

**Children Need Care Now CAPC Coalition**  
**BRITANNIA Parent / Caregiver Feedback Form**

Program Areas: Family Support, Education & Resources, Quality Children's Programs  
 and Community/System Building

We are asking for your feedback to help make our programs a better place for you and others who come here. Please fill out this form and return it TODAY to the staff who gave it to you, in the envelope provided. You don't need to put your name on it as your answers are confidential. Thank you!

By filling in the survey you'll be entered in a draw to win a Safeway Gift certificate.

\*\*\*\*\*

**1. Which of the following programs/activities have you participated in SINCE APRIL 1, 2008? (Please check as many as apply)**

- Food Distribution Britannia Ice Rink
- Food Distribution MacDonald Elementary School
- Family Drop-in/Quest food certificate program
- Spanish Community Kitchen
- Parent ESL group
- HIPPI support for coming to group activities
- Toddler- Spanish Mother Goose
- Infant- Spanish Mother Goose

.....

**Part A:**

**2. How often do you come to all these programs/activities (that you checked in question 1)?**  
**(Please check one)**

- |   |  |
|---|--|
| <input type="radio"/> 2-3 times a week  | <input type="radio"/> Once a month             |
| <input type="radio"/> Once a week       | <input type="radio"/> I only come occasionally |
| <input type="radio"/> 2-3 times a month |  |

3. How long have you participated in these programs/activities?  
(Please check one)

Less than one year\_\_\_\_\_ 1-2 years\_\_\_\_\_ 3 years or more\_\_\_\_\_

4. How did you first find out about these programs/activities?

---



---

5. Have you ever told other parents about these programs/activities or have other parents come to these programs/activities because you told them about them?

Yes  No

6. How would you improve these activities and services?

---



---

### Part B:

7. As a result of coming to these programs/activities (i.e., since April 1, 2008), I have learned more about these parenting skills (Please check any of the following parenting skills you have learned and/or add your own. If parenting skills aren't included in the program you attend, check the last box at bottom of this list.)

- I know more about children's ages and stages (e.g. child development or how my children grow & change)
- I know more about how to keep my child safe.
- I know more about effective discipline with my child. (e.g. how to encourage positive behaviour and manage misbehaviour)
- I know more about ways to handle things like sleep/naps, toileting, food likes and dislikes.

Question 1 continued

- I know more about ways to keep my child *healthy*.
- I know more about *art and craft* activities for children.
- I know more about ways to help my child *learn* (reading, numbers, music etc.).
- I know more about ways to *communicate* better with my child.
- I know more about *new and different ways to parent*.
- I know more about *Aboriginal parenting styles*

Other parenting skills I have learned are:

---

*Parenting skills are not included in the programs/activities I've participated in since April 1, 2008*

- 8. As a result of coming to these programs/activities I know more about, and/or have used, other resources or places in the community to meet my family's needs.  
(Please check one)**

Yes  No

If yes, please list any resources or places you have used:

---

- 9. As a result of coming to these programs/activities:**

a. I have made friends with other people in the programs/activities.  
(Please check one)

Yes  No

b. If yes, here is an example of how making new friends through the programs/activities has made a difference to me:

---

**10. As a result of coming to these programs/activities:**

- a. I feel more connected with my community (e.g. neighbourhood, city, local people) (check one)

Yes

No

- b. If yes, this is one example of how I feel more connected with my community:
- 

**11. As a result of coming to these programs/activities:**

- a. I now plan and make nutritious low cost meals for my family more often:

Yes

No

*I have not participated in food distribution/nutrition programs/activities since April 1, 2008*

- b. If yes, things I have learned about nutrition/good food for my family are:

*(Please check as many as apply)*

- how to plan and make *nutritious low cost meals* for my family
- how to prepare / make *healthy snacks and drinks* for my child/children
- how to make *healthy choices when shopping for groceries*
- how to *read food product labels*
- how to *incorporate (or add) more fruits and vegetables* into my child /children's meals
- how to *use herbs* when preparing food
- how to *avoid buying and eating unhealthy food*
- how to *make meals/snacks from different cultures*
- how to *save money* when buying food for my family
- I have *more confidence* in my ability to plan and prepare nutritious and low cost meals
- Other (please describe): \_\_\_\_\_

c. As a result of being in this program/activity I know where to get low cost or free food. *(Please check one)*

Yes

No

Not applicable

**12. Things I have learned in the program/activity are:**

*(Please check as many as apply)*

- how to manage anger and stress, relax and take care of myself
- how to increase my child's self-esteem / self-confidence
- how to help my child to be assertive / self-assured
- how to respond to my child needs without spoiling him/her
- how to encourage my child's language development (in my child's first language, in English or both)
- how to teach my child to read and like to read
- how to adjust to Canadian culture (eg learning English, learning more about Canadian customs / celebrations, Canadian food etc.)
- how to help my children adjust to Canadian culture (eg learning English, learning more about Canadian customs / celebrations, Canadian food etc.)
- how to build routine into my week
- how to build community (e.g. with other participants)
- Other (please describe): \_\_\_\_\_
- These skills are not included in the programs/activities I've participated in since April 1, 2008*

**13 a. Do you take a leadership or volunteer role in a program/activity? (e.g. Have you helped with food distribution, helped to lead a discussion group, helped teach something, helped with the children, or other things?)**

Yes

No

If you answered yes please answer the following question. If you answered no please skip to question 14.

- b. Because of being a CAPC volunteer or leader I have learned some of these things: (check as many as you have learned)
- How to *speak out* for what I believe or want (in our group, or at meetings, events, conferences, workshops, programs)
  - How to *help plan* something such as our meetings, activities, programs, events, conferences, workshops
  - How to *put on/run something*, such as our group, meetings, programs, events, conferences, workshops
  - How to *help evaluate* CAPC programs
  - How to *take action* on something important to CAPC
  - How to *take action* on something important to my family/life and me
  - How to *educate others* about CAPC
  - How to *educate on something else important for parents* with young children
  - How to *help lead a discussion group*
  - Other (please tell us about it): \_\_\_\_\_

### Part C:

#### 14. Does your child come to these programs?

- Yes (please answer the Questions in this section)
- No (please skip to Part D of this questionnaire)

#### 15 a. Since coming to these programs (i.e., since April 1, 2008) I see that my child is becoming more social in ways that are typical for their age. (Please check one)

- Yes
- No

#### b. If yes, check any of the following that apply.

- Plays more with others
  - Gets along better with others
  - Is learning about sharing
  - Other ways my child is being more social are:
  - Seems to be less shy
  - Is more self confident
-

c. An example/story of one thing I have checked off about my child being social is:

---

---

**16 a. Since coming to these programs my child is understanding things, in ways that are typical for their age (*Please check one*)**

Yes  No

b. If yes, check any of the following that apply.

- Is babbling/practicing/using their words
- Sings songs, moves body to music
- Follows along with, or says rhymes
- Recognizes shapes
- Recognizes numbers
- Likes being read to, talked to
- Is using English more often (if English is not their first language)
- Other ways my child shows more understanding

are \_\_\_\_\_

c. An example/story of one thing I have checked off about my child communicating is:

---

**17 a. Since coming to these programs my child is communicating more in ways that are typical for their age (*Please check one*)**

Yes  No

b. If yes, check any of the following that apply.

- Tells stories
  - Talks / verbalizes/communicates more with other adults
  - Talks / verbalizes/communicates more with other children
  - Verbalizes/communicates more with me, family
  - Other ways my child is communicating more are:
- 

c. An example/story of one thing I have checked off about my child's communicating is:

---



---

**18 a. Since coming to these programs my child is developing maturity in ways typical for their age (*Please check one*)**

- Yes  No

b. If yes, check any of the following that apply.

- Can concentrate for a bit longer on something s/he is interested in
  - Likes to help others
  - At times, seems to be more patient with him/herself
  - At times, seems to be more patient with others
  - At times, seems to better handle typical angry or aggressive feelings or actions towards others.
  - Other ways my child is showing typical age related maturity are:
- 

c. An example/story of one thing I have checked off about my child's maturity level is:

---

**19 a. Since coming to these programs my child is more able to do more physical things in ways that are typical for their age. (Please check one)**

- Yes  No

b. If yes, check any of the following that apply.

- Can play with blocks
  - Plays with playdough
  - Likes to do puzzles
  - Uses the paints
  - Can use scissors
  - Can use the glue
  - Can manage a riding toy
  - Can climb on climbing equipment
  - Other physical things my child is now able to do are:
- 

c. An example/story of one thing I have checked off above about my child being physical is:

---

#### **Part D:**

**20. Because these programs are working with other community partners to improve policies/services for families with young children, have you observed that your community has changed for the better for those families since April 1, 2008?**

- Yes  No

If yes, in what way(s) has it changed for the better:

21. Is your community now more aware of the importance and value of young children and their families (e.g., articles in media, requests for programs to be involved in local community events/celebrations etc)

Yes

No

22. In what other ways have your community/systems changed for the better because of these programs, policy/practice or program/service changes:

*(Please describe what has changed and how it is better now)*

23. If there is anything else you want to say about what coming to these programs/activities means to you and/or your family, please go ahead and write it here:

---

---

---

Thank you very much for taking the time to give us your feedback. **Please put your completed survey in the envelope provided and hand it in to the staff.**

If you would like to see a copy of the **final report** please see your CAPC worker or program leader.

If you would like to be entered in a draw to **win a Safeway Gift certificate**, please give your name (on a separate piece of paper) to your CAPC worker or program leader when you hand in this survey.