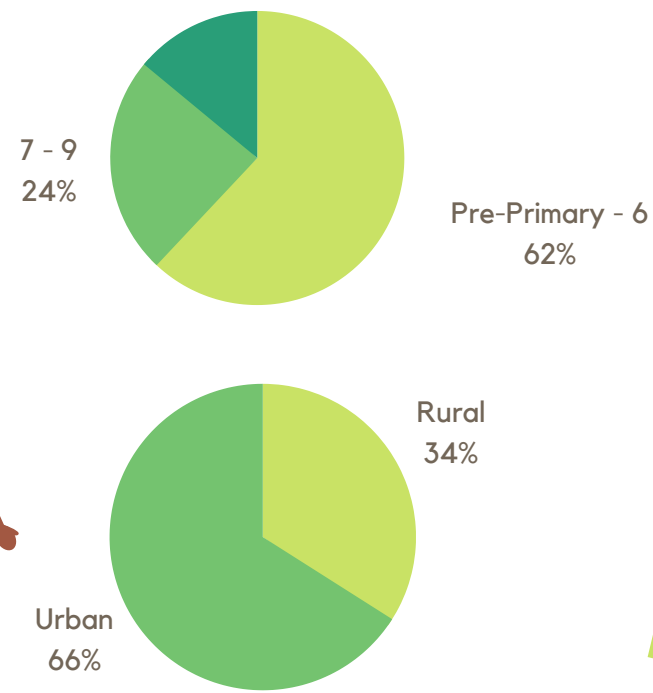


How the COVID-19 Pandemic is Affecting the Health & Well-Being of School-Aged Children and Youth in Nova Scotia

Parents, children and youth were surveyed in August 2020 about their health and well-being during the pandemic as well as their hopes and fears about the transition back to school.

707 Parents

Parents to children in Grades:



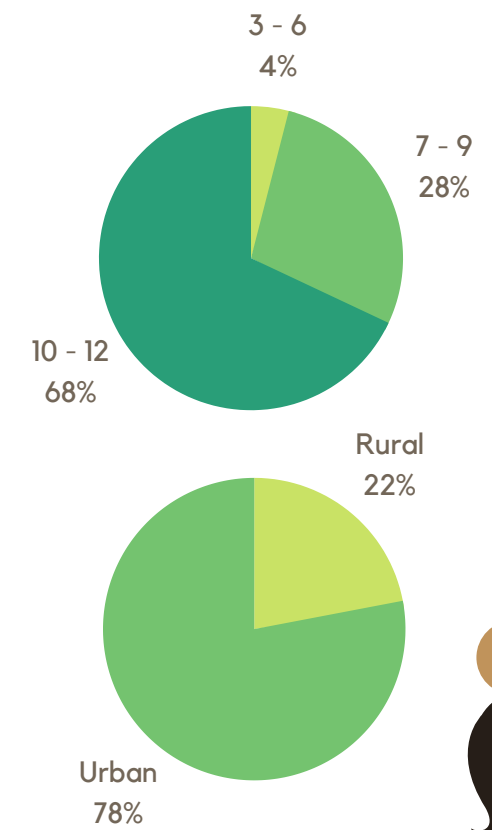
Top 5 things that made children and youth feel good at this time:

1. Being with friends
2. Pets
3. Watching TV
4. Cooking
5. Being with parents

Parents said that it was being with parents, being physically active, being with friends, playing or being creative, and pets

281 Children & Youth

Grades:

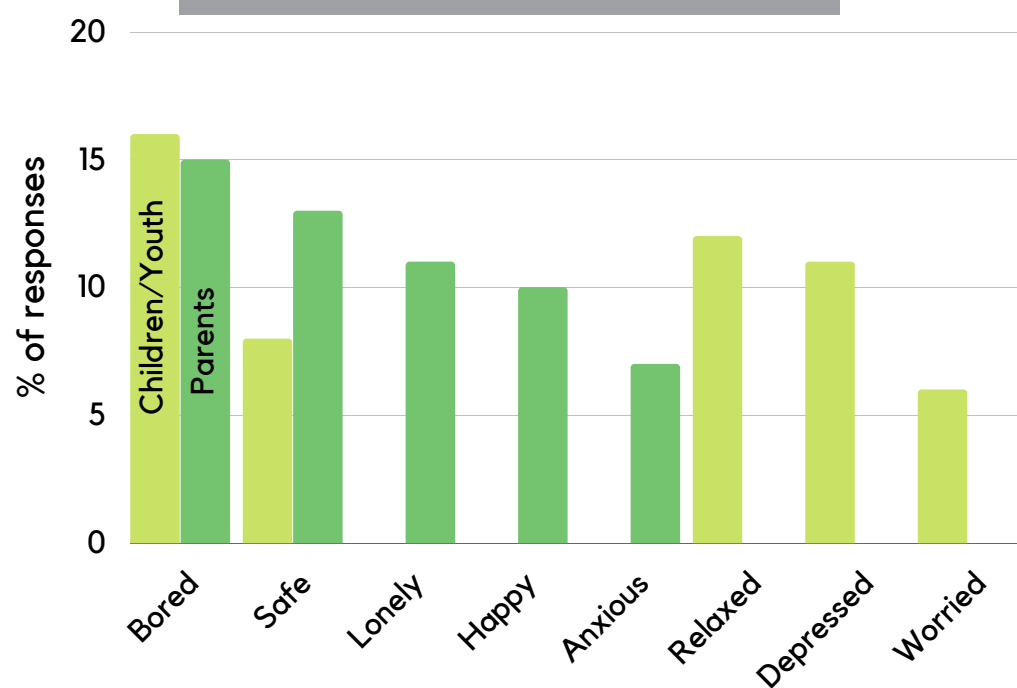


20-30%

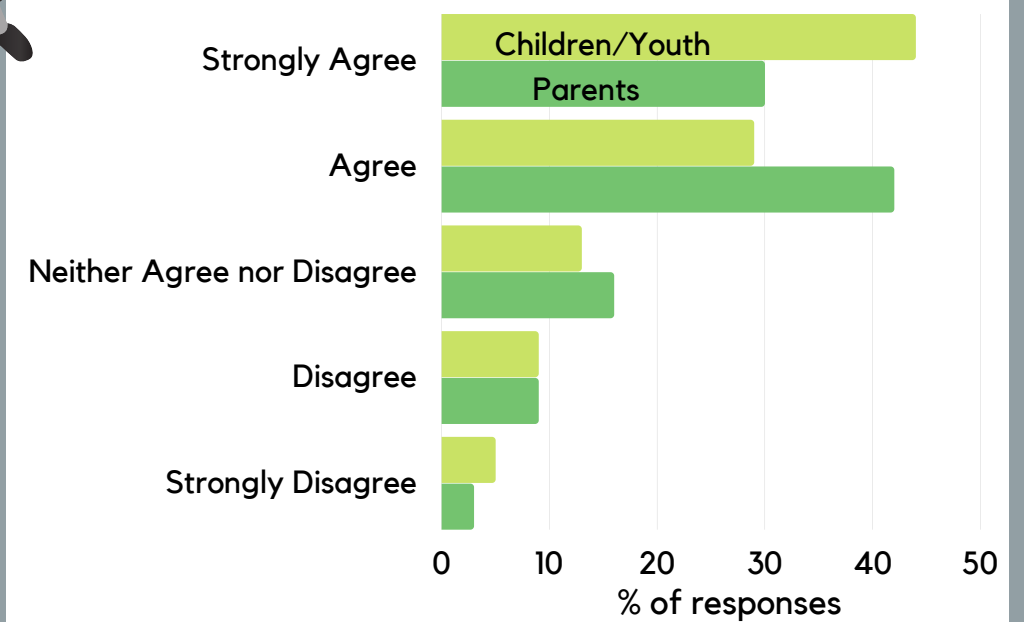
of parents (21%) and children/youth (30%), said their child or they accessed supports/resources related to mental health, nutrition, physical activity, etc. during the pandemic.

76% parents and 62% of children and youth say their child/they were getting more screen time than before the pandemic.

The most prominent feelings during lockdown.



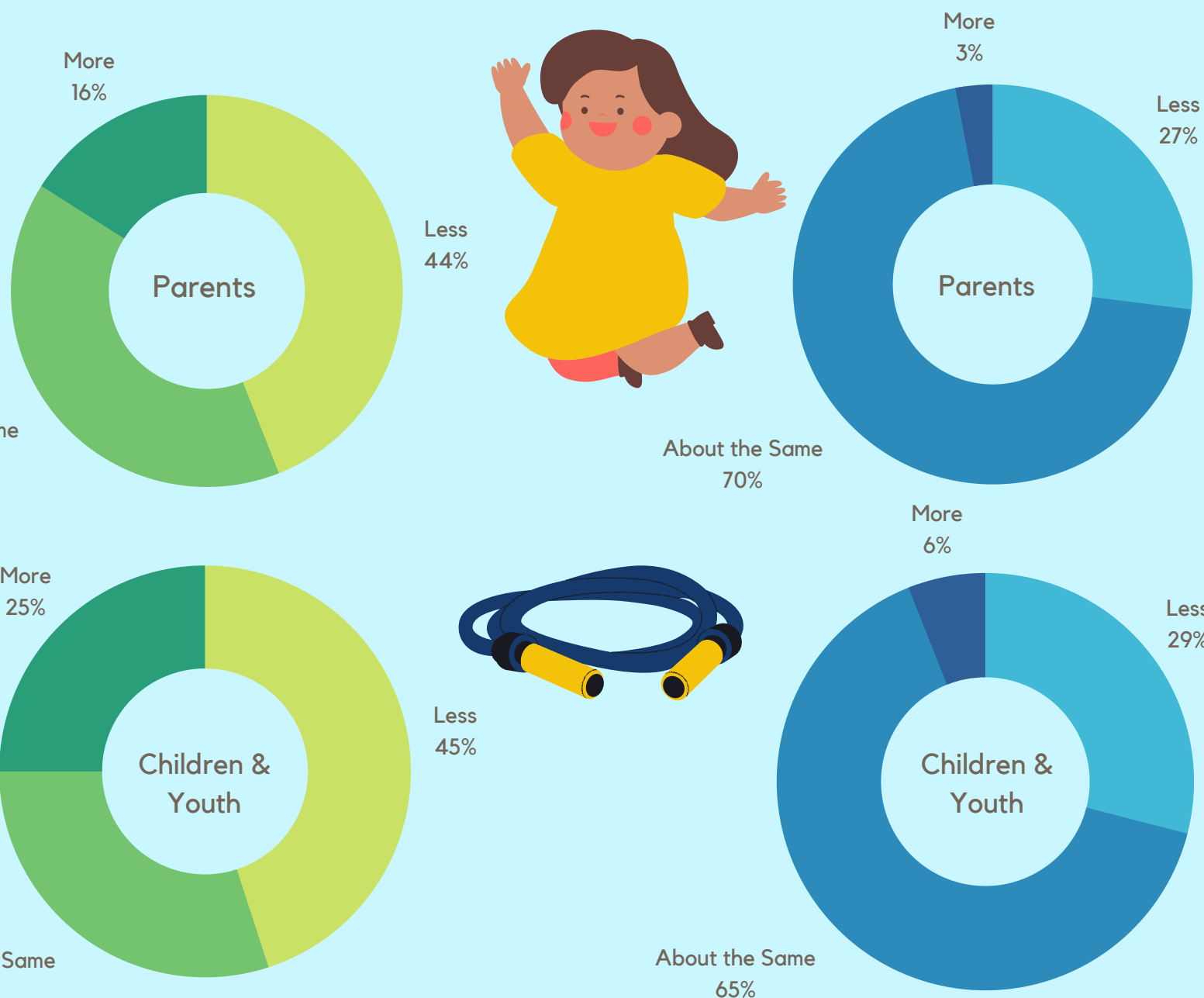
1/my child felt like they were missing important life events due to COVID-19



Proportion of parents and children/youth reporting the same, more or less physical activity than before the pandemic.

Proportion of parents and children/youth reporting about the same, more or less spaces for play that are easily walked or cycled to.

61% of parents said their child was sleeping about the same amount and 51% of children and youth said they were sleeping more than before the pandemic.



WHAT DO YOU LIKE MOST ABOUT SCHOOL?
 BEING WITH OTHER STUDENTS
 LUNCH
 LEARNING
 HAVING FUN
 TEACHERS

WHAT DO YOU LIKE LEAST ABOUT SCHOOL?
 SPEAKING
 DOING PROJECTS
 WRITING
 TEACHERS
 READING

WHAT DOES YOUR CHILD LIKE MOST ABOUT SCHOOL?
 BEING WITH OTHER STUDENTS
 PLAYING
 MAKING ART
 LEARNING
 BEING OUTSIDE

WHAT DOES YOUR CHILD LIKE LEAST ABOUT SCHOOL?
 WRITING
 BEING AWAY FROM HOME
 SPEAKING
 READING
 DOING PROJECTS