

**OKANAGAN SIMILKAMEEN
COMMUNITY ACTION PROGRAM FOR CHILDREN
Project Annual Evaluation Report
2004-2005**



**Submitted June 2005 by:
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TABLE OF CONTENTS

Contents	Page
Introduction.....	4
1. Participants.....	5
2. Activities and Outputs.....	7
3. Indicators and Outcomes.....	11
4. Using Our Evaluation Data.....	15
5. Conclusion.....	15
 <i>Tables</i>	
Table 1 Demographic Profile of Participants.....	6
Table 2A Outputs (Regional Aggregate).....	7
Table 2B Activities & Outputs by Program Site.....	8
Areas: Family Support & Women Having Babies	
Table 2C Activities & Outputs by Program Site.....	9
Area: Building Community Capacity	
Table 3A Outcome Reporting (Quantitative Data).....	11
Areas: Family Support & Women Having Babies	
Table 3B Outcome Reporting (Quantitative Data)	12
Area: Building Community Capacity	
Table 3C Outcome Reporting (Qualitative Data).....	13
Area: Family Support	
Table 3D Outcome Reporting (Qualitative Data)	13
Area: Support for Women Having Babies	
Table 3E Outcome Reporting (Qualitative Data)	14
Area: Building Community Capacity	
 <i>Appendices</i>	
Appendix I CAPC Coalition and Staff List	17
Appendix IIA Monthly Data Form.....	18
Appendix IIB Questions for Parents Tool.....	20
Appendix IIC Year End Summary Data Form.....	21
Appendix III Supplementary Qualitative Results (from Year End Summaries)...	24
Appendix IV Qualitative Results (from Questions for Parents).....	26
Appendix V Staff “Tid-Bits” and Success Stories.....	28
Appendix VI Media Examples.....	29

Introduction

This annual evaluation report provides an appraisal of the Okanagan Similkameen Community Action Program for Children (OSCAPC). In the report, program participants, activities, outputs and outcomes are evaluated for the 2004-2005 fiscal year. Data were collected using a variety of approaches to enable a comprehensive evaluation. Data were analyzed via descriptive statistics and results are presented in table format. The results clearly illustrate that OSCAPC:

1. Reached the participants it was designed to reach
2. Did “what was planned” in relation to activities and outputs
3. Made positive progress toward achieving all outcomes according to specified indicators

Three Work-Evaluation Plans guided programming. A few programming changes were made at each of the six program sites to deal with local challenges or take advantage of opportunities, but no changes were made overall. For example, some sites dealt with challenges associated with small, rural community issues and other sites dealt with urban issues, resulting in different parent and staff choices for activities. The Coalition, Regional Coordinator and front line staff reported using evaluation results from the previous year to improve OSCAPC. This evaluation report provides details and discussion about the OSCAPC program, community context, evaluation methods and evaluation results.

Community Context and the Coalition

The Okanagan Similkameen Community Action Program for Children (OSCAPC) continued to include six program sites, administered by a Coalition of community agencies. Representatives of the “host” agency, the Okanagan Boys’ and Girls’ Club and the Interior Health Authority also participated in the Coalition (see Appendix 1 for CAPC Coalition and Staff List). Following are the community agencies that comprise the OSCAPC Coalition:

- i. Families First Resource Society – Penticton
- ii. Dessert Sun Counseling and Resource Center Society – Oliver
- iii. Lower Similkameen Community Services Society – Keremeos
- iv. KiLowNa Friendship Center Society – Kelowna
- v. Okanagan Families Society – Kelowna
- vi. Princeton Child Care Society - Princeton

In addition to the communities mentioned above, OSCAPC was active in the communities of Osoyoos, Westbank, Cawston, and Hedley.

Staff and the Coalition reported continuing concerns about the economic plight of the least affluent people in OSCAPC communities. Although the BC economy has turned upward, employment opportunities and support for those in the lower socioeconomic sector has not improved. At all sites, staff reported more participants were “living near the edge”, meaning that in some cases, families were a few dollars from living in their cars or being homeless. More participants were in desperate need of dental care they could not afford and more urban participants were just out of alcohol and drug treatment programs.

The Coalition developed a *Recipient Logic Model Template* and *Strategic Action and Directions Plan (2005-07)* to guide programming. Ministry of Health provided an additional \$14,500 this year to support food security initiatives. The Regional Coordinator continued to ‘coordinate’ programming and the host agency managed the accounting and contracts with the community nutrition consultant and evaluation consultant. The Coalition met four times throughout the year. The Coalition and Regional Coordinators used the OSCAPC Program Manual as an administrative guide. Coalition members participated in a financial training event.

Each of the six OSCAPC program sites developed activities consistent with the Program Manual and the three Work-Evaluation Plans 2003-2006. OSCAPC continued to support staff networking throughout the region via training sessions and three regional staff meetings. The intent of these staff initiatives was to enable achievement of common OSCAPC outcomes.

According to the 2004-2005 National Program Profile report completed by the Regional Coordinator, twenty two (22) individuals were employed by OS CAPC in a typical week, including group assistants and child minders, and ninety (90) community partners were involved. Staff training occurred at the OSCAPC Rendezvous, regional CAPC/CPNP Networking Conference, provincial CAPC/CPNP Conference, Canning Workshop, Sorrento Gathering, Planting New Seeds Conference and Building Strength in Communities Conference.

OSCAPC programming continued to be planned, implemented and evaluated in three program areas, using a logic model format (Work-Evaluation Plans 2003-2006). The three program areas were:

- i. Family Support, Education and Resources
- ii. Building Community Capacity
- iii. Support for Women having Babies

The Work-Evaluation Plans were up-dated during the year. An outcome about baby care was added to Support for Women Having Babies and a few minor adjustments were made to activities, outputs and indicators e.g. to be more inclusive of fathers.

Evaluation Methods

The evaluation continued to incorporate feedback from staff and parents to ensure validity of data collection methods, to support use of results by all stakeholders and to increase each site's evaluation capacity. Data collection tools and approaches were the same as 2003-2004 with minor refinements (see Appendix II). A Participant Card was pilot tested at the request of the Public Health Agency (formerly Health Canada). Tools and timelines were:

- i. Monthly Data Collection form – completed monthly by program staff
- ii. Questions for Parents – administered once per year by staff
- iv. Year End Summary Data form – completed by program staff after March 31
- v. BC CAPC Participant Card Pilot Test – November, 2004
- vi. Participant & staff stories, “tid-bits”, pictures and media articles – throughout year
- vii. Staff group verbal reports on programs – regional meeting May, 2005
- viii. Coalition verbal report – Coalition Meeting June, 2005

Other sources of information for this evaluation included the National Program Profile Report and OSCAPC Coalition minutes (on file with the host agency).

1. Participants

Demographic characteristics of participants were collected for the month of November via pilot testing the BC CAPC Participant Card. Table 1 provides the demographic profile of participants in the region as presented in the *BC CAPC Participant Card Summary Report* (Public Health Agency, May 2005). According to this report:

- 75% of participants were part of the CAPC target populations.
- Participants were mostly female with an average age of 29.
- Most participants were parents, and married or living with a partner.
- 11% of participants reported belonging to an ethnic or cultural group.
- 13% of participants reported moving to Canada within the past 10 years.
- 38% of participants reported receiving income assistance.
- 28% of participants fell below a low-income cutoff of \$1000 per month or less

Thus OSCAPC programs can be concluded to be reaching the intended priority population of parents with children 0-6 years living with conditions of risk. 25% of other families with young children additionally sought support from CAPC which staff thought important, especially in small communities where geographic isolation can be a risk factor. In these small communities, all families with young children were encouraged to participate to build community support and decrease isolation, for example at Princeton's Time for Play and Keremeos' Family Centre. The value of this opening of OSCAPC to other families was illustrated by a staff comment: "what works well is that the groups are open to all parents of pre-schoolers. At risk families are supported by higher functioning families and (they) see positive skills and interactions. (Parents) see each other on the street and stop to say hello. Their children will know each other before they go to school (together)." (see Appendix IV: Qualitative Data from Questions for Parents: *What is working well in your program*):

Table 1. Demographic Profile of Participants from PHA Summary Report 2005

VARIABLE	DATA	
Gender	Female: 87% Male: 13%	
Age	Average: 29 years Range: 17 to 64 years	Under 19 years old 8% 20-24 years old 30% 25 to 30 years old 25% 30 + years old 37%
Number of children brought	0-3 year olds: 165 (plus 17 checked the box but did not report how many children) 4-6 year olds: 35 (plus 7 checked the box but did not report how many children) over 6 year olds: 18 (plus 1 checked the box but did not report how many children)	
Type of Caregiver	Parent: 83% Expecting Parent: 13% Parent and paid caregiver: 1% Other caregiver and paid caregiver: 0%	Not applicable: 1% Paid caregiver: 2% Other caregiver: 1% Parent and other caregiver: 0%
Marital status	Single: 39% Married or living with partner: 61%	
Aboriginal status	Yes: 17% First Nations: 58% Métis: 37% Inuit : 0 Don't know : 5% No: 83 % Choose not to answer: 0%	
Ethnicity	Yes: 11% Choose not to answer: 2% No: 86%	
Moved to Canada within past 10 years	Yes: 13% Choose not to answer: 0% No: 87%	
Income assistance	Yes: 38% Choose not to answer: 4% No: 59%	
Income per month	No income: 5% Less than \$600: 5% \$600 - \$1000: 18% \$1001 - \$1301: 20%	\$1301 - \$1600: 17% \$1601 - \$1900: 6% More than \$1900: 7% Don't know: 14% Choose not to answer: 10%
Education	Average: 12 years Range: 5 to 26 years	Did not complete high school: 30% Completed high school: 43% Attended post secondary: 27%

2. Activities and Outputs

In this section tables are used to present the activities and outputs by regional aggregate and by each site. Table 2A, Table 2B and Table 2C all were created with data from the Monthly Data form and Year-End Summary Data form.

Table 2A presents aggregated OSCAPC output values for three fiscal years: 2004-2005, 2003-04 and 2002-03. It is important for the reader to understand that in 2004-2005, one site provided data for only 4 months. Also, in each of the three years, the community contexts varied considerably and there were some variations in data collection (e.g. via new staff who used tools somewhat differently). Thus straight across comparisons between numbers can be misleading and the presentations of three years of values are intended only to give the reader an approximate idea of outputs. For example, 2002-03 values reflected higher program funding before community development funds were eliminated in 2003-04.

For 2004-2005 the increase in parent and child attendance is thought to indicate that same parents and children attended more often than in previous years as a result of new programs such as family nights and recreation activities. For example, at one site, participants could attend a drop in parent support group twice a week, take their children to a recreation activity once per week and attend an inter-generational activity once per week.

Grants and donations were lower than the previous year. This may reflect continued economic pressures in most BC communities for less affluent people.

The numbers of volunteers increased over the previous year, but the total number of volunteer hours was lower. This variation may be attributed to many community members participating once in a large community event. Because of staff turnover, one site submitted program data only for the period Dec 1 to March 31 although reportedly, group activities were offered at other times and not recorded.

Table 2A presents OSCAPC output data for pregnant women participating throughout the year and for newborn babies. Output data indicate that pregnant women continued to participate in OSCAPC groups across program sites although only two of the six sites provide separate groups for pregnant women and mothers with newborn babies. At the four sites without separate groups staff reported feeling challenged to adequately serve these pregnant women and mothers and infants; nevertheless, activities relevant specifically for these women were undertaken at all sites (e.g. pre and post natal care, breastfeeding, infant care).

Table 2A: Outputs (Regional Aggregate)

OUTPUTS	VALUES		
	2005	2004	2003
Note: One site provided data period Dec 04 – Mar 05 only			
Number of different parent participants	522	494	640
Parent attendance	7004	5945	7035
Number of different child participants	651	683	787
Child attendance	9969	7417	7744
Number of pregnant participants (pre-natal)	111	111	157
Newborns	72	60	
Breastfed	60	55	
Low birth weight	3	2	
Adult participants in addition to mothers (fathers, grandparents etc.)	92 (fa=61)	134 (fa=84)	
Group program hours	2318	2379.5	2950
Number of Community volunteers for groups (non parent participant)	176	77	

Community volunteer hours for groups	2703	2625	
Community building volunteer hours (not from all sites)	665	2695	
Community volunteer hours (not separated by focus)	3368	5320	5056
Grants (not regular funding)	\$47,800	\$54,622	\$25,700
Donations in-kind (value of donated space, food, clothes, books, toys)	\$40,304	\$48,515	\$57,482

Table 2B and Table 2C display activities and outputs for each program site. In Table 2B the two program areas are reported together: Family Support, Education and Resources and Support for Women having Babies. When comparing each site's output data, the reader needs to take into account that communities are not the same size and funds available to sites were not equal. Sites received proportional amounts of CAPC funds, and different amounts from other sources including government, service clubs, community grants and fundraising. The Coalition reported that increased costs of service provision coupled with no increase in base funding created challenges.

The list of activities presented in Table 2B indicates that sites provided a wide variety of group activities. Several sites expanded their program activities to different communities (e.g. Westside, Hedley, Cawston) and to different foci (e.g. Bridging the Generations and Family Special). Food security remained a priority and all sites had some kind of food security activities. A Nutrition Consultant supported the sites.

Table 2B: Activities and Outputs by Program Site

Program Areas: Family Support, Education, Resources & Support for Women Having Babies

SITE	ACTIVITIES	OUTPUTS
Central Okanagan Community Based Parenting Support (COCBS) - Kelowna	Giggles and Hugs, Downtown -weekly support group (0-2 yrs) Giggles and Hugs, Westside -weekly support group (0-2 yrs) Giggles and Hugs – Rutland -weekly support group (0-2yrs) Tots Making Tracks, Westside -weekly support group (2-4yrs) Tots Making Tracks, Downtown -weekly support group (2-4yrs) Special Deliveries -weekly group for pregnant Moms	135 parents, total attendance 1484 150 children, total attendance 1712 29 pregnant mothers 13 new born babies 12 babies breast fed 1 low birth weight baby Total group hours 492
Family Centre Parenting Support (FCPS) – Keremeos	Family Centre, Keremeos - Tumble Bumble, Keremeos -weekly preschool recreation -bi-weekly drop in Bridging the Generations “ - weekly literacy group & seniors Moms & Tots, Hedley -weekly drop in parent support Moms & Tots, Cawston -weekly drop in parent support	125 parents, total attendance 2030 213 children, total attendance 4260 18 pregnant mothers 6 newborn babies 12 babies breastfed 0 low birth weight babies Total group hours 570
KiLowNa Friendship Society Parenting Support (KFSPS) – Kelowna	CAPC Aboriginal Parenting Group - 3 times per week drop in *data for Dec, 04– Mar, 05	*34 parents, total attendance 109 17 children, total attendance 75 1 pregnant mother; 1 new born baby 0 low birth weight; Total group hours 50
Lower Similkameen Community Based Parenting Support (LSCBPS) -	Parent Support Group, Oliver -weekly drop in Community Kitchen, Oliver -weekly group	49 parents, total attendance 1286 59 children, total attendance 1585 13 pregnant women 9 newborn babies

Oliver/Osoyoos	Community Garden, Oliver -weekly in June – Sept Parent Support Group, Osoyoos -weekly drop in Community Kitchen, Osoyoos -weekly group	8 babies breastfed 0 low birth weight babies Total group hours 484
Princeton Community Based- Parenting Support (PCBPS)	Time for Play -bi-weekly drop in group	77 parents, total attendance 636 109 children, total attendance 993 19 pregnant women; 14 newborn babies 14 breastfed babies 0 low birth weight; Total group hours 135
South Okanagan Community Based Parenting Support (SOCBPS) – Penticton	Positively Pregnant -weekly group for pregnant Moms Family Special -weekly education/rec'n group Community Kitchen -three times per month Muffin Mix Weekly Drop In Family Night weekly Sept – June	102 parents, total attendance 1459 103 children, total attendance 1344 31 pregnant mothers 19 newborn babies 14 babies breastfed 2 low birth weight babies (twins) Total group hours 587

In Table C, Community capacity building output data (and in some cases indicator data) are presented. The number of parent advisory groups and parents assisting with program activities and community projects, substantiates the conclusion that OSCAPC continued to have a strong parent driven dimension. The number of volunteer hours, partnerships, and guest speakers (see Appendix III for list of speakers, and volunteer activities), and the amount of financial and in-kind contributions from the community, supports the conclusion that community capacity building was ‘in action’ during the year.

Appendix III provides quantitative data from Year End Summary forms which substantiates the conclusion that community changes took place over the past year to support young families in the OSCAPC region. Community changes that occurred which did not support young families are not recorded as these would not reflect activities of OSCAPC but rather community context.

Community capacity building to support young families was further indicated in qualitative data. When asked what was working well in the programs, staff reported that partnerships, collaboration, volunteer involvement, parent driven nature of the program and community kitchen were working well (Appendix IV. Qualitative Data from Year End Summaries: What is working well?”).

Table 2C: Activities and Outputs by Program Site
Program Area: Building Community Capacity

SITE	ACTIVITIES	OUTPUTS
Kelowna COCBPS (includes Rutland/Westside)	Parent Council to advise on program development	1 Parent Council
	Community volunteer involvement	*19 volunteers 1406 hours volunteer work
	Financial and in-kind contributions from community facilities, space, equipment, supplies, food, books, etc	\$10,339
	Dad’s Make a Difference Team	1 inter-agency and parent team
	Parenting with Purpose Coalition	1 community coalition
	Parent newsletter	2 newsletters

	Guest speakers from the community	*More than 50 guest speakers from the community
Ki Low Na (includes Kelowna & area) (data for Dec, 04 – Mar, 05)	Guest speakers from the community	*6 guest speakers from the community
	Parents and community members assist with program	*Lots of volunteers
Keremeos FCPS (includes Cawston and Hedley)	Parent Advisory Group in each town	3 Parent Advisory Groups
	Parents plan, lead and organize community events	Many parents
	Parents assist with program activities	Many parents
	Guest speakers from the community	*More than 20 guest speakers from the community
	Community volunteer involvement	*140 volunteers Over 500 hours
	Past participants trained as peer mentors- support/educate parents and lead workshops	5peer mentors and workshop leaders
	Financial and in-kind contributions from community - facilities, space, equipment, supplies, food, books, etc	Approximately \$7000
	Parenting journey article in newspaper	Over 20 articles
	Safe Playgrounds Projects	Many community participants
	Children's' Festival	Many community participants
	Community for Kids Coalition	1 regional coalition
Oliver and Osoyoos LSCBPS	Guest speakers from community	*More than 20 guest speakers from the community
	Community volunteer involvement	*8 volunteers 155 hours volunteer work
	CAPC Cookbook – parents produce and sell	Many parents Many CAPC cookbooks
	Parents organize bi-monthly clothing exchange and four yard sales and parents operate the community garden	Many parents
	Participant hired as child minder	1 parent
	Financial and in-kind contributions from community - facilities, space, equipment, supplies, food, books, etc	\$10, 672.
	Service clubs/churches volunteer and provide funding	6 churches and service clubs
Penticton SOCBPS	Community volunteer involvement	*8 volunteers 642 hours volunteer work
	Guest speakers from community	*More than 24 guest speakers from the community
	Family Outreach Committee directed program development	1 parent council
	Parents operate food co-op, fund raise and provide child minding	Many parents

	Financial and in-kind contributions from community-facilities, space, equipment, supplies, food, books, etc	\$8393
	Past participants assist with child minding, food prep and donations	Several parents
	Safe Kids Event, Food Coalition meetings, Healthy Harvest Box, food security conf., Communities for Kids	Many community events organized around early child development
Princeton PCBPS	Guest speakers from community	*More than 6 guest speakers from the community
	Parents organized clothing and toy exchange in church,	Many parents
	Financial and in-kind contributions from community, including facilities, space, equipment, supplies, food, books, etc	\$3900
	Community for Kids meetings, recreation programs, infant development steering committee, community bus	Many parents participate with community members

*see Appendix III for list of volunteer activities, community partners & topics presented by guest speakers

In summary, for activities and outputs in all three program areas, OSCAPC was able to do “what was intended” as indicated in by the activities and outputs presented in the tables. At individual sites, some changes were made to ensure responsiveness to local issues, challenges and opportunities. For example, at the Lower Similkameen site, expansion of activities was possible as a result of local and provincial fundraising and partnerships. Thus additional activities were undertaken in Keremeos and new activities were begun in two neighboring communities, Hedley and Cawston. In Kelowna, expansion included adding “Giggles and Hugs” and the “Tots Making Tracks” to the Westside. In Princeton, the parenting support group was increased from weekly to twice weekly.

3. Indicators and Outcomes

In this section, OSCAPC indicators and outcome results are presented and discussed. Table 3A displays the expected outcomes, indicators and actual outcomes for two program areas because at four of the six sites this programming is combined, i.e. support for families with children 0-6 years living in conditions of risk and for pregnant women and mothers with infants 0-6 months. Table 3B displays the indicators and outcomes for one program area, building community capacity.

Table 3A: Outcome Reporting Using Quantitative Data (aggregated for 2 program areas)
Program Areas: Family Support, Education, Resources & Support for Women Having Babies

Expected Outcomes	Indicators	Actual Outcomes: ‘Questions for Parents’ Tool N=117)
1. Parents have increased knowledge about parenting and young children’s health and development	Parents report knowing more about parenting and their young children’s health and development	Learned about parenting 98% *Learned about child development 92% Used at home what was learned at program 88%

	Parents report knowing more about healthy nutrition	Learned about food and nutrition 87%
2. Parents use community resources that support parenting of young children	Parents report use of community resources	Learned about helpful things/places in the community 95% Use these things/places in the community 76%
	Parents report participation in community activities that are supportive of parents and young children	Feel more supported as a parent In community since coming 89%
3. Pregnant women and new mothers have increased knowledge about baby care	Participants report knowing more about baby care Mothers report breast feeding their babies	*Learned about baby care 85% **Report that 83% of babies were breastfed
4. Pregnant women and new mothers experience increased parenting support	Parents report supportive connections with other parents	Feel supported by other parents 90%

*these questions were not included in one program, therefore n= 106

**data for this item was obtained from Year End Summary Data forms

Table 3B: Outcome Reporting Using Quantitative Data
Program Area: Building Community Capacity

Expected Outcomes	Indicators	Actual Outcomes (Tool: Year End Summary Data Forms)
1. Community awareness has increased re: shared responsibility to support families with young children	Community media indicates awareness	“Parenting Journey articles in local paper two times per month” (year end summary report) See media articles in Appendix VI
2. Community support for families with young children living in conditions of risk has increased	Parents report feeling more supported in the community # of community volunteers recruited and active with families # of new community partnerships # of CAPC advisory committees with community members # of new community committees focused on support for families amount and type of donations	*Feel more supported by other parents 90% *Feel more supported as a parent in the community 89% Total number of volunteers in programs is 176 Total number of volunteer hours is 3368 Number of advisory committees with community members is 5 Number of new community committees focused on support for families is at least 6 (see Table 2C) See Appendix III for list of community partners, guest speakers, parent and community volunteer activities for all programs

Tables 3C, 3D and 3E display the expected outcomes, indicators and actual outcomes using qualitative data. Qualitative data were collected via the Questions for Parents tool, Year End Summary Data forms, media articles and staff “tid bits” (short stories). See Appendix V for success stories provided by program staff that also provide data about actual program outcomes.

Table 3C: Outcome Reporting Using Qualitative Data
Program Area: Family Support, Education, Resources

Expected Outcomes	Indicators	Actual Outcomes (Tool: Questions for Parents)
1. Parents have increased knowledge about parenting and young children's health and development	Parents report knowing more about parenting and their young children's health and development	What skills and knowledge have you gained? Parenting, anger management, communication, listening skills, things to help speech, games for kids, what kids can do when they are given the chance to do it, how to read with my kids, discipline, ages and stages of kids, singing and rhyming helps develop the brain, importance of touch, what to do with tantrums
	Parents report knowing more about healthy nutrition for themselves and their children	What have you learned about nutrition and food? healthy snack ideas, learning about canning, how to cook food and make jam, meal planning, importance of veggies & fruit, healthy choices
	Staff observe positive parenting incidents	See success "tid bits" in Appendix V
2. Parents use community resources that support parenting of young children	Parents report participation in community activities that are supportive of parents and young children	What have you learned about things in the community to help you? harvest box, where the parks are, parenting courses, health unit, library, food bank, play groups, birth control clinic
3. Parents experience increased parenting support.	Parents report supportive connections with parent participants. Parents describe being more supported in the community.	What things have you done with parents you met here? Baby sit for each other. Kids have play dates. Helped each other clean house. Give each other children's clothing/toys.

Table 3D: Outcome Reporting Using Qualitative Data
Program Area: Building Community Capacity

Expected Outcomes	Indicators	Actual Outcomes
Community awareness has increased re: shared responsibility to support families with young children	Community media indicates awareness	See Appendix VI for media articles
2. Community support for families with young children living in conditions of risk has increased	Community volunteers recruited and active with families	See Appendix III– volunteer activities " the volunteers play with the children, read them stories...", "hairdresser provided free haircuts", friends of the library provided books for the children",

	New community partnerships	<p>“Punjabi translators (year end summary reports) “great collaboration with regional district and school district #53...” , “ many professionals come to offer resources” , “CAPC and Communities for Kids have worked hand in hand”, “our partnership with PDCRS...works well” (year end summary reports)</p>
3. Community structures and policies have become more supportive of young families	Policy and structure changes reported by staff, community partners and parents	<p>New, safe playground at Kobau Park, partner with School District, opening of Sonora Family Centre in Osoyoos, improvements to playground equipment, land available for community garden, recreation programs for parents and preschoolers, school district made gyms and classrooms open for preschool programs, community bus provides transportation to programs, food coalition established, healthy harvest box project (year end summary reports)</p>

Table 3E: Outcome Reporting Using Qualitative Data*Program Area: Support for women having babies*

Expected Outcomes	Indicators	Program Outcome data from parent questionnaires
1. Pregnant women & new mothers have increased knowledge of the impacts of their health on the development of their infant.	Participants report knowing more about impacts of mother’s health, pregnancy, breastfeeding, smoking, baby development.	What skills and knowledge have you gained? “ about breastfeeding, what you should and shouldn’t do when you are pre and post natal, stuff on nutrition, not smoking, drinking while being pregnant
2. Pregnant women and new mothers have increased knowledge of baby care (new)	Participants report knowing about more about baby care	What skills and knowledge have you gained? “ understanding that baby cries and maybe you can’t stop the crying but you can be there to comfort him, know when the baby is gagging and when he is actually choking, things to do to help baby talk, how to place baby when she sleeps, how to look after my baby
3. Pregnant women and new mothers have increased skill in budgeting, shopping, meal preparation, gardening and food preservation	Parents report knowing more about budgeting, shopping, meal preparation, gardening and food preservation	What have you learned about nutrition and food? Learning how to can food, cheap easy meals for kids, cheap ideas, importance of eating right

		during pregnancy
4. Pregnant women and new mothers have increased access to nutritious and economical food sources	Parents report more access to nutritious & economical food	What have you learned here about things in the community to help you? healthy harvest box, food bank, Kiwanis market, What skills and knowledge have you gained? how to shop cheap, how to use supermarket flyers
5. Pregnant women and new mothers experience increased parenting support	Parents report supportive connections with other parents	What things have you done outside group with other parents you met here? take kids to park, baby-sit for each other, exchanged ideas, go to other groups together

4. Using Our Evaluation Results

Coalition members, the Regional Coordinator, and front line staff all reported using previous evaluation results to guide program development and to promote support for the three program areas of focus. Staff modified group activities (content and processes) to reflect changing priorities and issues of daily living for parents, young children and pregnant women. At different sites, staff and parents added more food security and recreational activities, altered parenting and child development topics, added additional support groups, or changed time and location of groups. Evaluation results have been used to advocate for structural support, such as, safe play space and indoor recreation areas for young children. For additional ways that evaluation results were used see Appendix III: Supplementary Qualitative Data from Year End Summary Data forms: *How have you used evaluation results?*

Evaluation results were used to substantiate the need for continuing services for pregnant women and mothers of infants and to advocate for increased services and resources in the region. Although CPNP funding was not received this year, the OSCAPC staff chose, and were supported by the Coalition, to continue offering activities and collecting evaluation data in the program area: Support for Women Having Babies. Evaluation results also were used to guide revision of the three Work-Evaluation Plans.

Coalition members reported that they used evaluation results when updating the OSCAPC Strategic Plan and Recipient Logic Model. The Coalition deferred, until next year, their plan to use the evaluation results as a component of their regional promotion and marketing plan.

5. Conclusion

OSCAPC aimed to improve the lives of young families by focusing on the three program areas as specified in the Work Evaluation Plans (2003-2006). As evidenced by the results presented in this report, the conclusion can be drawn that the OSCAPC:

1. reached the participants it was designed to reach
2. did “what was planned” in relation to activities and outputs
3. made positive progress toward achieving all outcomes.

Previous evaluation results were used by front line staff, Coalition members and sometimes parent participants, to enhance and promote program activities.

Overall, OSCAPC programming was successful because of the remarkable commitment, talent and resourcefulness of the parents and staff.

Plans for 2005-2006

From the Coalition perspective, priorities for the coming year are to:

- maintain adequate funding to continue the existing number and maintain quality of services,
- balance time required for fundraising with time required for program delivery,
- sustain community and participant involvement in at program sites to ensure relevant, community driven programming,
- improves food security in communities (June 13,Coalition meeting).

From the staff perspective, training priorities are:

- building community capacity
- breastfeeding (e.g. promoting increased length, when not to promote)
- use of the BC PHN web board

Appendix I: OSCAPC Coalition and Staff List

**OKANAGAN SIMILKAMEEN CAPC COALITION AND STAFF LIST
CAPC Project # 4927-10-94-0025**

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**Appendix IIA: Monthly Data Form
OS-CAPC Monthly Data Collection Tool**

Group Name: _____ Month: _____ Year: _____

TOPICS: (if guest speaker, note occupation)						Session #	1	2	3	4	5		
1.						Date							
2.						Community Volunteers and Hours							
3.													
4.													
5.													
Participant NAME	New	Children Attendance					Adult Attendance					Guest	New pregnant (P), birth weight, new breast feeding (BF), vitamins (V), food certificate (FC), etc.
		1	2	3	4	5	1	2	3	4	5		
1.													
2.													
3.													
4.													
5.													
6.													
7.													
8.													
9.													
10.													
11.													
12.													
ATTENDANCE SUB-TOTAL #													

Total number of new parents for month _____ Of these how many were new pregnant? _____
 Total number of new children for month _____ Of these how many were new born? _____
 Total parent attendance for month: _____ New breast feeding _____
 Total children attendance _____ Total Community volunteer hours _____
 Other: _____

1. Community Contacts/Partners:

Name of Community Contact/Partners <i>e.g. people, group, agency etc.</i>	Type of Contact <i>e.g. networking, advocacy</i>	Donations/Value <i>e.g. food, \$, space, equipment</i>

2. Community Building Activities:

a) What activities have staff, parents and volunteers been involved with that are aimed at building community capacity (support for young families)? (i.e. *mall display, presentations, community meetings attended, news letter, special events, etc.*)

b) Number of community volunteer hours donated _____

c) Please describe anything you have done to recruit volunteers

3. Community Changes. Please describe changes in the community which are supportive of young families. *new equipment in park, breast feeding space in mall.*

4. Proposals or Grant Applications? (to support CAPC/young families)

<u>Funding Source</u>	<u>Request for</u>	<u>Received</u>

Tool revised May 2003 by C. Budgen/L.Malinsky Completed by: _____

Appendix IIB: Questions for Parents Tool

QUESTIONS FOR PARENTS[▼] OS-Community Action Program for Children

1. How many times have you come to (program name)_____ in the

past 3 months? _____ 1 to 3 times _____ 4 to 9 times _____ 10 or more times.

2. Have the staff always treated you with respect? _____yes _____no

3. Have you been helped in any way by coming to the program? _____yes _____no

For group discussion: a) What things have you gotten here that have helped you?

b) What have you learned here? What skills and knowledge have you gained here?

4. Have you learned anything here about things in the community to help you? _____yes _____no

For group discussion: c) What community things have you learned about to help you?

d) Have you learned about community places for families & children (e.g. recreation places)?

5. Have you used any of these community things or places you've learned about? _____yes _____no

6. Have you learned anything here about baby care? _____yes _____no

7. Have you learned anything here about child development? _____yes _____no

8. Have you learned anything here about being a parent? _____yes _____no

For group discussion: e) What have you learned about baby care, child development, being a parent?

9. Have you used what you learned here at home? _____yes _____no

For group discussion: f) What are some things you are doing at home that you learned here?

10. Have you learned anything here about food and nutrition? _____yes _____no

For group discussion: g) What are some things you learned here about food and nutrition?

11. Do you feel supported by other parents here? _____yes _____no

12. Have you become friends with any parents here? _____yes _____no

For group discussion: h) what things have you done outside of here, with parents you met here?

13. As a parent (or parent to be) do you feel more supported in the community since coming here?
_____yes _____no

14. Do you feel comfortable here, in the program? _____yes _____no

For group discussion: i) What are the most important things you have learned here about being a mom or dad?

j) Since coming here, how have you changed the way you care for your children, yourself and your important others (e.g. partner, family, friends)?

15. Have you given back, in any way, to the program? _____yes(what) _____no

16. Are there any changes you would like in the program? _____yes (what?) _____no

[▼] revised 2003 cbudgen

**Appendix IIC: Year End Summary Form
YEAR END SUMMARY DATA**

OKANAGAN SIMILKAMEEN CAP-C

APR.1.2004 – MAR.31.2005

AGENCY/COMMUNITY _____

•please use Monthly Data Forms to complete Year End Summary

1. **Name and description of each group** that operated during year (e.g. Name: *Dribbles and Cuddles- Description: drop-in parent education with child minding- Frequency: 1 x week x Sept-June 10 months OR Community Garden 2 x wk June-Sept).*

Name	Description	Frequency

2. **Total number of group hours** for the year _____

3. Number of Participants and Attendance for the Year:

- a. **Parent** number (different individuals.) (Calculate by adding total number of participants on April 1 plus new participants each month) _____
- b. **Parent** total attendance _____
*if you keep stats for father and other participants record here:
Fathers _____ Others (eg grandmother) _____
- c. **Child** number (different individuals.) (Calculate by adding total number of child participants on April 1 plus new participants each month) _____
- d. **Child** total attendance _____
- e. **Pregnant** participants number (pre-natal) _____
- f. **Newborn** number _____
How many were **breastfed**? _____
How many were **low birth weight**? (please list weights)

4. Speakers

For the year, summarize guest speakers and topics? e.g. *PHNx 4 on infant care*

5. Parent Directed: How were parents involved in management and evaluation of programs and groups? E.g. *parent council met 2X per year to advise program or parents managed clothing exchange or parents selected and evaluated group topics/activities.*

6. Parent-Assistance: (may overlap with #5) what have parents done to assist groups? *Eg prep and clean up of snacks.*

7. Past Parent Participants: Were past participants involved in the program? Yes ___ No ___
If yes, were they paid and what were they doing?

8. Community volunteers (helpers who were not parent participants)

- a. in groups total number of volunteers for year _____
- b. in groups total number of hours for year _____
- c. list types of assistance community volunteers provided for groups?

9. Community contacts/ to build community support for young families (summarize).

Name	Type of contact	Estimated Value
<i>e.g. 5 farmers</i>	<i>Donated fruit/veg 500lbs</i>	<i>\$200</i>
<i>Rec Centre</i>	<i>Swimming passes</i>	<i>\$100</i>
<i>Food Coalition</i>	<i>Advocacy, Networking</i>	<i>n/a</i>
<i>2 Churches</i>	<i>Space</i>	<i>\$2000</i>

TOTAL \$ _____

10. List **community activities** by staff and volunteers that were aimed at building community support for young families: *e.g. newsletters, community presentations and meetings, assisting with child health fair*

11. Total number per year of **volunteer hours donated to community support building** activities?

12. Describe **community changes** during the year that were supportive of young families? *e.g. new play equipment in park, child health fair, city policy change to support young families*

PLEASE ALSO NOTE ANY CHANGES THAT WERE NOT SUPPORTIVE

13. Have you written any **proposals or applications** for support for young families?

Title of application

Amount received

14. Success: What is working particularly well in your program and why?

15. Challenges: What is challenging your program and why?

16 Using Evaluation Data: How have you used evaluation results to improve your program?

Please also ATTACH COPIES OF ANY OTHER MATERIAL you have that helps tell the story of your programs e.g. “tid-bits”, news clippings, pictures (obtain consent of parents) etc. KEEP COPIES OF EVERYTHING IN YOUR AGENCY EVALUATION FILE

Form revised 2005 C.Budgen/Lynn Malinsky/Anima Anand

APPENDIX III: Supplementary Qualitative Data from Year End Summaries

<p>List of community partners and guest speakers at groups: Community Public Health Nurses, RCMP, Speech Therapist, Infant Development Worker, Dental Hygienist, Nutritionist, Librarian, Alcohol and Drug Counselor, Fire Chief, Massage Therapist, Child Psychologist, Occupational Therapist, Audiologist, St. John’s Ambulance, Multi-Cultural Society, Mental Health Counselor, Literacy Society, Santa Claus</p>
<p>List of topics presented by guest speakers: Infant development, sleeping, introducing solids, prenatal nutrition, children’s nutrition, reading with children, terrific toddler parties, children’s dental care, immunizations, language development, home and community safety, toy lending library, multi-cultural services for families, story telling, Moms’ mental wellness, car seat safety, fire safety, hand washing, smoking and second-hand smoke, allergies, early language development, play ideas, child sexual development, preschool programs, shaken baby syndrome, birth control and STD's infant massage, flu shots, breast feeding, prenatal yoga, speech screening for children, breast self exam, alcohol and drug information, infant/child swimming instruction,</p>
<p>List of parent volunteer activities to support program: Take charge of clothing exchange, organize menus and money collection for community kitchen, collected and typed recipes for cookbook, sold cookbooks as fundraiser, CAPC yard sale, plant- weed- harvest community garden, set up and clean up, prepare snacks, organize CAPC table at community fair, canvass farmers for deals/donations, Parent Advisory Group, select topics and activities, organize fund raisers, toy cleaning parties, lead craft activities, write grant applications, advocate to municipality for parks, needs survey, do shopping, read to kids, share child care, Family Outreach Committee, parent questionnaire for evaluation, Parent Council, anonymous feedback on group, produced a newsletter</p>
<p>List of community volunteer activities: Set up and clean up, food preparations, child care, annual picnic, Christmas party, lead craft activities, play with children, read with children, carpenters, fundraisers, speakers, artists, Punjabi translators, puppet shows, yard and building maintenance</p>

<p>Community changes which support young families</p>	<p>New, safe playground at Kobau Park, everyone working together in community, partner with School District, Keremeos parents helped set up a group for parents in Hedley and Cawston, opening of Sonora Family Centre in Osoyoos, family fairs, improvements to playground equipment, land available for community garden, community kitchen, recreation programs for parents and preschoolers, school district made gyms and classrooms open for preschool programs, community bus provides transportation to programs, food coalition established, healthy harvest box project, safe kids event with community partners, more groups for young children, more community people involved in supporting young children</p>
<p>What is working well in your program and why?</p>	<p>Partnerships among local resources such as our partnership with Public Health Nursing Volunteer involvement – high commitment from volunteers allows program to offer very good meals and a break from children when they come to the group Partnerships with community groups helps to educate public on issues of poverty and parenting Program gives information the parents want Parents have a role in the group Collaboration with Community for Kids (Early Child Development Coalition) We have dispensed with “territorialism” and are working together for the good of the children</p>

	<p>The collaboration with Interior Health Authority and the School District</p> <p>Putting the parents in charge of certain aspects of the program involves them in a way that increases their self esteem</p> <p>Community Kitchen works well because of the involvement of parents and the support of the community</p> <p>Fundraising cookbook worked well because parents helped themselves and the program became more self sufficient</p> <p>Clothing exchange helped parents to help one another</p> <p>Staff who have long term working relationship</p> <p>Participants are very supportive of program and assist whenever they can</p> <p>Partnership with PDCS provides funding and bus tickets</p> <p>What works well is that the groups are open to all parents of pre-schoolers. High risk families are supported by higher functioning families and they see positive skills and interactions. These people see each other on the street and stop and say hello. Their children will know each other before they go to school.</p> <p>Word of mouth is still best advertising.</p>
<p>What is challenging in your program?</p>	<p>Adequate supervision for children in a large group of parents and children, work with Public Health often results in “territorialism” and I feel inferior. The group is getting too large. Our meeting space is inadequate, the limited equipment, the set up and clean up is difficult when we have to do it every time. Reaching parents who could benefit, but don’t come. Doctors don’t refer pregnant women, advertising and poster don’t work very well. Need some one to one support and no time or funding, need for more child minding and no funding. Transportation is still an issue – no buses or limited schedule in many communities</p>
<p>How have you used evaluation results to improve your program?</p>	<p>To confirm that these groups need to be available to everyone and not just “at risk” families, positive results have been used to advocate for “infra-structure” such as safe play space and indoor recreation areas for kids. We have used results from our parent questionnaires to make changes to our program. We started a second day of group in response to large numbers and parent requests. We have increased the number of parenting classes, we have increased the amount of food available. We have expanded the community kitchen as having enough food is still an issue. Use participant feedback for future planning and ask participants how they would like to address the issues they have identified that need changing.</p>

Appendix IV Supplementary Qualitative Data from 'Questions for Parents Tool'

<p>What things have you gotten from the program that helped you? (parent questionnaire)</p>	<p>referrals to community resources, parent education, healthy food, hot lunch, got myself and kids out of home, socializing for kids and me, food co-op, clothing exchange, Vitamin C, prenatal vitamins, nutritious food, access to healthy harvest box, baby packages, baby food, baby supplies, nipples, cooking skills, cheap/fast/healthy food, less fear about enough food, friendship, food co-op shopping, time for me, opportunity to talk with other parents about feeding, children play together, time away from my son so we can both learn to be apart, quality time with other parents and kids, a break from my kids, kids get to play, friends, books, food certificates information pamphlets, lots and lots of support, meet new people, encouragement and support, talking with other parents</p>
<p>What skills and knowledge have you gained? (parent questionnaire)</p>	<p>How to cook better, parenting, cooking skills, learned about my child's development, immunization information, nutrition information, lots information about parenting and community things, information on food allergies, new ideas on parenting, , snack ideas, learning about canning, our playgrounds need to be safe, hazards of second hand smoke, anger management, communication and listening skills, how to cook food and make jam, foodsafe information, crafts for kids, gardening and composting, discipline, patience, understanding kids needs, lots of songs, rhymes and benefit of doing songs and rhymes, empathy, how to support other parents, birth control, parenting skills, stress management, learned how to feed real food, how to cope, things to do to help speech, setting boundaries, games for kids, understanding that babies cry and if you can't stop the crying, you can be there to comfort him as he cries, baby care information, don't freak out if your baby gags, but know when baby is gagging and when they are actually choking, things to do to help your baby talk, how to put my kid to sleep, different activities to do with my child, what kids can do when they are given the chance to do it, how to communicate with kids, how to shop cheap, how to use powdered milk, meal planning, cooking ideas, how to use supermarket flyers, quitting smoking, how to place baby when she sleeps, how to look after my baby, how to access community bus, how to stretch food, ways to trick your kids into eating new things, learning to cooperate with others, sharing and caring, car seat safely, when my baby was born I was so scared and this was the only place I could get help, baking with my kids, making baby food</p>
<p>What have you learned here about things in the community to help you?</p>	<p>Where the parks are, harvest basket, child care resource and referral, boys and girls club, healthy harvest box, salvation army, prenatal yoga, midwives, foodbank, recreation centre, family night, parenting courses, good sales at Wal-Mart, medical and dental information, health unit, library, food bank, play groups, free help with taxes, birth control clinic, crisis centre, swimming pool, Kiwanis market, counseling services, how to set up a safe park, mother goose group</p>
<p>What have you learned about being a parent? (parent questionnaire)</p>	<p>how to read with my kids, discipline, ages and stages of kids, singing and rhyming helps develop the brain, importance of breast feeding, nutrition during pregnancy, importance of bonding, importance of touch, learned about shaken baby syndrome, when to give solid food, coping with behavior, how to deal with problems about eating and bedtime, its okay to admit you are having a tough time, what is normal for kids, we all parent differently and we need to find what works best for us, what to do with tantrums, every parent can be frustrated at times, it is hard work, signs of illness in kids, tooth care, no one is perfect, its ok to need a break, your kids are always watching you and learn from your example</p>
<p>What are the</p>	<p>Being a good parent, nutrition, you need to separate from your children before</p>

<p>most important things you have learned here about being a Mom or Dad? (parent questionnaire)</p>	<p>they get too old, what things are important at each stage, our job is important, most important job you will ever do, being available to your child is more important than any toy you can give them, living a healthier life style, I am not alone, everyone goes through similar problems, better ways to solve problems, it is a life time commitment, it is a huge responsibility, we need help, not argue with my children, respect kids, allow my kids to be independent from me, do what is right for me and not what everyone else is doing, ways to build self esteem in my children, better nutrition for my family, the importance of budgeting for my family, spending time with D. makes a bond that teaches love, time together is important to set them up for their future, when a baby is upset, he needs TLC, how to be there for my kids,</p>
<p>What have you used at home that you learned here? (parent questionnaire)</p>	<p>Having a routine, patience, feeding six times a day, singing with my kids, comfort to baby when he gets hurt or upset, conversation, games, holding, cuddling, not to freak out, baking with kids, doing crafts with my daughter, making food at home, not propping up bottle, yoga, safety for children, being a better parent, baby sleeping on back, willing to try new things with my kids, more relaxed, taking time for myself, potty training tricks, getting daughter to sleep in her own bed, reading with my daughter, trying to cook better meals, learn to speak with kids and not yell at them, made jam, not smoking at home, listening to my children, don't try to force my child to eat, have patience at bedtime, playing with my kids.</p>
<p>What have you learned about nutrition and food? (parent questionnaire)</p>	<p>Food groups, what foods to avoid, herbs, vitamins in food, caffeine in foods,, food choices, importance of veggies and fruit, how much food, coffee is not good for you, fruits are our friends, try new foods, everyone needs a balance, cheap food doesn't have to taste yucky, learning how to can food, cooking in large quantities, safe handling of raw meats, recipes, chocolate is not a staple food, learned about food and behavior, eat more vegetables, what baby can and can't eat, healthy choices, kinds of food to eat, when to start solids and what to give them, not food before six months, different ages to start different foods, egg white after one year, when to give food, how much food to give, cheap easy meals that are good for kids, healthy snack choices, cheap ideas, importance of eating right during pregnancy, proper sized portions of food, fun foods, how to use papaya and lentils, gardening</p>
<p>Since coming here, how have you changed the way you care for your baby/children and yourself?</p>	<p>My anger is way less, worry a lot less, social skills with kids has improved, better nutrition for my family, not so self conscious or shy, take some time for myself, stopped arguing with my children, note seating the small stuff, housework can wait, I make time for myself, I am more patient, I give more choices to my kids, more compassion, more involved in teaching my child, I read with my kids, I don't smoke at home, I try new things, I am more relaxed, eat more fruits and veggies, spend more time with my family, take more pride in food, I take time for my daughter, I feel more calmer, not so crazy</p>
<p>What things have you done outside of groups with parents you met here?</p>	<p>Go for coffee, take kids to park, baby-sit each others kids, just going to each others house, go to McDonalds together, kids have play dates, helped K. move, helped each other clean house, exchanged ideas, go for walks, give each other kids toys, clothing, decorate a nursery, BarBQ, cry on each others shoulders, play dates, shopping trips, go to other groups together, outings, swimming, hanging out, went to baby shower, talk on phone, board games, meals, started a garden together, drive people home,</p>

APPENDIX V: Staff “Tid bits”/success stories

<p>Comments from parents: (recorded and reported by staff)</p>	<ul style="list-style-type: none"> • As a parent for the first time, I was terrified. This (CAPC) was the only place that I found where I could get help and they did not judge me. • (CAPC) is the main contact with children for D. This has allowed him to break out of his shell. He is very comfortable here. • R. was two when he came here. He was very shy and now he has started to leave my side to play with other children and sometimes he is the happiest and loudest of all. • Everything I learned about parenting I learned here and I met my best friend here. • I wouldn't miss coming to (CAPC). It is my opportunity to talk with adults. It is the only contact Lucas has with other kids. • I really like (CAPC) because my kids can go all and do their thing with a child minder while I talk with adults. • This is an all round good place to be. It is great for H. and her social skills are improving. She has never been around kids before. • My son has Downs Syndrome and (CAPC) has helped him and it also helps me to relax around other mothers. • I feel great about (CAPC). I love coming here. • I think (CAPC) is helpful and I enjoy the time with other moms. • D. came to our group five years ago. She and her husband then had three little boys all under five years of age. D. is deaf in both ears and two of her boys have inherited this disability. All three family members wear hearing aids. D. is very involved in our program. She comes to all of our programs including family night. She requested the first available opening to work in our community kitchen as she expressed how much had assisted them with their nutritional needs. D. has developed positive family values and is actively involved with her boys. She has returned to school and is completing her upgrading. She is now volunteering at our pregnancy group as a child minder and sits on the Parent Advisory Committee
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Appendix VI: Media Examples
(See enclosed documents)