

Exploring the Experiences of Racialized and Newcomer Families in Accessing Parenting Supports for their Children

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Introduction

- Canadian children are experiencing increasing rates of mental health disorders (18-22%)^{1,2}
- Parenting services that promote positive parent-child relationships can reduce children's risk of developing mental health disorders
- Yet, engagement and retention in these programs are limited³; particularly for equity-deserving families

OBJECTIVES

This study aimed to 1) identify the barriers and facilitators for racialized and newcomer caregivers accessing parenting services, and 2) generate recommendations based on this feedback to support families

Methods



Developed working group which guided each step of the study



Newcomer and racialized caregivers with a child ≤17 years old were recruited from Etobicoke in Ontario



Focus groups with caregivers were co-facilitated by translators at local community centers



Thematic analysis was conducted to inform recommendations

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Results

46 female-identified caregivers participated in the focus groups conducted in **Gujarati, Spanish, Urdu, Somali, and Ukrainian.**

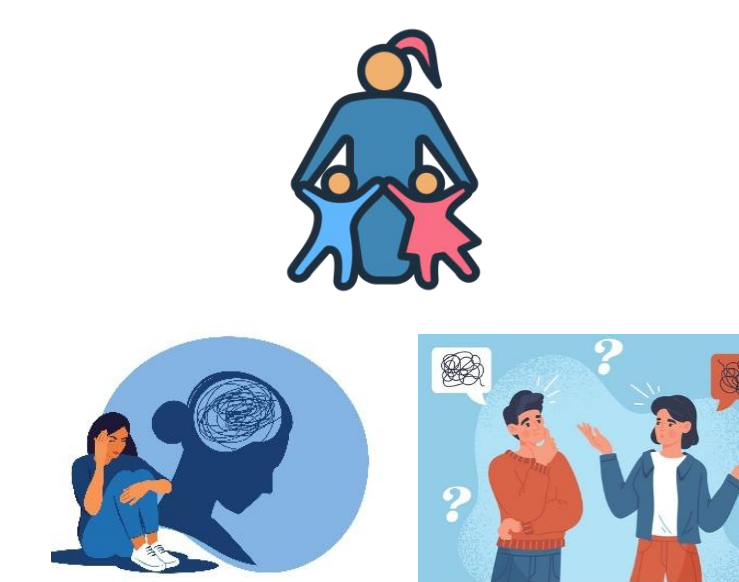
Social Determinants of Health



Safety, financial stability, food security, affordable childcare, socializing & getting rest

“So sometimes if they cannot find the childcare in the proper daycare center, then they have to leave the children with some neighbour or some community...”

Barriers to Accessing Programs



Stigma, language barriers, availability of services, racism, long waitlists & childcare

“She mentioned language barriers for newcomers, that they're smart, they know what they want, but it's hard to speak of the needs when the language is not there...”

Awareness of programs



Word-of-mouth, community centers, libraries, places of worship & social media

“I could say that community centre, as far as I see and know, is one of the best. It provides many services at the same time. Most of the information you need you can find from here, which is helpful for newcomers.”

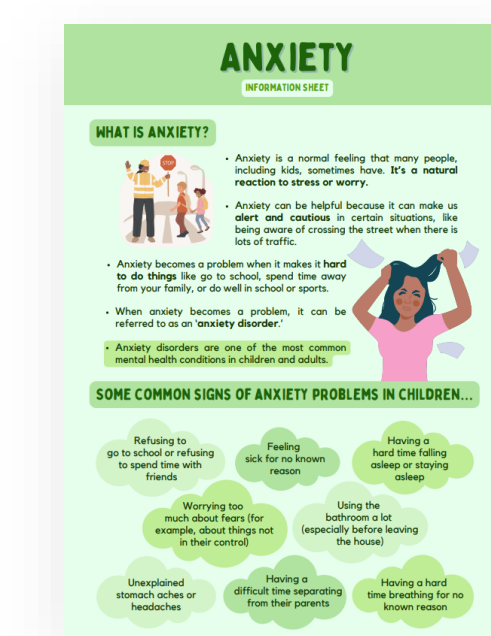
Facilitators to Accessing Programs



Multimethod information sharing, confidentiality & feeling a sense of belonging and safety

“So, they prefer when it comes to mental health issues, whether it's personal or for their children or whatever, they rather do it one to one than a group setting.”

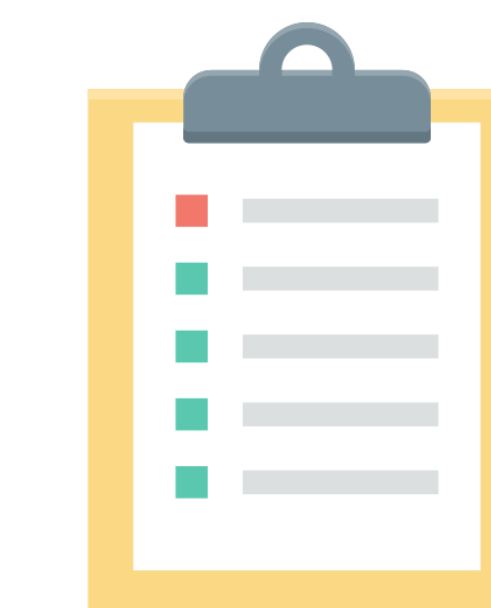
Recommendations



Multilingual information sheets on various mental health and developmental conditions



Expert-facilitated multilingual education sessions on symptoms, assessment and services for mental health conditions



Live list of resources and services shared with the communities

Discussion

Limitations: Only five focus groups with predominantly mothers were conducted which limited capturing a more robust range of experiences of racialized and newcomer families

Conclusion: The focus groups identified resource and service gaps to inform recommendations facilitating access and engagement with parenting supports for racialized and newcomer families

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