support for the Growing Up in Kamloops’ Parent Survey, and the necessary funds to support additional time for the research group to compile and analyze the data and write the final report.

The development of the Parent Survey was supported by an advisory committee comprised of community members from the MCF Implementation Committee (Mary Ellen Everatt, Kim Jensen, and Marilyn Lavack), academics from education (Kathryn McNaughton), child and youth care (Mary Harber-Iles) and nursing (Claudette Kelly), the MCF Implementation
Manager (Valerie Janz), the principal researcher (Helen MacDonald-Carlson), and the research assistants (Heather Bounds, Bonnie Bylsma and Rosemary Dinsdale). The committee provided support and advice regarding the development of the survey instrument, the distribution of the surveys, the compilation and analysis of the survey data, and the development of the final report.

In May 2004, the Parent Survey was initially tested with five, pre-existing parent groups:

- **First Steps** – an educational program for young mothers that provides academic upgrading (high school diploma), family support and counselling, and on-site child care;
- **Mother Goose** – a free, interactive program to strengthen the parent-child bond, and help set a good foundation for early child development;
- **Parents Anonymous** – a mutual support group where parents can freely share their questions, concerns, problems and solutions about parenting;
- **Baby’s Head Start** – a pregnancy outreach program; and
- **Kamloops Infant Development Society** – a support program for families with children under three years of age who have an exceptionality, or development delay.

These parent focus groups provided valuable information about the readability of the survey, and the best method to distribute the survey. Fifty one surveys were completed during this initial phase of the project and used by the researchers and the computer programmer (Rosemary Dinsdale) to develop the required codes for analyzing both the quantitative and qualitative data with QSR NVivo, a computer software program.

During October and November of 2004, surveys were distributed by agencies that provide services to children and families in various locations throughout the city: *City of Kamloops Parks and Recreation Preschool Programs, Child Care Resource and Referral, Cariboo Child Care Society, Kamloops Child Development Centre, and Interior Community Services*. In total, approximately 700 surveys were printed and distributed. There are 217 completed surveys (including the 51 surveys from the original focus groups, for a 31% return rate) that form the basis for this report.
The survey asked parents to provide valuable information about their experiences with certain community services. Parents also shared their experiences of life in a small city – favourite places to go as a family, the types of activities they feel are important for their child, and what they like best about raising children in Kamloops. Although they believe there are improvements to be made related to services for small children and families, there are certain aspects of life in this city that get a ringing endorsement. For families with young children, the wide variety of city parks strongly contributes to their quality of life. Parents in Kamloops also identified many of the natural spaces within and adjacent to the city as favourite family destinations. These parents seem to know intuitively that escaping to the city parks and natural spaces will provide children with memorable family experiences – a powerful contribution to the “good nurturing [that] creates the foundation of brain development” (McCain & Mustard, 6).

Helen MacDonald-Carlson
Principal Investigator
March 2007
Works Cited


1. THE CITY

Rate how you feel these community features contribute to the quality of life in the city:

<table>
<thead>
<tr>
<th>This community feature is important:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Size of the City</td>
<td>#4</td>
</tr>
<tr>
<td>Location of the City</td>
<td></td>
</tr>
<tr>
<td>Community Arts</td>
<td></td>
</tr>
<tr>
<td>Recreation/Sports</td>
<td>#2</td>
</tr>
<tr>
<td>Education</td>
<td>#1</td>
</tr>
<tr>
<td>Employment</td>
<td>#3</td>
</tr>
<tr>
<td>Affordable Housing</td>
<td></td>
</tr>
</tbody>
</table>

24% N/A
Size of the City

Size of City Important

- Yes (153) - 70%
- Somewhat (49) - 23%
- No (15) - 7%

Total Respondents: 217

Quick Facts:
- Population: 84,000
- Servicing: 140,000
- Area: 311 km²
- 3rd largest city in B.C.'s interior
- Junction of North and South Thompson Rivers
- The major service centre of the Thompson-Nicola Regional District
- Crossroads of B.C.'s four major highways and two major railways (CP, CN)
- Accessible via regional air transportation

Location of the City

Location of City Important

- Yes (127) - 59%
- Somewhat (76) - 35%
- No (14) - 6%

Total Respondents: 217

History in Brief:

Kamloops, "where the rivers meet," was first inhabited by the Secwepemc (Shuswap) nation. In 1811, the first European explorers came to Kamloops, and by 1893, the city was incorporated with a population of 500.
Community Arts

Quick Facts:
Kamloops has ...
- 3 art galleries
- 2 museums
- 4 theatres
- over 40 community arts organizations
- 10 community centres
- 54 sports fields
- 45 tennis courts
- 10 aquatic facilities
- 7 arenas
- 18 golf courses
- 2 ski resorts
- 2 curling rinks
- 1 WHL hockey team

Recreation / Sports

History in Brief:
On October 21st, 2002, Kamloops launched the Tournament Capital of Canada program. $37 million dollars worth of new and renovated facilities enables Kamloops to host over 124 major regional, provincial, national, and international tournaments annually. Approximately 25,000 non-residents of Kamloops attend these tournaments, bringing in over 10 million dollars in revenue to the city.
**Education**

Education Important

- Somewhat (12)
  - 6%
- Yes (204)
  - 94%

Total Respondents: 217

**Employment**

Employment Important

- No (8)
  - 4%
- Somewhat (28)
  - 13%
- Yes (181)
  - 83%

Total Respondents: 217

**Quick Facts:**

- 8,811 students in elementary schools
- 6,612 students in secondary schools
- over 10,000 students in post-secondary schools
- 30 elementary schools
- 6 secondary schools
- 1 university which issues 1,600 credentials annually

**Quick Facts:**

- over 49,000 people in labour force
- unemployment: 6.2%
- over 4,600 business licences issued
- average income: $56,188.00
- top three major employers: Royal Inland Hospital, School District #73, Thompson Rivers University
Quick Facts:

- median residential price: $232,000.00
- average 2 bedroom rental (monthly): $663.00

Affordable Housing

Affordable Housing Important

- Not Applicable (N/A) 52 (24%)
- No 2 (1%)
- Somewhat 23 (11%)
- Yes 140 (64%)

Total Respondents: 217

Not applicable responses due to the fact that this question was not asked during the initial phase of this project.
Comments / Recommendations

- Education

Given that parents of young children are at the beginning of their children's educational experience, it is not surprising that this is ranked as the most important community feature.

- Recreation / Sports

Young children are very active and parents seem to recognize that recreation and sports activities are an important outlet for active preschoolers. This area might also rank high for families because, as the self-proclaimed Tournament Capital of Canada, Kamloops prides itself on its recreation and sports opportunities.

- Employment

Parents recognize that employment opportunities support quality of life possibilities for the entire family.

- Size of the City

Considered an important community feature by 70% of the respondents, the size of Kamloops is also featured in many of the write-in comments. Friendly people and less crime are considered examples of the quality of life offered in a small city.
• Location of the City

Although only 59% of the respondents considered this to be an important community feature, elsewhere in the survey, parents comment about the accessibility to outlying natural areas as an important contribution to their quality of life.

• Community Arts

Parents of young children could use more information about how the community arts contribute to the quality of life in a small city. Community arts organizations could reach out to families with young children through the provision of age appropriate programs and events.
Growing Up in Kamloops

2. FAVOURITE PLACES

Where are your favourite places to go as a family? Why?

Five themes emerge, based on the number of times mentioned:

1. Parks & Playgrounds – 371
2. Pools & Recreation Centres (& Activities) – 271
3. Community & Family Activities – 195
4. Natural Land & Water Areas – 185
5. Art & Entertainment Venues – 102

Parks & Playgrounds As FAVOURITE Place

<table>
<thead>
<tr>
<th>Number of Times Parks Listed as Favourite Place (out of 217 respondents)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Riverside (40%)</td>
</tr>
<tr>
<td>Wildlife (23%)</td>
</tr>
<tr>
<td>MacArthur (13%)</td>
</tr>
<tr>
<td>Water Park (12%)</td>
</tr>
<tr>
<td>Prince Charles (11%)</td>
</tr>
<tr>
<td>MacDonald (7%)</td>
</tr>
</tbody>
</table>
Riverside Park:  
Kamloops’ Premiere Urban Park

Riverside Park, Kamloops’ premiere urban park, is located on the banks of the Thompson River a few minutes walk from downtown. It covers 150,000 square meters of land, which includes primary beachfront access, large grassed areas, multiple playgrounds, a bandshell and a waterpark.

*Riverside Park is the favourite park and the most used park of Kamloops’ parents of small children.*

*Annual Events at Riverside Park:*
- Music in the Park
- Art in the Park
- Canada Day Celebration
- Remembrance Day Ceremony
- Aboriginal Day
- Children’s Festival

Kamloops’ children involved in a performance at Riverside’s Music in the Park nightly summer events.
"Straight Talk" from the Parents: Riverside Park

"My son loves the waterpark. There are so many activities all throughout the year there."

"There are lots of great areas for my three-year-old to play and meet other children."

"I grew up at Riverside Park and I have a lot of good memories and I'd like my child to experience the same."

"I thought it was positive because it had a play area, but also it was a bit dirty."

"[There are] scary people there who like to get too close to kids."

"Riverside Park doesn't cost anything ... lately [it is] not very safe."

Quick Facts: Water Parks

- Riverside Park Water Spray Park
- McDonald Park Water Spray Park
- Albert McGowan Park Water Spray Park
- Prince Charles Park Children's Wading Pool

History in Brief

On Canada Day in 1993, Kamloops' first water park was officially opened to the public. This "water smart" park was the first of its kind in British Columbia, where water from the taps is collected into a tank, cleaned, and re-circulated. The water park's design included various characteristics central to the geography and culture of Kamloops; including the meeting of the Thompson Rivers and the and the importance of ranching in the area. Hence, in the water park, children enjoy playing on the 'river' island, peering through the lookout tower, running through the water wheel and spray tunnel, and showering people with the water geysers.
Quick Facts: Canada Games Aquatic Centre Attendance Stats (2004)

- Family: 46,983
- Youth: 20,522
- Under 2 Years: 3,496
- Total: 79,512

Pools & Recreation Centres as FAVOURITE Places

<table>
<thead>
<tr>
<th>Number of Times Pools Listed as Favourite Place (out of 217 respondents)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canada Games (35%)</td>
</tr>
<tr>
<td>YMCA Pool (4%)</td>
</tr>
<tr>
<td>McDonald Park (3%)</td>
</tr>
<tr>
<td>Brocklehurst (3%)</td>
</tr>
</tbody>
</table>

“Straight Talk” from the Parents: Canada Games Aquatic Centre

“...perfect for small kids ... as [my daughter] grows, she can use the pool in different ways. She loves the bubble pool and slide.”

“I am grateful for having this wonderful facility in our town. We enjoy it because it is something we can attend as a family anytime.”

“... looks like a resort ... brilliant slide ... good prices ... world-class ...”

“My children love the water, are already swimming, love the children’s area and slide. Instructors that my children had have been very good, very well set up.”

“It’s beautiful, but it needs a larger, very shallow area, as the water gets to a child’s head level very quickly upon entry.”

“We enjoy the pool, but feel that more attention needs to be paid to cleanliness.”

“Please open the Canada Games Pool on statutory holidays. That is one of the most important times to have access to the facility for family use.”

“Germs – my child becomes sick following every swim.”
Community and Family Activities as FAVOURITE Places

Examples of community functions listed as favourite places:

- Music in the Park
- Multicultural events
- BBQ's, Potlucks, Block parties

Examples of family activities listed as favourite places:

- Playing
- Reading / Library
- Visiting Friends
- Families First
- Mother Goose
- Kamloops Infant Development Society
- Playgroups

Natural Land & Water Areas as FAVOURITE Places

<table>
<thead>
<tr>
<th>Number of Times Natural Land &amp; Water Areas Listed as Favourite Place (out of 217 respondents)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walks (17%)</td>
</tr>
<tr>
<td>Outdoors (16%)</td>
</tr>
<tr>
<td>Hikes (7%)</td>
</tr>
<tr>
<td>Thompson River (6%)</td>
</tr>
</tbody>
</table>
Art & Entertainment Venues as FAVOURITE Places

Examples of arts venues listed as favourite places:

- Arts and Crafts
- Dancing
- Music

Examples of entertainment venues listed as favourite places:

- Movies and Theatre
- Restaurants
- Shopping
- Westsyde Petting Zoo
- Blazer Hockey Games

Comments / Recommendations

- Parks and Playgrounds (General)

According to the response to this question, Kamloops’ outdoors is critically important to families with young children. This is particularly true in relation to city parks: there are over 100 more responses citing parks (generally and specifically) than any other type of response.

Perhaps the reason why outdoor destinations rank so highly in this question is due (at least in part) to the fact that the city has such an advantageous climate. Kamloops is known as the warmest city in Canada, averaging 27.2°C in June, July and August, and with over 2000 hours of sunshine and less than 220 millimeters of rain each year. (In comparison, Vancouver has at least 100 hours less sunshine and 650 millimeters more rain each year.)
Not surprisingly, the City of Kamloops municipal parks system includes 84 parks – more than any other city in British Columbia. These parks cover a total area of 3,336 acres, where 556 acres are developed parks and 2,770 acres are open spaces.

- Riverside Park

As one of the favourite parks for families of young children, the parents provide good advice about its positive attributes – the central location, the water park and play areas, and planned activities – as well as some areas for improvement – cleanliness and safety.

- Canada Games Pool

Parents think this is a wonderful resource for families with young children. Some feel that the Canada Games Pool could have a shallow area for the youngest of children and cleanliness can be an issue.

- Natural Land & Water

The connection between the city and the adjacent natural parks and grasslands supports the quality of life for families with young children through the provision of walking and hiking in the outdoors.
**Growing Up in Kamloops**

3. **FORMAL SUPPORT SERVICES FOR FAMILIES**

From your perspective as a parent raising young children, please indicate your involvement with these community services and facilities when your child was under six years of age:

<table>
<thead>
<tr>
<th>Our family has used these services / facilities:</th>
<th>YES</th>
<th>NO</th>
<th>N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td>City Parks</td>
<td>99%</td>
<td>1%</td>
<td>0%</td>
</tr>
<tr>
<td>Wildlife Park</td>
<td>89%</td>
<td>10%</td>
<td>1%</td>
</tr>
<tr>
<td>Library</td>
<td>69%</td>
<td>30%</td>
<td>1%</td>
</tr>
<tr>
<td>Museum &amp; Archives</td>
<td>28%</td>
<td>71%</td>
<td>1%</td>
</tr>
<tr>
<td>Pools</td>
<td>90%</td>
<td>9%</td>
<td>1%</td>
</tr>
<tr>
<td>Community YMCA</td>
<td>43%</td>
<td>55%</td>
<td>2%</td>
</tr>
<tr>
<td>Parks &amp; Rec Programs</td>
<td>65%</td>
<td>29%</td>
<td>6%</td>
</tr>
<tr>
<td>Cultural / Sports Programs</td>
<td>54%</td>
<td>39%</td>
<td>7%</td>
</tr>
<tr>
<td>Other</td>
<td>35%</td>
<td>14%</td>
<td>51%</td>
</tr>
</tbody>
</table>

Not applicable responses are due to unanswered or incorrectly answered questions.

### Formal Support Services: Positive Experience

- **City Parks (200*)**: Yes (187), Somewhat (17), No (3)
- **Wildlife Park (192*)**: Yes (172), Somewhat (17), No (17)
- **Library (147*)**: Yes (130), Somewhat (17), No (17)
- **Museum (67*)**: Yes (42), Somewhat (23), No (5)
- **Pools (189*)**: Yes (170), Somewhat (16), No (5)
- **YMCA (107*)**: Yes (87), Somewhat (17), No (17)
- **Parks & Rec (132*)**: Yes (122), Somewhat (10), No (9)
- **Cultural / Sports (111*)**: Yes (99), Somewhat (5), No (12)

* total number of responses to this part of the survey question
City Parks

City Parks Used

No (2)

1%

99%

Yes (215)

Total Respondents: 217

City-wide Parks:
- provide functions for entire community
- generally greater than 10 hectares in area
- strategically located within city
- examples: Riverside, MacArthur Island

MacArthur Park

District Parks:
- provide functions for particular district
- generally between 6 to 16 hectares in area
- often support sports fields of competitive standard

Albert McGowan Park

City Parks Used by Parents with Young Children
Total Number of Times Mentioned
(out of 217 respondents)

<table>
<thead>
<tr>
<th>Park</th>
<th>Percentage</th>
<th>Mentioned</th>
</tr>
</thead>
<tbody>
<tr>
<td>Riverside</td>
<td>73%</td>
<td>158</td>
</tr>
<tr>
<td>Prince Charles</td>
<td>31%</td>
<td>68</td>
</tr>
<tr>
<td>MacArthur</td>
<td>26%</td>
<td>57</td>
</tr>
<tr>
<td>Wildlife</td>
<td>24%</td>
<td>54</td>
</tr>
<tr>
<td>McGowan</td>
<td>14%</td>
<td>32</td>
</tr>
<tr>
<td>Water Park</td>
<td>15%</td>
<td>33</td>
</tr>
</tbody>
</table>
Neighbourhood Parks:

- accommodate immediate vicinity
- typically small in area
- often associated with elementary schools

Pineview Valley Park

Natural Areas:

- include natural parkland & open spaces
- comprise 75% of city's park base
- designated to protect and maintain areas
- provide opportunity for outdoor recreation

Kenna Cartwright Park

“Straight Talk” from the Parents:
City Parks

“Westsyde Centennial Park has a free animal petting zoo and good hiking trails.”

“We spend a lot of time at MacArthur Island because there is something for everyone to do.”

“These are well maintained parks ... all have different features and activities.”

“Our city parks have very limited playground equipment. It would be nice to have equipment geared to a range of ages.”

“Parks are difficult to get to walking or on transit and we must rely on friends.”

“Some have playground equipment for special needs, some are not so good. Some are not so clean (animal waste).”

“We need a waterpark at MacArthur Park because Riverside Park sometimes has too many people and it’s too crowded to watch the children safely.”
Kamloops Wildlife Park

Wildlife Park Used

- Yes (194)
- No (21)
- N/A (2)

Total Respondents: 217

Not applicable responses are due to unanswered or incorrectly answered questions.

Opinions about Wildlife Park Experiences

- enjoyable animals to see (34*)
- learning experience (28)
- great for kids (23)
- fun train rides (23)
- good holiday functions and Fun Days (20)
- FUN! (19)
- lots to see and do (16)
- good exercise on the walking trails (16)

Reasons Why Parents Don’t Use the Wildlife Park

- lack of transportation (6*)
- unaffordable (5)
- inconvenient (4)

* number of responses

History in Brief:

On February 15th, 1965, Wildlife Park founder John Moelaert, suggested to the Kamloops Chamber of Commerce that a zoological facility would be an attraction for both residents and visitors alike. Less than a year later, Molson’s Breweries officially donated 106 acres of land to be used ‘in perpetuity’ as a wildlife park. On August 16th, 1966 the first exhibits were opened to the public.

Quick Facts:

- BC has more species diversity than any other province in Canada
- more than 70 local and endangered species at the park
- thousands of school-aged children attend the park’s educational programs every year
- park has a 7,000 sq. ft. visitor / educational centre
Library

Library Used

- N/A (3)
- No (42)
- Yes (150)

Total Respondents: 217

Not applicable responses are due to unanswered or incorrectly answered questions.

Opinions about Library Experiences

- good for children (27*)
- positive (15)
- excellent staff (13)

Reasons Why Parents Don't Use the Library

- child(ren) too young (15*)
- not needed (12)
- no time (9)
- bad parking (6)
- child(ren) too young (5)
- inconvenient (4)
- not interested (3)

* number of responses
Kamloops Museum & Archives

Museum & Archives Used

- N/A (3)
- Yes (60)
- No (154)

Total Respondents: 217

Not applicable responses are due to unanswered or incorrectly answered questions.

History in Brief:

In 1937, the Hudson's Bay Company converted their old fort into a local museum to commemorate its 125th anniversary in Kamloops. Two years later, the museum was moved to the centre of town through a generous house and property donation by Mrs. McIntosh Burris. This house later became the third floor of a new building the City of Kamloops funded in 1956. In 2006, the museum celebrated 50 years at its current address, 207 Seymour St.

Opinions about Museum & Archives Experiences

- positive (8*)
- learning experience (7)

Reasons Why Parents Don’t Use the Kamloops Museum & Archives

- child(ren) too young (49*)
- no time yet (21)
- not interested (17)
- lack of awareness (10)
- depends on displays (6)
- not good for child(ren) (5)
- not interested (5)
- unaffordable (5)

* number of responses
Pools

Pools Used

- No (19)
- N/A (3)
- Yes (195)

90%
9%
1%

Total Respondents: 217

Not applicable responses are due to unanswered or incorrectly answered questions.

Pools Kamloops Parents & Children Use:

- Canada Games Aquatic Centre (164*)
- YMCA (24)
- Brocklehurst Pool (21)
- Westsyde Pool (12)
- McDonald Pool (10)
- Prince Charles Park Wading Pool (8)

* number of responses

Opinions about Pool Experiences

- lots to do (21*)
- wading pool is good for child(ren) (17)
- good (generally) for child(ren) (16)
- positive (11)
- learning experience (7)

Reasons Why Parents Don’t Use Pools

- no opportunity yet (6*)
- child(ren) too young (5)
- risk of illness (4)
- unaffordable (2)
- not private enough (1)

* number of responses
Opinions about YMCA Experiences

- social experience (10*)
- lots to do (9)
- good for child(ren) (8)
- playgroup / resource centre / daycare used (8)
- affordable (5)

Reasons Why Parents Don’t Use the YMCA

- proximity (16*)
- not needed (12)
- child(ren) too young (9)
- no time yet (9)
- lack of awareness (7)

* number of responses
Parks & Recreation Programs

- swimming lessons (34*)
- soccer & Soccer Tots (23)
- skating (11)
- Family Frolics (11)
- Hal Rogers programs (9)
- Mom & Me (7)
- McArthur Island Park programs (7)
- arts & crafts classes (6)
- Boys & Girls Club (4)
- dance classes (3)
- Parent & Peanut (2)
- pre-natal classes (2)
- French Dip (2)
- exercise programs (2)
- McDonald Park programs (2)

* number of responses

Not applicable responses are due to unanswered or incorrectly answered questions.

Opinions about Parks & Recreation Program Experiences

- excellent staff (28*)
- social experience (17)
- affordable (6)
- good for child(ren) (4)

Reasons Why Parents Don't Use Parks & Recreation Programs

- child(ren) too young (13*)
- no time yet (5)
- not needed (5)
- unaffordable (4)
- not enough spaces available (4)
- inconvenient (2)

* number of responses
Cultural / Sports and Other Events

![Pie Chart]

Cultural / Sports Events Used

- N/A (14)
- No (85) 39%
- Yes (118) 54%
- Total Respondents: 217

Not applicable responses are due to unanswered or incorrectly answered questions.

Opinions about Cultural / Sports Events Experiences

- excellent staff (13*)
- good for child(ren) (12)
- positive (8)
- lots to do (7)
- social experience (4)

Other Events Families with Young Children Like to Participate In:

- Music in the Park (17*)
- Children’s Festival (12)
- Canada Day (9)
- Family Fun Days (7)
- Art Festival (6)

* number of responses

Cultural / Sports Events Kamloops Parents & Children Participate In:

- soccer (34*)
- dance (37)
- gymnastics (10)
- baseball (9)
- skating (8)
- music lessons (5)
- swimming (5)
- preschool classes (4)
- Blazers games (4)
- hockey (4)
- Tae Kwon Do (3)
- music (2)
- skiing (2)
- Powwow (2)

* number of responses
Comments / Recommendations

- City Parks

Kamloops’ city parks continue to be rated very highly by parents of young children. However, parents suggest that playground equipment could be added in some parks with consideration for younger children, cleanliness needs to be addressed, and some parks are not easily accessible by either walking or public transportation.

- Pools

The Canada Games Pool is used the most by parents of young children, but the other pools are also considered good resources for families.

- The Wildlife Park

This is considered to be a wonderful resource for families with young children.

- Library

Those families that have used the libraries in Kamloops consider them a wonderful resource. However, based on the comments from families who don’t use the library, more information about programs and benefits needs to be communicated to families with young children.

- Parks and Recreation Programs

Those families who use Parks and Recreation programs have positive opinions about the experience. Families who don’t use these programs need more information about the benefits of these programs.

- Museum and Archives

Currently, the Kamloops Museum and Archives is focusing on a large renovation project, and developing programs for school age children. At some point, they may want to consider appropriate spaces and programs for preschool age children.
Growing Up in Kamloops

4. IMPORTANT FAMILY ACTIVITIES

What types of activities do you feel are important for your child and family?

Five themes emerge based on the number of times mentioned:

1. Sports / Recreational Activities (397)
2. Activities at Parks and Playgrounds (264)
3. Activities in Nature (244)
4. Socio-cultural / Artistic Activities (237)
5. Family Activities (172)

Sports / Recreational Activities

<table>
<thead>
<tr>
<th>Family Sports / Recreational Activities</th>
<th>(Total # of Responses)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swimming</td>
<td>226</td>
</tr>
<tr>
<td>Team Sports *</td>
<td>97</td>
</tr>
<tr>
<td>Recreational Exercise **</td>
<td>55</td>
</tr>
<tr>
<td>Winter Sports</td>
<td>21</td>
</tr>
</tbody>
</table>

* includes Baseball, Basketball, Dodgeball, and sports generally
** includes exercise, martial arts, Pilates, and YMCA activities

Quick Facts:

- MacArthur Island Park: 500,078 sq. meters
- Riverside Park: 150,893 sq. meters
- McDonald Park: 30,490 sq. meters
- Pioneer Park: 21,410 sq. meters
- Prince Charles Park: 11,902 sq. meters
## Activities at Parks and Playgrounds

<table>
<thead>
<tr>
<th>Activities at Parks and Playgrounds</th>
<th>(Total # of Responses)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Riverside Park</td>
<td>159</td>
</tr>
<tr>
<td>Non-specified Parks</td>
<td>71</td>
</tr>
<tr>
<td>Wildlife Park</td>
<td>58</td>
</tr>
<tr>
<td>Centennial Water Park</td>
<td>33</td>
</tr>
<tr>
<td>Playgrounds</td>
<td>25</td>
</tr>
<tr>
<td>Park Functions</td>
<td>16</td>
</tr>
</tbody>
</table>

## Activities in Nature

<table>
<thead>
<tr>
<th>Family Activities or Areas in Nature</th>
<th>(Total # of Responses)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking</td>
<td>43</td>
</tr>
<tr>
<td>Nature Appreciation</td>
<td>27</td>
</tr>
<tr>
<td>Trails</td>
<td>18</td>
</tr>
<tr>
<td>Camping</td>
<td>16</td>
</tr>
<tr>
<td>Open Spaces</td>
<td>16</td>
</tr>
<tr>
<td>Fresh Air</td>
<td>10</td>
</tr>
</tbody>
</table>
### Cultural / Artistic Activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cultural Activities</td>
<td>22</td>
</tr>
<tr>
<td>Music</td>
<td>16</td>
</tr>
<tr>
<td>Fine Arts</td>
<td>13</td>
</tr>
<tr>
<td>Multicultural Events</td>
<td>9</td>
</tr>
<tr>
<td>Arts &amp; Crafts</td>
<td>9</td>
</tr>
</tbody>
</table>

### Other Family Activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Specified</td>
<td>56</td>
</tr>
<tr>
<td>Visiting Family &amp; Friends</td>
<td>19</td>
</tr>
<tr>
<td>Movies / Theatre</td>
<td>19</td>
</tr>
<tr>
<td>Quality Time</td>
<td>15</td>
</tr>
<tr>
<td>Family Fun Days</td>
<td>11</td>
</tr>
<tr>
<td>Families First</td>
<td>9</td>
</tr>
</tbody>
</table>

### Annual Events:
- **February**: Performing Arts Festival
- **March**: Cowboy Festival, Performing Arts Festival
- **April – October**: Farmer’s Market (Wed & Sat)
- **June**: Annual Garden Tour, High School Rodeo Finals
- **July**: Cattle Drive, River Family Festival, Alpine Blossom Festival (Sun Peaks)
- **August**: Alpine Blossom Festival
- **September**: 4H Provincial Winter Fair
- **November**: Santa Claus Parade
- **December**: Wildlights Display
“Straight Talk” from the Parents: 
Important Family Activities

“Cultural events to bring together families from different backgrounds [are important], including all the learning experiences and benefits that result such as song, dance, art, culinary, dress, and language.”

“... anything and everything that can spark their imagination and creativity, as long as it’s interactive – outdoors as well as indoors.”

“...things the whole family can enjoy that are relatively inexpensive ... Wildlights is a good example.”

“...sports are critical [in order to] learn discipline, team values, get exercise, and lots of enjoyment...”

“The type of activities that would give my son the opportunity it meet other kids and make new friends [are important]. Also, to teach him responsibility, coordination, and broaden his mind (social development skills).”

“I think that it is important for [my children] to learn to socialize and build self-esteem before entering school.”

“Our family likes being active and outdoors, biking, rollerblading.”

Comments / Recommendations

- Important Family Activities

Based on the write-in responses to this question, it is clear that parents of young children believe that an active and busy lifestyle is important. Just as in responses to other questions, swimming, parks and playgrounds and activities in nature are considered to be critical to the quality of life for families with young children. The city and its citizens should do their utmost to protect and maintain all of the programs and services that support these important family activities.
Growing Up in Kamloops

5. RAISING CHILDREN IN KAMLOOPS:
   THE BEST FEATURES

What do you like best about raising children in Kamloops?

Five themes emerge, based on the number of times mentioned:

1. Physical Activities (including unspecified) (759)
   a. Outdoors (335)
   b. Indoors (227)
2. Amenities (370)
3. City Features (201)
4. Community (132)
5. Natural Features (108)

Raising Children in Kamloops: The Best Features
(Total # of Responses)

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Activities</td>
<td>759</td>
</tr>
<tr>
<td>Amenities</td>
<td>370</td>
</tr>
<tr>
<td>City Features</td>
<td>201</td>
</tr>
<tr>
<td>Community</td>
<td>132</td>
</tr>
<tr>
<td>Natural Features</td>
<td>108</td>
</tr>
</tbody>
</table>
Raising Children in Kamloops
Physical Activities

Outdoors

<table>
<thead>
<tr>
<th>Outdoor Activities</th>
<th>Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parks</td>
<td>71</td>
</tr>
<tr>
<td>Wildlife Park</td>
<td>58</td>
</tr>
<tr>
<td>Walks</td>
<td>43</td>
</tr>
<tr>
<td>Hikes</td>
<td>24</td>
</tr>
<tr>
<td>Trails</td>
<td>14</td>
</tr>
<tr>
<td>Biking</td>
<td>14</td>
</tr>
</tbody>
</table>

Indoors

In this category, the “Canada Games Aquatic Centre” made up 164 responses, the single largest response of all the categories and themes in question five. Swimming (either at indoor or outdoor pools) came in second place in this category, with 62 responses. Obviously, water activities play a very significant role in what parents of young children consider to be the best part about raising their children in Kamloops.
# Raising Children in Kamloops

## Amenities

<table>
<thead>
<tr>
<th>Best Amenities (Total # of Responses)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Groups*</td>
<td>68</td>
</tr>
<tr>
<td>Learning Experiences</td>
<td>59</td>
</tr>
<tr>
<td>Many Services Available</td>
<td>47</td>
</tr>
<tr>
<td>Good Amenities for Children</td>
<td>25</td>
</tr>
<tr>
<td>Small Town / Big Feeling</td>
<td>24</td>
</tr>
<tr>
<td>Cultural Activities</td>
<td>22</td>
</tr>
<tr>
<td>Movies</td>
<td>19</td>
</tr>
</tbody>
</table>

* "Groups" includes community groups, childcare, daycare, Families First, preschools, and play groups

## City Features

<table>
<thead>
<tr>
<th>Best City Features (Total # of Responses)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Safe Environment</td>
<td>46</td>
</tr>
<tr>
<td>Size</td>
<td>46</td>
</tr>
<tr>
<td>Affordable</td>
<td>35</td>
</tr>
<tr>
<td>Convenient / Accessible</td>
<td>33</td>
</tr>
<tr>
<td>Clean</td>
<td>12</td>
</tr>
<tr>
<td>Low Crime</td>
<td>12</td>
</tr>
<tr>
<td>Slow Pace</td>
<td>11</td>
</tr>
<tr>
<td>Education</td>
<td>10</td>
</tr>
</tbody>
</table>

Quick Facts:

Kamloops has:

- over 40 community arts organizations
- 9 dance schools
- 7 music schools
- 3 movie theatres
- over 40 restaurants
- 7 shopping centres
- over 10 department stores
Raising Children in Kamloops
The Community

<table>
<thead>
<tr>
<th>Best Community Attributes</th>
<th>(Total # of Responses)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interactions - Children</td>
<td>45</td>
</tr>
<tr>
<td>Friendliness / Support</td>
<td>34</td>
</tr>
<tr>
<td>Interactions - General</td>
<td>16</td>
</tr>
<tr>
<td>Interactions - Parents</td>
<td>16</td>
</tr>
<tr>
<td>Community Spirit</td>
<td>10</td>
</tr>
</tbody>
</table>

Raising Children in Kamloops
Natural Features

<table>
<thead>
<tr>
<th>Best Natural Features (Total # of Responses)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
</tr>
<tr>
<td>Nature</td>
</tr>
<tr>
<td>Good Weather</td>
</tr>
<tr>
<td>Open Spaces</td>
</tr>
<tr>
<td>Fresh Air</td>
</tr>
</tbody>
</table>

Quick Facts:
- 200 lakes within a 40-mile radius of downtown Kamloops
- 1,000 lakes in the TNRD region
- over 25 provincial parks in the TNRD region
- 25 provincial campgrounds in the TNRD region
- Rivers Trail has 15.2 km of core trails, while the City of Kamloops has plans to expand this trail to 100 km
"Straight Talk" from the Parents: Raising Children in Kamloops

"Kamloops has everything we need to raise a healthy and safe family."

"It is a clean city full of friendly people. It has many good services and programs, lots of parks, including school playgrounds, and the city is easy to get around in."

"I love raising my children in this city. Kamloops has a lot to offer but I would like to make sure that things are affordable for all families, rich or poor."

"We like the four distinct seasons – each offers different activities."

"We like the fact that Westsyde is a community within a community. People are genuine and friendly. The city has great programs and facilities."

"It is a small city, but has all the needed amenities. Our oldest two children attend TRU, the next ones go to a high school close to TRU, our elementary aged children go to the Beattie School of the Arts and the youngest is at home. We like the choices and opportunities regarding education."

"We live 20 minutes out of town and so are able to enjoy a country feeling and still do our business in town every day."

"[This is a] good sized town to raise children. [There are] lots of places to keep them busy, and cultural and health aspects of all kinds."

"...right size, good economics, good schools, low crime..."

"...big city with small town mentality..."

"Kamloops is the first town we've lived in where we have met such trustworthy and helpful people, and so many of them."

"I love living here! It is simple to get to most activities – usually no more than a 20 minute drive. There tends to be smaller numbers of people in parks and events, which I prefer. Also, there is a variety of activities for everyone."
Comments / Recommendations

- Raising Children in Kamloops

Parents of young children believe there are a lot of positive things about Kamloops. In particular, the natural environment, parks, playgrounds, and other recreational facilities support the active lifestyle parents want for their children. Parents also feel that the size of a city contributes to a safe environment, one that supports positive, friendly interactions for people of all ages.
Growing Up in Kamloops

6. IMPROVEMENTS

What could be improved to make Kamloops a better place to raise children?

<table>
<thead>
<tr>
<th>Raising Children in Kamloops: Improvements</th>
<th>(Total # of Responses)</th>
</tr>
</thead>
<tbody>
<tr>
<td>More Parks</td>
<td>71</td>
</tr>
<tr>
<td>Safer Environment</td>
<td>64</td>
</tr>
<tr>
<td>More Culture / Art</td>
<td>62</td>
</tr>
<tr>
<td>More Activities / Facilities</td>
<td>57</td>
</tr>
<tr>
<td>More Interactions - Children</td>
<td>51</td>
</tr>
<tr>
<td>Cleaner City</td>
<td>34</td>
</tr>
<tr>
<td>More Preschools / Playgroups</td>
<td>28</td>
</tr>
<tr>
<td>More Playgrounds</td>
<td>25</td>
</tr>
<tr>
<td>More Trails / Paths</td>
<td>20</td>
</tr>
</tbody>
</table>
"Straight Talk" from the Parents: Improvements Needed in Kamloops

"Friends and I discuss this often – how Kamloops is lacking a "centralized" children’s entertainment facility."

"[Kamloops needs] an indoor playground for kids 0-6 years old."

"Many young families live in Brock. We need attention! Clean up the Northshore! … we need "QUALITY" on the North Shore."

"Cater a bit more to the needs of a single working parent (ie, ease of getting to the library by building one in Aberdeen or Sahali, providing parent/child activities during the week after 5:30pm, not just during the day, and provide daycare at recreation facilities after hours so parents can exercise)."

"...more kid-friendly emergency ... more doctors and paediatricians ... in the case of a severe emergency I would like to know or have the reassurance that I can take my child to RIH and have proper staff and equipment care for my child. For a town the size of Kamloops, I find the above lacking!"

"The most affordable houses are in the ghetto, far away from the good programs and safe activities. Single parents should be able to take their kids to a safe park, too."

"[We need] better transit service and more free programs on the south side. I refuse to live in a low income area with drug dealers and hookers just because I choose to use public transportation and live simply."

"[Kamloops needs] reduced crime and drug activity. [We] moved from the North Shore to Sahali because I did not want my child to attend the area school. We were unhappy with the number of drug happenings (needles on the street) and our house was broken into. [Kamloops] needs to give incentives for middle-class families to stay on the North Shore."

"...announcements about new or changed programs..."

"...daycare subsidy increased in income range..."

"...better daycare monitoring and disciplinary action..."

"Sometimes I find it hard to find out what is happening in the city for kids. You have to read all the papers, listen to the radio, talk to other parents, etc. It would be great if there was an information phone line available for all events in town for young children."

"...more inclusive opportunities [for children with special needs]..."

"...have city parks available in surrounding areas like Rayleigh..."
Comments / Recommendations

- Improvements

Although parents of young children believe there are a lot of good things about raising young children in Kamloops, they still feel that improvements could be made in the following areas:

**Parks**

Although the current park system is highly rated by parents, they want more parks that are well located throughout the city.

**Safety**

Parents feel that Kamloops is safer than larger cities but that improvements could be made in this area, particularly on the North Shore.

**Program Accessibility and Information**

In most cases parents feel there are enough programs for young children, but they feel it is difficult to find out information about programs. They suggest better access to programs through public transportation or the provision of more programs in outlying areas.
# Growing Up in Kamloops

## 7. HEALTH SERVICES

From your perspective as a parent raising young children, please indicate your involvement with these health services when your child was under six years of age:

<table>
<thead>
<tr>
<th>Our family has used these health services:</th>
<th>91% YES</th>
<th>7% NO</th>
<th>2% N/A*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public Health</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Royal Inland Hospital</td>
<td>91% YES</td>
<td>8% NO</td>
<td>1% N/A</td>
</tr>
<tr>
<td>Prenatal Classes</td>
<td>52% YES</td>
<td>45% NO</td>
<td>3% N/A</td>
</tr>
<tr>
<td>Therapy Services</td>
<td>37% YES</td>
<td>60% NO</td>
<td>3% N/A</td>
</tr>
<tr>
<td>Specialists (Paediatrician)</td>
<td>55% YES</td>
<td>43% NO</td>
<td>2% N/A</td>
</tr>
<tr>
<td>Mental / Emotional Health</td>
<td>26% YES</td>
<td>70% NO</td>
<td>4% N/A</td>
</tr>
<tr>
<td>Other</td>
<td>10% YES</td>
<td>23% NO</td>
<td>67% N/A</td>
</tr>
</tbody>
</table>

Not applicable responses are due to unanswered or incorrectly answered questions.

**Health Services: Positive Experience**

<table>
<thead>
<tr>
<th>Service</th>
<th>Yes</th>
<th>Somewhat</th>
<th>No</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public Health (193*)</td>
<td>8</td>
<td>22</td>
<td>163</td>
<td></td>
</tr>
<tr>
<td>RIH (191*)</td>
<td>17</td>
<td>51</td>
<td>123</td>
<td></td>
</tr>
<tr>
<td>Prenatal (109*)</td>
<td>3</td>
<td>12</td>
<td>94</td>
<td></td>
</tr>
<tr>
<td>Therapy (67*)</td>
<td>3</td>
<td>9</td>
<td>55</td>
<td></td>
</tr>
<tr>
<td>Specialists (108*)</td>
<td>15</td>
<td>20</td>
<td>73</td>
<td></td>
</tr>
<tr>
<td>Mental/Emotional (53*)</td>
<td>3</td>
<td>13</td>
<td>38</td>
<td></td>
</tr>
<tr>
<td>Other (23*)</td>
<td>2</td>
<td>20</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* total number of responses to this part of the survey question
Public Health

Public Health Used

No (14) N/A (5)

- 7%
- 2%
- 91%

Yes (198)

Total # of Respondents: 217

Not applicable responses are due to unanswered or incorrectly answered questions.

"Straight Talk" from the Parents:
Public Health

"...very helpful and informative when children were breastfeeding..."

"...treated us with respect and dignity, especially important for kids..."

"...they have a lot of experience..."

"[I] would like to have the same health nurse all the time so they know what your needs are."

"The group of lactation nurses from public health are amazing! Their continued support is the reason I have a healthy, well-bonded son."
Royal Inland Hospital

History in Brief:
The Royal Inland Hospital was established in 1896, with less than 12 beds and one physician. Now, serving all residents in the TNRD, the RIH has 260 acute care beds and processes over 40,000 emergency patients each year. The RIH is currently in the process of a 27.5 million dollar upgrade, which includes a state-of-the-art Emergency and Medical Imaging Department, a new 44-bed Tertiary Mental Health Facility, and a 76-unit seniors care facility, the Bedford Manor.

Royal Inland Hospital Used

No (17) / A (2)

8% / 1%

91%

Yes (198)

Total # of Respondents: 217

Not applicable responses are due to unanswered or incorrectly answered questions.

Draft drawing for the redevelopment of the Royal Inland Hospital

RIH Comments:

- good staff (44*)
- good services (25)
- long emergency waits (19)
- long waits (12)
- poor staff (11)
- poor services (5)
- needs updating and cleaning (3)
- staff too busy (3)

* number of responses
Prenatal Classes

Total # of Respondents: 217

Not applicable responses are due to unanswered or incorrectly answered questions.

Therapy Services

Total # of Respondents: 217

Not applicable responses are due to unanswered or incorrectly answered questions.

Parent Responses:
Comments about therapy services:
- helpful (18*)
- great staff (11)
- unaffordable (6)
- long wait lists (6)
- more therapists needed (6)

* number of responses
Specialists

Not applicable responses are due to unanswered or incorrectly answered questions.

Mental / Emotional Health

Parent Responses:
Comments about mental/emotional health services:
- good services (6*)
- unaffordable (5)
- great staff (3)
- poor services (3)
- poor staff (2)
* number of responses

Not applicable responses are due to unanswered or incorrectly answered questions.
Other Health Services

Other health services that parents mentioned included the following:

- Postpartum Assistance (11*)
- Massage Therapy (8)
- Kamloops Infant Development Society (6)
- Chiropractor (3)
- Children’s Therapy & Family Resource Centre (3)
- Dental Services (3)
- Medical Doctors (3)
- Counsellors (2)
- Optometrists (2)
- ICS Baby’s Head Start (2)
- Infant / Child Development Centre (2)

* number of responses

“Straight Talk” from the Parents: Health Services

- Public health nurses:
  “...very helpful and understanding...”
  “...treated us with respect and dignity, which is especially important for the kids...”

- Prenatal classes:
  “...enjoyed the class and getting to meet other prospective parents...”
  “...only somewhat educational...”
  “How can you go wrong with the support of a woman in childbirth?”

- Therapy services / Specialists:
  “Kamloops does not offer great specialists and therapy services.”
  “The person we saw seemed to have no idea how to deal with kids.”
  “...Infant Development – excellent resource...”
  “...extremely friendly and helpful...”
  “Thompson Nicola Family Resource Society and Kamloops Infant Development are really great! Lots of support services in one place.”

- Paediatricians:
  “...unprofessional, unknowledgeable, makes parents feel inadequate, set my child back in many ways...”
  “...a waste of my time...”
  “...long waits (3 months for a paediatrician) and I have a special needs child...”
  “...we need more of them, as not all are compatible for us...”

Quick Facts:

- Kamloops has over 20 local registered massage therapist clinics and/or practitioners
- Kamloops has over 20 local chiropractic clinics and/or practitioners
- Kamloops has over 100 local physicians and surgeons, including 35 general and/or family practitioners
- Kamloops has over 25 local registered clinical counsellors
- Kamloops has over 20 local doctors of optometry
Comments / Recommendations

- Health Services

Most families with young children have used the services of public health. Almost half of the families have not used the services of specialists including prenatal classes and therapy services. While in some cases, these families may not have had the need to access these health services, we also know that parents indicate it is difficult to find information about services for young children. Attention should be given to ensure that families with young children are aware of all the health services provided within the community.
Growing Up in Kamloops

8. OTHER FORMAL SUPPORT SERVICES

From your perspective as a parent raising young children, please indicate your involvement with these other support services when your child was under six years of age:

<table>
<thead>
<tr>
<th>Service</th>
<th>YES</th>
<th>NO</th>
<th>N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Bank</td>
<td>15%</td>
<td>83%</td>
<td>2%</td>
</tr>
<tr>
<td>Public Gardens</td>
<td>2%</td>
<td>95%</td>
<td>3%</td>
</tr>
<tr>
<td>Parent Group</td>
<td>27%</td>
<td>70%</td>
<td>3%</td>
</tr>
<tr>
<td>Ministry of Children &amp; Family Development</td>
<td>16%</td>
<td>78%</td>
<td>6%</td>
</tr>
<tr>
<td>Ministry of Human Resources</td>
<td>25%</td>
<td>72%</td>
<td>3%</td>
</tr>
</tbody>
</table>

Not applicable responses are due to unanswered or incorrectly answered questions.

Support Services: Positive Experience

<table>
<thead>
<tr>
<th>Service</th>
<th>Yes</th>
<th>Somewhat</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Bank (29*)</td>
<td>4</td>
<td>9</td>
<td>16</td>
</tr>
<tr>
<td>Parent Group (53*)</td>
<td>2</td>
<td>6</td>
<td>45</td>
</tr>
<tr>
<td>Ministry of Children ... (31*)</td>
<td>3</td>
<td>4</td>
<td>24</td>
</tr>
<tr>
<td>Ministry of Human Res. (46*)</td>
<td>10</td>
<td>13</td>
<td>23</td>
</tr>
</tbody>
</table>

* total number of responses
**History in Brief**

The Kamloops Food Bank and Outreach Society has provided food and services for disadvantaged children and families since incorporating in 1988.

Started by area churches and volunteers, the Food Bank's mandate is to feed the hungry regardless of ethnicity, race, religion or gender.

In one month alone (December 2006), the Food Bank served 1,719 clients, including 77 babies, 144 pre-schoolers, and 426 school-aged children.

---

**Food Bank**

- **Food Bank Used**
  - N/A (5)
  - Yes (32)
  - No (180)

Total # of Respondents: 217

Not applicable responses are due to unanswered or incorrectly answered questions.

---

Kamloops Food Bank
Public Gardens

Public Gardens Used

N/A (7)  Yes (4)

95%

No (206)

Total # of Respondents: 217

Not applicable responses are due to unanswered or incorrectly answered questions.
Parent Groups

Kamloops Parent Groups:
- Growing Together Support Group
- New Adoptive Parents Group
- Let's Play Group
- Waiting Parents Support Group
- Autism Kamloops
- Family Fun Night
- Today's Parent Group
- Parenting Wisely (Boys and Girls Club)
- Parents of Broken Families
- One-to-One Parenting
- Parents Together
- Parent Finders
- Parents Anonymous
- Compassionate Friends
- Parenting After Separation
- Parenting Awareness and Individual Development
- Dads In Action
- Various PAC's and other parent support groups

Parent Groups Used

- Yes (58)
- No (153)
- N/A (6)

Total # of Responses: 217

Not applicable responses are due to unanswered or incorrectly answered questions.

Parent Groups Mentioned:
- Play Groups (17*)
- Families First (11)
- Mother Goose (10)
- Parents Anonymous (10)
- Kamloops Infant Development Society (9)

Comments about Parent Groups:
- healthy interactions with other parents and children (8)
- great experience (7)
- good support (6)
- reassurance (5)
- parent skills learned (4)

* number of responses
Ministry of Children and Family Development

Ministry of Children Used

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>N/A (12)</td>
<td>Yes (35)</td>
</tr>
<tr>
<td>6%</td>
<td>16%</td>
</tr>
<tr>
<td>No (170)</td>
<td>78%</td>
</tr>
</tbody>
</table>

Total # of Respondents: 217

Not applicable responses are due to unanswered or incorrectly answered questions.

Quick Facts:

- Over 1,000 children are waiting to be adopted in B.C.
- Over the next five years, B.C. will receive 633 million dollars for early learning and childcare initiative programs
- B.C. has approximately 10,000 children in foster care, and about 4,000 foster and group homes
- Approximately 140,000 children and youth in B.C. experience mental disorders causing significant distress and impairing their functioning at home, at school, with peers, or in the community
- 246,000 children under the age of six live in B.C.

"Straight Talk" from the Parents: Ministry of Children & Family Development

"Our grandson is our ward and has autism and tourette. The ministry has been a lifesaver."

"Yes, they help give me options in the community. No, not enough therapists and help to go around."

"...great support and information place..."

"[We] had a number of delays and needless difficulties regarding adoptions. No supports!"
2006 Quick Facts:

- The Ministry of Human Resources invests more than 70 million dollars per year on employment programs.
- The ministry will spend over 200 million dollars on social housing in 2006, the most ever spent in B.C.
- The ministry will increase the MSP premium assistance threshold by $4,000.
- The income threshold for receiving full child care subsidy will be increased by $17,000.
- B.C.’s unemployment rate is the lowest it has been in thirty years: 4.4%.
- B.C. has the third highest average weekly wage in Canada.

Types of Services Accessed Through Ministry of Human Resources:

- childcare subsidy (7*)
- maternity/paternity employment insurance (7)

Ministry of Human Resources Comments:

- staff not good (12*)
- good staff and/or volunteers (7)
- judgemental (6)
- reassuring (6)
- good support (5)

* number of responses
Comments / Recommendations

- Other Formal Support Services

The majority of parents have not used any of these other types of support services either because the family did not need the services or they were unaware of the services. These (and other) agencies should make sure that information about programs, services, and eligibility are available to families with young children through a variety of venues, including the internet, brochures, other agencies, etc.
# Growing Up in Kamloops

## 9. CHILDCARE / EDUCATIONAL SERVICES

From your perspective as a parent raising young children, please indicate your involvement with these childcare and educational services when your child was under six years of age:

<table>
<thead>
<tr>
<th>Our family has used these support services:</th>
<th>37% YES</th>
<th>58% NO</th>
<th>5% N/A*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Childcare Resource &amp; Referral</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Family Member (Childcare)</td>
<td>46% YES</td>
<td>49% NO</td>
<td>5% N/A</td>
</tr>
<tr>
<td>Unlicensed Family Childcare</td>
<td>21% YES</td>
<td>73% NO</td>
<td>6% N/A</td>
</tr>
<tr>
<td>Licensed Family Childcare</td>
<td>28% YES</td>
<td>67% NO</td>
<td>5% N/A</td>
</tr>
<tr>
<td>Group Daycare</td>
<td>33% YES</td>
<td>64% NO</td>
<td>3% N/A</td>
</tr>
<tr>
<td>Preschool / Nursery School</td>
<td>37% YES</td>
<td>59% NO</td>
<td>4% N/A</td>
</tr>
<tr>
<td>Other Early Childhood Services</td>
<td>14% YES</td>
<td>67% NO</td>
<td>19% N/A</td>
</tr>
</tbody>
</table>

Not applicable responses are due to unanswered or incorrectly answered questions.

### Childcare / Educational Services: Positive Experience

<table>
<thead>
<tr>
<th>Service</th>
<th>Total Responses</th>
<th>Yes</th>
<th>Somewhat</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resource &amp; Referral (76*)</td>
<td>60</td>
<td>46</td>
<td>9</td>
<td>5</td>
</tr>
<tr>
<td>Family Member (92*)</td>
<td>88</td>
<td>80</td>
<td>8</td>
<td>0</td>
</tr>
<tr>
<td>Unlicensed Childcare (41*)</td>
<td>32</td>
<td>24</td>
<td>7</td>
<td>1</td>
</tr>
<tr>
<td>Licensed Childcare (58*)</td>
<td>47</td>
<td>35</td>
<td>10</td>
<td>2</td>
</tr>
<tr>
<td>Group Daycare (63*)</td>
<td>56</td>
<td>46</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>Preschool / Nursery (71*)</td>
<td>69</td>
<td>56</td>
<td>9</td>
<td>4</td>
</tr>
</tbody>
</table>

* total number of responses
Childcare Resource & Referral

Childcare Resource & Referral Used

- Yes (71) 37%
- No (125) 58%
- N/A* (11) 5%

Total # of Respondents: 217

Not applicable responses are due to unanswered or incorrectly answered questions.

Family Member (for Childcare)

Family Member Used

- Yes (99) 46%
- No (106) 49%
- N/A* (12) 5%

Total # of Respondents: 217

Not applicable responses are due to unanswered or incorrectly answered questions.

Services Provided by Childcare Resource & Referral in Kamloops:

- Referrals to child care providers
- Consultations with experienced staff
- Newsletter
- Early Childhood Resource Library
- Drop-In Playgroups for Care providers and families
- Supportive home/facility visit
- Child care business start-up information
- Assistance with administrative issues
- Information about child care grants and subsidy programs

Reasons Why Parents Use Family Members for Childcare:

- Family is good for children (19*)
- Great short-term solution (9)
- Trust (6)
- Convenience (4)
- Affordability (3)

* total number of responses
**Unlicenced Family Childcare**

**Quick Facts:**

- There are over 40 childcare businesses in Kamloops, including over ten that are fully licenced.

- In 2004, there were 24 preschools, 29 group daycares, and 102 licenced family child care facilities.

- Childcare typically costs over $500 monthly, whereas the maximum provincial subsidy amount available for centre-based childcare for is often less than $400.

- There are over 300,000 family caregivers in Canada, and over 270,000 are unregulated.

- Less than 5% of all BC parents would choose a non-relative to provide childcare as a first choice.

- 81% of unlicenced family caregivers have children of their own and their primary reason for doing family childcare is to enable them to care for their own children.

- Currently, B.C. can accommodate for approximately 12% of the estimated need for childcare in licenced facilities.

- In 2003, 54% of Canadian children aged six months to five years were in some form of childcare.

Not applicable responses are due to unanswered or incorrectly answered questions.

**Licenced Family Childcare**

**Licenced Family Childcare Used**

- N/A* (10)
- Yes (61)
- No (146)

Total # of Responses: 217

Not applicable responses are due to unanswered or incorrectly answered questions.
Group Daycare

Group Daycare Used

- Yes (71) - 33%
- No (139) - 64%
- N/A* (7) - 3%

Total # of Respondents: 217

Not applicable responses are due to unanswered or incorrectly answered questions.

“Straight Talk” from the Parents:
Group Daycare

“...great childcare providers and very convenient location...”

“...very qualified staff...”

“Our daycare is absolutely fabulous!”

“...fun, caring and friendly atmosphere for children and parents...”

“...wonderful support, caring and small...”

“One very bad experience – we were asked to remove our four-year-old. One (current) great experience – staff are able to support child fully without additional support.”

“...too many kids per instructor...”

“...toys and supplies not cleaned regularly...”
Preschool / Nursery School

Preschool / Nursery School Used

- N/A* (8)
- Yes (81)
- No (128)

Total # of Respondents: 217

Not applicable responses are due to unanswered or incorrectly answered questions.

Other Early Childhood Services

Other Early Childhood Services Mentioned:

- Community YMCA
- Kamloops Infant Development Society
- Families First
- Mother Goose
- Family Frolics
- Parks and Recreation Programs
- Montessori
- Early Intervention
- Children’s Family Therapy Centre
- Kamloops Child Development Centre
Comments / Recommendations

- Childcare / Educational Services

The majority of parents indicated they do not use any type of early childhood education program for their children. Given the benefits of some form of educational experience for young children, agencies who provide these services should ensure that information about their program is available to parents through a variety of venues including the internet, brochures, other agencies, etc.
Growing Up in Kamloops

10. OTHER NECESSARY SERVICES AND SUPPORTS

What other services and/or supports would you like to see in Kamloops?

Suggestions for Services and Supports:

- parent education (5*)
- parent support group network (5)
- more indoor/outdoor activity centres (4)
- more childcare spaces (4)
- improved bus service (4)

* total number of responses

"Straight Talk" from the Parents:
Other Necessary Services and Supports

"[We need] more awareness and research around children’s mental health issues and funding accessibility for a wider spectrum of disorders."

"[Kamloops needs] parent support services, parenting courses, a Montessori for Parents course ... educational tools for parenting."

"Kamloops should open a daycare / old folks home to get two birds with one stone and be a trendsetter for the interior and the province. Kids benefit from the elderly and the elderly love and benefit from having kids around. Win, win."

"[Kamloops needs] more support for professional single parents (ie. parent-child events, support groups and networks, emergency child care service)."

"...babysitting coops, a referral program for babysitters..."

"...a stronger doula / midwifery..."

"...hotline for income assistance-type programs..."

"...more pickup at various elementary schools by the daycares..."

"[Kamloops needs] more programs for children with special needs that don’t require parent involvement so these children can find and explore their own social independence."

"...more supported childcare for “atypical” children to allow for greater community participation..."

"...a listing for parent groups..."

"...a list of what is available, one place to access what is out here in Kamloops, that meets the needs of your family..."
Comments / Recommendations

- Other Necessary Services and Supports

Parents offered a variety of ideas for additional programs and services that would support families with young children. As with recommendations in several other sections of the survey, parents would benefit from a method to access information about the services and supports available for families with young children.
Growing Up in Kamloops

11. INFORMAL / PERSONAL SOURCES OF SUPPORT

From your perspective as a parent raising young children, please indicate your involvement with these informal or personal sources of support when your child was under six years of age:

<table>
<thead>
<tr>
<th>Our family gets personal support from:</th>
<th>42% YES</th>
<th>51% NO</th>
<th>7% N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Immediate Family Members</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Extended Family (grandparents, etc.)</td>
<td>66% YES</td>
<td>30% NO</td>
<td>4% N/A</td>
</tr>
<tr>
<td>Friends</td>
<td>80% YES</td>
<td>17% NO</td>
<td>3% N/A</td>
</tr>
<tr>
<td>Neighbours</td>
<td>48% YES</td>
<td>46% NO</td>
<td>6% N/A</td>
</tr>
<tr>
<td>Place of Worship</td>
<td>17% YES</td>
<td>75% NO</td>
<td>8% N/A</td>
</tr>
</tbody>
</table>

Not applicable responses are due to unanswered or incorrectly answered questions.

"Straight Talk" from the Parents: Family & Friends

"Grandma is always an A+ experience!"

"Most of our friends are also young, working families, so we plan a lot of family outings together to socialize (both the kids and the parents)."

"Friends and I do babysitting swaps. We help each other out so we don’t have to pay for childcare."

"Our church family provides emotional and spiritual support as well as some childcare."
**Immediate Family**

Immediate Family Used

- Yes (91) 42%
- No (111) 51%
- N/A (15)* 7%

Not applicable responses are due to unanswered or incorrectly answered questions.

**Extended Family**

Extended Family Used

- Yes (143) 66%
- No (66) 30%
- N/A (8)* 4%

Not applicable responses are due to unanswered or incorrectly answered questions.

**Types of Support from Immediate Family Members:**
- Childcare (45)*
- Emotional (42)
- Financial (31)

*total # of responses

**Types of Support from Extended Family Members:**
- Childcare (92)*
- Emotional (59)
- Financial (35)
- Visits (19)

*total # of responses
**Friends**

Types of Support from Friends:
- Childcare (76)*
- Emotional (85)
- Social Interactions (21)  

* total # of responses

Friends Used

- Yes (174) 80%
- No (36) 17%
- N/A* (7) 3%

Total # of Responses: 217

Not applicable responses are due to unanswered or incorrectly answered questions.

**Neighbours**

Types of Support from Neighbours:
- Childcare (25)*
- Emotional (22)*
- Social Interactions (16)*  

* total # of responses

Neighbours Used

- Yes (105) 48%
- No (99) 46%
- N/A (13)* 6%

Not applicable responses are due to unanswered or incorrectly answered questions.
Place of Worship

Place of Worship Used

- N/A (18)*
- Yes (37)
- No (162)

Not applicable responses are due to unanswered or incorrectly answered questions.

Types of Support from Place of Worship:
- Emotional (13)*
- Spiritual (11)*

* total # of responses
Comments / Recommendations

- Informal / Personal Sources of Support

Informal sources of support, such as family and friends, provide a significant and necessary resource for families with young children. It is very important for any agencies involved with families, to find ways to strengthen these informal support systems.
Growing Up in Kamloops

12. NEIGHBORHOOD FAMILY ACTIVITIES

What types of activities does your family do in your neighbourhood?

<table>
<thead>
<tr>
<th>Family Activities</th>
<th>Total # of Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walks</td>
<td>94</td>
</tr>
<tr>
<td>Park Visits</td>
<td>79</td>
</tr>
<tr>
<td>Sports</td>
<td>50</td>
</tr>
<tr>
<td>Biking</td>
<td>49</td>
</tr>
<tr>
<td>Playing</td>
<td>42</td>
</tr>
<tr>
<td>Playground Visits</td>
<td>35</td>
</tr>
<tr>
<td>Friend Visits</td>
<td>24</td>
</tr>
<tr>
<td>Swimming</td>
<td>22</td>
</tr>
<tr>
<td>Hikes</td>
<td>16</td>
</tr>
<tr>
<td>BBQs &amp; Picnics</td>
<td>16</td>
</tr>
</tbody>
</table>

Sports Breakdown

- Winter sports (22*)
- Soccer (9)
- Hockey (7)
- Sports – general (6)
- Baseball (4)
- Tennis (2)
- Basketball (2)
- Dodgeball (1)
- Golf (1)
- Gymnastics (1)

* number of responses

Comments / Recommendations

- Neighbourhood Family Activities

Families with young children like to be active in their neighbourhood. It is important to maintain safe and clean neighbourhood parks and playgrounds. These areas should be easily accessible by walking on streets that are not too busy with traffic and have sidewalks with curbcuts for strollers.
Growing Up in Kamloops

13. OTHER NECESSARY NEIGHBOURHOOD ACTIVITIES

What other neighbourhood activities, services, or supports would you like to see?

Neighbourhood Activities Suggested:

- block parties and activities (14*)
- more parks and playground equipment (11)
- skating rinks (5)
- more biking and walking paths (4)
- more water parks (4)
- neighbourhood play centres (4)
- more block parents (4)

*total number of responses

"Straight Talk" from the Parents:
Other Necessary Neighbourhood Activities

"I would like the city to ensure there are enough parks in underdeveloped areas in new subdivisions (like Kenna Cartwright Park)."

"...better bus service, especially at night and more frequent runs..."

"...encouragement / resources for neighbourhood block party-type functions..."

"...resources, assistance, and support for neighbourhood beautification projects..."

"...all occasion and holiday activities for everyone at churches..."

"...neighbourhood 'days' where streets shut down, the neighbours have big yard and bake sales, and there are evening street parties..."

"...more afterschool programs that could be a drop-in program, pay as you go, or punch card idea ... this works with a busy life or other social plans, scheduled activities..."

Comments / Recommendations

- Neighbourhood Activities

Parents are passionate about the possibilities for interesting activities in their neighbourhoods. Local neighbourhood associations with the ability to seek money from the city for neighbourhood projects and events should be encouraged and supported.
Growing Up in Kamloops

SURVEY PARTICIPANT INFORMATION

14. Postal Code Groupings

Postal Code Groupings:
- V2B (70) 33%
- V1S (23) 11%
- VOE (7) 5%
- N/A* (15) 7%
- V2E (55) 25%
- V2C (36) 16%

Not applicable responses are due to unanswered or incorrectly answered questions.

15. Length of Time at Address

Length of Time at Address:
- > 3 Years (99) 46%
- 1 - 3 Years (57) 26%
- < 1 Year (57) 26%
- N/A* (4) 2%

Total Respondents: 217

Not applicable responses are due to unanswered or incorrectly answered questions.
16. Primary Source of Transportation

Not applicable responses are due to unanswered or incorrectly answered questions.

17. Marital Status

Not applicable responses are due to unanswered or incorrectly answered questions.
18. Combined Annual Family Income or Financial Support

Total Respondents: 217

Not applicable responses are due to unanswered or incorrectly answered questions.

19. Gender of Respondents

Total Respondents: 217

Not applicable responses are due to unanswered or incorrectly answered questions.
20. Age of Respondents

![Pie Chart: Age of Parent Respondents]

*Not applicable responses are due to unanswered or incorrectly answered questions.*

21. Age of Child(ren) of Respondents

<table>
<thead>
<tr>
<th>Age</th>
<th># of Children</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 1 year old</td>
<td>22</td>
</tr>
<tr>
<td>1 year old</td>
<td>42</td>
</tr>
<tr>
<td>2 years old</td>
<td>53</td>
</tr>
<tr>
<td>3 years old</td>
<td>49</td>
</tr>
<tr>
<td>4 years old</td>
<td>61</td>
</tr>
<tr>
<td>5 years old</td>
<td>34</td>
</tr>
<tr>
<td>6 years old</td>
<td>29</td>
</tr>
<tr>
<td>7 – 10 years old</td>
<td>47</td>
</tr>
<tr>
<td>11 – 14 years old</td>
<td>28</td>
</tr>
<tr>
<td>15+ years old</td>
<td>28</td>
</tr>
</tbody>
</table>
"Straight Talk" from the Parents:

EXTRAS

“I love Kamloops! I and my husband were raised here, moved away, and came back when we had a family. Safety first. Vancouver is not a good place to raise children: Kamloops is.”

“I do think Kamloops is a great town in all aspects, and that it does cater to families and young children. Maybe a better advertising system of what is going on, on a regular basis, around Kamloops is more what is needed since I don’t sometimes find out unless it’s from another parent or co-worker letting me know. Other parents have had the same complaints, too. The activity guide is one great way. We just need more. Thank you.”

“I think Kamloops is a fantastic city to live in. There are lots of choices to keep the kids active. Often I run into the same families at different activities which is nice about being a smaller community.”

“There is a lot of things to do in Kamloops with my young girls. We can be busy every day. The problem is that most mothers are working, families are busy, and there doesn’t seem to be a large interest or time to build a community, to get to know each other, and help each other out.”

“Thank you for doing this survey. Kamloops needs this type of information.”

“Kamloops needs more for children to do on Pro-D days.”

“I think there needs to be more support and emphasis put towards under school-aged care providers (i.e. daycare and preschool workers). They are just as influential to our children as their elementary school teachers, and we should value them as much.”

 “[We are] really happy with our decision to raise our family in Kamloops (despite hay fever season). There are so many excellent role models and opportunities to experience a wide variety of activities whatever the budget.”

“The values in this community are not the values I want my child to learn. I want my child to learn the value of the environment and one way to do this is recycling. In this community you can’t do this without a vehicle or having to pay for the service which isn’t reliable. The ability to access the natural environment, trees, water, ducks, birds, without the use of a vehicle is not easily done in this community except the waterfront which is great. Parks that are easy to walk to are small and lack treed spaces. Many other communities do this much better.”


Growing Up in Kamloops

QUALITY OF LIFE INDICATORS FOR FAMILIES WITH YOUNG CHILDREN

Major Themes and Recommendations

Based on the Growing Up In Kamloops Parent Survey, parents believe that Kamloops is a good city for families with young children. While there is useful information for parents, the municipal government, and agencies that provide services to families, there are several major themes and recommendations that are strongly represented in the responses throughout the survey.

- Parks and Playgrounds

Without a doubt, parks and playgrounds represent one of the most positive contributions to the quality of life for families with young children.

Parks and playgrounds fall into two categories:

Centralized:
Riverside Park is considered the favorite for the majority of parents. This centrally located park offers a variety of attractions for families with young children, including a water park, play equipment, picnic areas, special events, a central location, and the natural environment from the confluence of the North and South Thompson Rivers. This park, which is easily accessed from all areas of the city, is a source of pride for the respondents of this survey.

79
Neighbourhood:

Although parents believe the parks and playgrounds of Kamloops make an important contribution to their parenting role, they believe the City of Kamloops should pay attention to: **Safety** – particularly for Riverside Park, as parents are concerned that an increased use of the park by homeless and transient persons makes it less desirable (and safe) for families with young children, – **Cleanliness** – some of the parks and playgrounds could be cleaner, making them more attractive to families with young children, – and **Variety of Equipment** –

Swimming:

Walking:
• Programs and Services

While many parents list new or additional programs and services that would contribute to the quality of life for families with young children, there is no consensus as to a specific type of program or service that is required. Instead, many respondents believe that there are a wide variety of programs and services available; however, access to information about these services is haphazard and inconsistent. Based on this, agencies who provide services for young children should work together to provide a comprehensive approach to the provision of information about programs and services for young children. This will not be an easy task since a characteristic of programs and services for young children is that they are often underfunded and/or short term in duration. Consequently, an attempt should be made to support existing quality programs for young children so that services can remain viable and consistent.

The Parent Survey also attempted to gather information about positive and negative experiences with specific agencies; however, the comprehensive nature of the survey made it difficult to adequately assess this information. Instead, the survey does point out whether families with young children have used a particular service or not. Individual agencies should consider conducting their own surveys to ascertain whether their services are meeting the needs of families with young children.
Growing Up in Kamloops

APPENDIX A: OVERALL COMMENTS AND RECOMMENDATIONS

- Education

Given that parents of young children are at the beginning of their children's educational experience, it is not surprising that this is ranked as the most important community feature.

- Recreation / Sports

Young children are very active and parents seem to recognize that recreation and sports activities are an important outlet for active preschoolers. This area might also rank high for families because, as the self-proclaimed Tournament Capital of Canada, Kamloops prides itself on its recreation and sports opportunities.

- Employment

Parents recognize that employment opportunities support quality of life possibilities for the entire family.

- Size of the City

Considered an important community feature by 70% of the respondents, the size of Kamloops is also featured in many of the write-in comments. Friendly people and less crime are considered examples of the quality of life offered in a small city.

- Location of the City

Although only 59% of the respondents considered this to be an important community feature, elsewhere in the survey parents comment about the accessibility to outlying natural areas as an important contribution to their quality of life.
• Community Arts

Parents of young children could use more information about how the community arts contribute to the quality of life in a small city. Community arts organizations could reach out to families with young children through the provision of age appropriate programs and events.

• Parks and Playgrounds (General)

The responses indicate that Kamloops’ outdoors is critically important to families with young children. This is particularly true in relation to city parks: there are over 100 more responses citing parks (generally and specifically) than any other type of response.

Perhaps the reason why outdoor destinations rank so highly in this question is due (at least in part) to the fact that the city has such an advantageous climate. Kamloops is known as the warmest city in Canada, averaging 27.2°C in June, July and August, and with over 2000 hours of sunshine and less than 220 millimeters of rain each year. (In comparison, Vancouver has at least 100 hours less sunshine and 650 millimeters more rain each year.) Not surprisingly, the City of Kamloops municipal parks system includes 84 parks – more than any other city in British Columbia. These parks cover a total area of 3,336 acres, where 556 acres are developed parks and 2,770 acres are open spaces.

• Riverside Park

As one of the favourite parks for families of young children, the parents provide good advice about its positive attributes – the central location, the water park and play areas, and planned activities – as well as some areas for improvement – cleanliness and safety.

• Canada Games Pool

Parents think this is a wonderful resource for families with young children. Some feel that the Canada Games Pool could have a shallow area for the youngest of children and cleanliness can be an issue.

• Natural Land & Water

The connection between the city and the adjacent natural parks and grasslands supports the quality of life for families with young children through the provision of walking and hiking in the outdoors.
• City Parks

Kamloops' city parks continue to be rated very highly by parents of young children. However, parents suggest that playground equipment could be added in some parks with consideration for younger children, cleanliness needs to be addressed, and some parks are not easily accessible by either walking or public transportation.

• Pools

The Canada Games Pool is used the most by parents of young children, but the other pools are also considered good resources for families.

• The Wildlife Park

This is considered to be a wonderful resource for families with young children.

• Library

Those families that have used the libraries in Kamloops consider them a wonderful resource. However, based on the comments from families who don't use the library, more information about programs and benefits needs to be communicated to families with young children.

• Parks and Recreation Programs

Those families who use Parks and Recreation programs have positive opinions about the experience. Families who don't use these programs need more information about the benefits of these programs.

• Museum and Archives

Currently, the Kamloops Museum and Archives is focusing on a large renovation project, and developing programs for school age children. At some point, they may want to consider appropriate spaces and programs for preschool age children.

• Important Family Activities

Based on the write-in responses to this question, it is clear that parents of young children believe that an active and busy lifestyle is important. Just as in responses to other questions, swimming, parks and playgrounds and activities in nature are considered to be critical to the quality of life for families with young children. The city and its citizens should do their utmost to protect and maintain all of the programs and services that support these important family activities.
Parks

Safety

Program Accessibility and Information
**Growing Up in Kamloops**

**APPENDIX B : PARENT SURVEY**

**Directions:**
Please answer the questions as completely as you would like, and leave blank any questions that you do not want to answer. This survey will take less than 30 minutes to complete.

**The City:**
Please rate how you feel these community features contribute to the quality of life in the city:

<table>
<thead>
<tr>
<th>1. I feel this community feature is important:</th>
<th>yes</th>
<th>somewhat</th>
<th>no</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) Size of the City</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(b) Location of the City</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(c) Community Arts</td>
<td>yes</td>
<td></td>
<td>no</td>
</tr>
<tr>
<td>(d) Recreation/Sports</td>
<td>yes</td>
<td></td>
<td>no</td>
</tr>
<tr>
<td>(e) Education</td>
<td>yes</td>
<td></td>
<td>no</td>
</tr>
<tr>
<td>(f) Employment</td>
<td>yes</td>
<td></td>
<td>no</td>
</tr>
<tr>
<td>(g) Affordable Housing</td>
<td>yes</td>
<td></td>
<td>no</td>
</tr>
</tbody>
</table>

**2. Where are your favourite places in Kamloops? Why does your family enjoy these places?**

From your perspective as a parent raising young children, please indicate your involvement with these community services/facilities when your child was under six years of age.

**Community Services/Facilities:**

<table>
<thead>
<tr>
<th>3. Our family has used these services/facilities:</th>
<th>Yes or No</th>
<th>Was it a positive experience?</th>
<th>Why or why not?</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) City Parks: name ___________________________</td>
<td>□ yes □ no</td>
<td>□ yes □ somewhat □ no</td>
<td></td>
</tr>
<tr>
<td>If no, why not?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(b) Wildlife Park</td>
<td>□ yes □ no</td>
<td>□ yes □ somewhat □ no</td>
<td></td>
</tr>
<tr>
<td>If no, why not?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(c) Library: (i.e. borrowing books/story hour)</td>
<td>□ yes □ no</td>
<td>□ yes □ somewhat □ no</td>
<td></td>
</tr>
<tr>
<td>If no, why not?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(d) Kamloops Museum and Archives</td>
<td>□ yes □ no</td>
<td>□ yes □ somewhat □ no</td>
<td></td>
</tr>
<tr>
<td>If no, why not?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Our family has used these services/facilities:</th>
<th>Yes or No</th>
<th>Was it a positive experience?</th>
<th>Why or why not?</th>
</tr>
</thead>
</table>
### (e) Pools:
- name__________________

- □ yes  □ no
  - If no, why not?

- □ yes
  - □ somewhat
  - □ no

### (f) YMCA: (ie. preschool programs/facilities)

- □ yes  □ no
  - If no, why not?

- □ yes
  - □ somewhat
  - □ no

### (g) Parks and Recreation Programs:
- type__________________
- location__________________

- □ yes  □ no
  - If no, why not?

- □ yes
  - □ somewhat
  - □ no

### (h) Cultural/Sports Programs:
- (ie. dance, soccer)
- type__________________

- □ yes  □ no
  - If no, why not?

- □ yes
  - □ somewhat
  - □ no

### (i) Other Events:
- type__________________

- □ yes  □ no
  - If no, why not?

- □ yes
  - □ somewhat
  - □ no

---

4. What types of activities do you feel are important for your child and family?

5. What do you like best about raising children in Kamloops?

6. What could be improved to make Kamloops a better place to raise young children?
**Health Services:**

<table>
<thead>
<tr>
<th>7. Our family has used these health services:</th>
<th>Yes or No</th>
<th>Was it a positive experience?</th>
<th>Why or why not?</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) Public Health (ie. Health Nurses, immunizations)</td>
<td>□ yes □ no If no, why not?</td>
<td>□ yes □ somewhat □ no</td>
<td></td>
</tr>
<tr>
<td>(b) Royal Inland Hospital</td>
<td>□ yes □ no If no, why not?</td>
<td>□ yes □ somewhat □ no</td>
<td></td>
</tr>
<tr>
<td>(c) Prenatal Classes</td>
<td>□ yes □ no If no, why not?</td>
<td>□ yes □ somewhat □ no</td>
<td></td>
</tr>
<tr>
<td>(d) Therapy Services (ie. physio, speech therapy)</td>
<td>□ yes □ no If no, why not?</td>
<td>□ yes □ somewhat □ no</td>
<td></td>
</tr>
<tr>
<td>(e) Specialists (paediatrician)</td>
<td>□ yes □ no If no, why not?</td>
<td>□ yes □ somewhat □ no</td>
<td></td>
</tr>
<tr>
<td>(f) Mental/Emotional Health (ie. counselling)</td>
<td>□ yes □ no If no, why not?</td>
<td>□ yes □ somewhat □ no</td>
<td></td>
</tr>
<tr>
<td>(g) Other type_______________</td>
<td>□ yes □ no If no, why not?</td>
<td>□ yes □ somewhat □ no</td>
<td></td>
</tr>
</tbody>
</table>

**Other Support Services:**

<table>
<thead>
<tr>
<th>8. Our family has used these support services:</th>
<th>Yes or No</th>
<th>Was it a positive experience?</th>
<th>Why or why not?</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) Food Bank</td>
<td>□ yes □ no If no, why not?</td>
<td>□ yes □ somewhat □ no</td>
<td></td>
</tr>
<tr>
<td>(b) Public Gardens (to grow your own food)</td>
<td>□ yes □ no If no, why not?</td>
<td>□ yes □ somewhat □ no</td>
<td></td>
</tr>
<tr>
<td>(c) Parent Group name_______________</td>
<td>□ yes □ no If no, why not?</td>
<td>□ yes □ somewhat □ no</td>
<td></td>
</tr>
<tr>
<td>(d) Ministry of Children and Family Development</td>
<td>□ yes □ no If no, why not?</td>
<td>□ yes □ somewhat</td>
<td></td>
</tr>
<tr>
<td>(e) Ministry of Human Resources (ie. income assistance)</td>
<td>☐ yes ☐ no If no, why not?</td>
<td>☐ yes ☐ somewhat ☐ no</td>
<td></td>
</tr>
<tr>
<td>--------------------------------------------------------</td>
<td>-----------------------------</td>
<td>------------------------</td>
<td></td>
</tr>
</tbody>
</table>

**Child Care/Educational Services (continued on next page):**

9. **Our family has used these services:**

<table>
<thead>
<tr>
<th>(a) Child Care Resource and Referral</th>
<th>☐ yes ☐ no If no, why not?</th>
<th>☐ yes ☐ somewhat ☐ no</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>(b) Family Member (while at school/work)</th>
<th>☐ yes ☐ no If no, why not?</th>
<th>☐ yes ☐ somewhat ☐ no</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>(c) Unlicensed Family Child Care Area: ____________</th>
<th>☐ yes ☐ no If no, why not?</th>
<th>☐ yes ☐ somewhat ☐ no</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>(d) Licensed Family Child Care Area: ____________ (continued on next page)</th>
<th>☐ yes ☐ no If no, why not?</th>
<th>☐ yes ☐ somewhat ☐ no</th>
</tr>
</thead>
</table>

**Our family has used these services:**

10. **What other services and/or supports would you like to see in Kamloops?**
### Personal/Family Information:

<table>
<thead>
<tr>
<th>11. Our family gets support from:</th>
<th>Yes or No</th>
<th>How? (ie. financial, emotional, occasional child care)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a) Immediate Family Members (living with you)</td>
<td>□ yes □ no</td>
<td></td>
</tr>
<tr>
<td>(b) Extended Family (ie. grandparents)</td>
<td>□ yes □ no</td>
<td></td>
</tr>
<tr>
<td>(c) Friends</td>
<td>□ yes □ no</td>
<td></td>
</tr>
<tr>
<td>(d) Neighbours</td>
<td>□ yes □ no</td>
<td></td>
</tr>
<tr>
<td>(e) Place of Worship</td>
<td>□ yes □ no</td>
<td></td>
</tr>
<tr>
<td>(f) Other: type________________</td>
<td>□ yes □ no</td>
<td></td>
</tr>
</tbody>
</table>

### 12. What types of activities does your family do in your neighbourhood?

### 13. What other neighbourhood activities, services, or supports would you like to see?

### About You:

#### 14. What is your postal code?

#### 15. How long have you been at this address?

□ less than 1 year   □ less than 3 years   □ more than 3 years
16. What is your primary source or transportation?
   - own car
   - city bus
   - taxi
   - walk
   - other: type ______________

17. What is your marital status?
   - single
   - married/common law
   - separated/divorced

18. What is your combined annual family income/financial support?
   - up to $30,000
   - $30,000 to $40,000
   - $40,000 to $50,000
   - $50,000 to $60,000
   - $60,000 to $75,000
   - $75,000 to $100,000
   - $100,000 or more
   - don't want to answer

19. List your gender and age.
   - female
   - male
   - age _______

20. List the ages of all your children.

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Age</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

21. Additional Comments:

If you would like the opportunity to discuss any aspect of this survey, please provide the following information and someone will call you.

First Name: ___________________________ Phone Number: ___________________________

Best time of day to contact you: __________________________________________

Make Children First Learning Initiative ♦ University College of the Cariboo ♦ Small Cities CURA