

Healthy Beginnings

Drop-in programming for families with children 0 – 6 years old



6 Communities

Kamloops, Barriere, Chase, Ashcroft, Cache Creek and Merritt

234 Drop-in groups

468 Program hours

233 Unique families

303 Children

39% Low income

18% Lone parent family

17% Children with developmental delays and behaviour challenges

76% Caucasian

24% Indigenous

Trends

More fathers involved
Increased anxiety in families
Increased connection between families



Partners

Kamloops Aboriginal Friendship Society
Interior Health Authority
Mother Goose
White Buffalo
Community Gardens

Additional Programs Offered

Parent Child Mother Goose, Infant Massage, Building Connections

Feedback

“Friendly and safe environment”

“Increased Connections”

“More aware of resources”

“Learned new skills”

Program Focus Areas

- ✓ Physical activity
- ✓ Parent/child attachment
- ✓ Literacy & Language development
- ✓ Child development
- ✓ Healthy eating
- ✓ Parenting
- ✓ Injury prevention
- ✓ Social and emotional support
- ✓ Making connections
- ✓ Mental health support