

## Childcare Assessment Checklist

*Childcare availability, accessibility and affordability are major barriers facing LSES mothers' participation in physical activities and sport.*

### 1. Is childcare **AVAILABLE** to LSES mothers?

- Is childcare available for new babies less than 1 month of age?       YES       NO
- Is childcare available for babies less than 3 months of age?       YES       NO
- Is childcare available for more than 1 hour in duration?       YES       NO
- Is childcare available before 8:00 am?       YES       NO
- Is childcare available during weekdays?       YES       NO
- Is childcare available in the evenings?       YES       NO
- Is childcare available during the day on weekends?       YES       NO

### 2. Is childcare **ACCESSIBLE** to LSES mothers?

- What is the total number of childcare spaces on site?      None      \_\_\_\_\_
- How many childcare spaces are reserved for LSES mothers?      None      \_\_\_\_\_

### 3. Is childcare **AFFORDABLE** to LSES mothers?

- Is there a reduced rate for LSES mothers?       YES       NO
- Is there free childcare for low-income mothers?       YES       NO
- Can LSES mothers share responsibilities for childcare in return for free services?       YES       NO

## **SOLUTIONS** to make your programs LSES mother-friendly:

### 1. **AVAILABILITY** of *CHILDCARE*

- Organize childcare services for a minimum of 1 hour for all mothers, including those with new babies and toddlers.
- Organize childcare in the evenings for working mothers and on the weekends for family programs.

### 2. **ACCESSIBILITY** of *CHILDCARE*

- Plan to have childcare spaces reserved for children of LSES mothers.

### 3. **AFFORDABILITY** of *CHILDCARE*

- Implement a “pay-what-you-can” approach to remove stigma associated with accessing childcare as a LSES mother.
- Budget for free childcare by organizing childcare with program participants sharing the childcare responsibilities.

## ASSESSMENT of Collaboration and Community Partnership Opportunities

*Collaboration and community partnership opportunities are important for the development of effective programming to support the participation of LSES mothers in physical activities and sports.*

1. Are you currently collaborating or working in partnership with other organizations in your region/area?  YES  NO *If no, see solutions below.*

- If yes, in what capacity?
  - provide financial support
  - provide space for programs
  - subsidize a course
  - provide an instructor
  - offer free programs to LSES mothers
  - offer free daycare
  - offer affordable daycare on site (\$2/child)
  - donate and/or loan sporting goods and athletic equipment
  - other, please specify: \_\_\_\_\_
- What services or resources can YOU offer?
  - use of the kitchen
  - playground area
  - mothers' physical activity and/or learn to play sport programs
  - program and/or facility space (e.g. pool, gym, room, field, etc.)
  - organized sports for mothers (e.g. volleyball, soccer)
  - donate and/or loan sporting goods and athletic equipment
  - other, please specify: \_\_\_\_\_
- What services or resources can PARTNER agencies offer you?
  - use of the kitchen
  - playground area
  - mothers' physical activity and/or learn to play sport programs
  - program and/or facility space (e.g. pool, gym, room, field, etc.)
  - organized sports for mothers (e.g. volleyball, soccer)
  - donate and/or loan sporting goods and athletic equipment
  - other, please specify: \_\_\_\_\_

## SOLUTIONS to increasing affordability, accessibility, availability and sustainability of physical activity and sport opportunities for LSES mothers:

- Collaborate and partner with other organizations and programs within your community: Public Health Unit, Parks and Recreation/Sport, YMCA-YWCA, Boys and Girls Club of Canada, Community Health Centres, Community Centres, Schools, Cultural Centres, Churches, Resource Centres, Public Parks, Sport Clubs and Leagues, etc.
- Work with local partners with experience in grant writing and project administration to create a collaboration plan.
- Partner with local and/or provincial agencies and movements aimed at increasing physical activity and healthy eating habits: Alberta Centre for Active Living, Active Ottawa Actif, Saskatchewan *in motion*, Everybody Active (BC Parks & Recreation / BC and Yukon Heart & Stroke), Heart & Stroke *Walkabout* (Nova Scotia), etc.

## Facility Assessment Checklist – Outdoor

*Low socioeconomic status (LSES) mothers are disadvantaged with respect to accessibility of physical activity and sport opportunities.*

### 1. *Is parking available?*

- On-site or nearby?  YES  NO
- Is parking free?  YES  NO
- Is there specified parking for pregnant or new mothers?  YES  NO

### 2. *Are these areas bright and safely lit at night?*

- Walkways leading to and from parking lot?  YES  NO
- Bike parking and/or racks?  YES  NO
- Car parking, garage and/or facility entrances?  YES  NO

### 3. *Is the facility/program space/venue accessible by public transport and pathways?*

- Is facility on a public transportation route?  YES  NO
- Is site serviced by special (disabled) transport services?  YES  NO
- Is site accessible by walking and/or bicycle pathways?  YES  NO
- Are bike racks available?  YES  NO

### 4. *Is the outdoor area surrounding the facility SAFE for walking?*

- Are entrances and walkways level or even?  YES  NO
- Are snow and ice removed from entrance areas in winter?  YES  NO
- Are there stairs up to the entrance?  YES  NO
- Is there a friendly stroller entrance (i.e. ramps)?  YES  NO
- Are entrance doors wide enough to allow a double stroller inside?  YES  NO
- Is the area considered safe for walking alone and/or with children?
  - Daytime  YES  NO
  - Nighttime  YES  NO

## **SOLUTIONS** to make your outdoor facilities LSES mother-friendly:

### 1. *AVAILABILITY of PARKING*

- Offer free or “pay what you can” approach for those on low/limited incomes.
- Reserve/specify closest parking spaces for mothers.

### 2. *ACCESSIBILITY of FACILITY by PUBLIC TRANSPORTATION and/or PATHWAYS*

- Provide a variety of transportation options for LSES mothers such as free bus tickets, taxi chits and car pooling.

### 3. *ACCESSIBILITY of FACILITY*

- Ensure that walkways are stroller-friendly.
- Ensure that outdoor facilities are safe for mothers and their children.

## Facility Assessment Checklist – Indoor

Mothers need change rooms and gathering areas that can accommodate children of all ages, including infants and toddlers.

### 1. Are change rooms or locker rooms available for mothers?

- Do the change rooms or locker rooms get crowded?  YES  NO
- Are change rooms and exercise areas kept clean?  YES  NO
- Are playpens provided in the change room?  YES  NO
- Is there a baby table change area provided in change room?  YES  NO
- Are washrooms nearby change room(s)?  YES  NO
- Are children's toilets/training toilets available?  YES  NO
- Are washrooms large enough to bring a stroller in?  YES  NO
- Is a drinking fountain or cooler nearby?  YES  NO

### 2. Is there a gathering area for families?

- Is there seating available for breastfeeding mothers?  YES  NO
- Is there seating available for family snacking?  YES  NO
- Is there an area with games and/or play structures for children?  YES  NO

### 3. Is there stroller parking inside the facility?

- Is there a secure area for mothers to leave strollers?  YES  NO
- Is this area close to or inside the change facilities/program room?  YES  NO

## **SOLUTIONS** to make your indoor facilities LSES mother-friendly:

### 1. AVAILABILITY of CHANGE ROOMS for mothers and their children

- Spacious areas with benches, playpens and baby table change areas.
- Washrooms in change rooms.

### 2. ACCESSIBILITY of CHANGE ROOMS for mothers and their children

- Doors wide enough to accommodate strollers.
- Washrooms wide enough to accommodate mothers and strollers.

### 3. AVAILABILITY of GATHERING Areas

- Breastfeeding friendly space for new mothers to sit.
- Large enough space for families to snack together and socialize.
- Play area for young children where mothers can watch their children.

## Program Assessment Checklist

*Culturally appropriate, affordable, mother-friendly programs will increase LSES mothers' participation in physical activities.*

### 1. Is the TOTAL cost of the program affordable to LSES mothers?

- Is there a facility user fee?  YES  NO
- Are there separate program fees?  YES  NO
- Is there subsidized transportation for mothers and their pre-school children?  YES  NO
- Is there subsidized or free childcare for pre-school children?  YES  NO

### 2. Are facility or class payment options or plans available for LSES mothers?

- Is there an access card for subsidized programs/services?  YES  NO
  - Do mothers have to prove financial need to access program subsidies?  YES  NO
- Is there a “pay-as-you-go” and/or punch card system?  YES  NO
- Is there a “pay-what-you-can” system?  YES  NO
- Is there a stand-by list available for access to free programs?  YES  NO

### 3. Are equipment, clothing and footwear provided for LSES mothers?

- Do participants need to purchase/rent physical activity equipment?  YES  NO
- Is physical activity equipment available through loan?  YES  NO
- Is specific clothing or footwear needed for the program?  YES  NO
  - Does the program supply these free of charge?  YES  NO

### 4. Are there any programs/services targeted to LSES mothers?

- Was a pre-assessment of LSES mothers' needs and interests completed?  YES  NO
  - Are the programs in response to mothers' needs and interests?  YES  NO
- Are there culturally appropriate programs for mothers?  YES  NO
  - Are there women-only programs in a women-safe environment?  YES  NO
  - Are there curtains on windows, closed doors  YES  NO
  - Are there traditional or cultural physical activities (e.g. games, dances, sports)?  YES  NO
  - If you have a pool, is it accessible for mothers of different cultures?  YES  NO

### 5. Are there opportunities for LSES mothers to socialize?

- Before/after physical activity program/class?  YES  NO

## SOLUTIONS to make your programs LSES mother-friendly: :

### 1. AFFORDABILITY of PHYSICAL ACTIVITY Programs and Services

- Calculate costs of all program components including childcare, transportation, as well as facility and program costs. ALL these costs must be taken into consideration for successful program/service delivery for LSES mothers.
- Integrate a “pay-what-you-can” approach to remove stigma associated with accessing physical activity programs and services.
- Offer volunteer opportunities in exchange for free access to programs and services.

### 2. AVAILABILITY of PHYSICAL ACTIVITY Programs and Services

- Organize culturally appropriate programs including traditional activities;
- Focus on fun, social support, including family activities;
- Encourage socialization by offering food before and/or after activities.