

your



COVID

Stories





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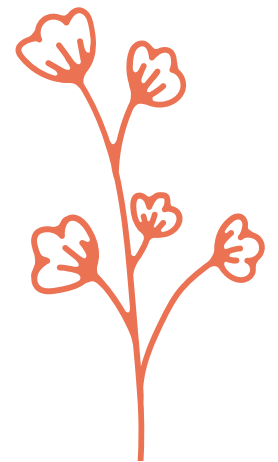
Our History





In the Fall of 2020 researchers from the University of Northern British Columbia developed a study to investigate the effects of the COVID-19 pandemic on families with children aged 0-5 living in Northern BC.



Families journalled, shared art, photographed and told us their stories.





This memory book consists of a combination of pictures, stories, poems written by families or adapted from families' journal entries. We have left spaces to fill in new family stories.



COVID-19

A news caption

A quick blurb

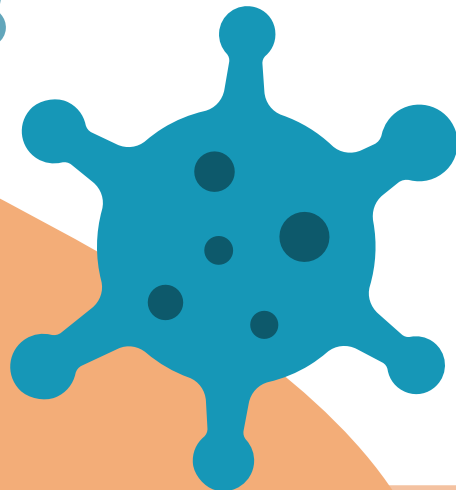
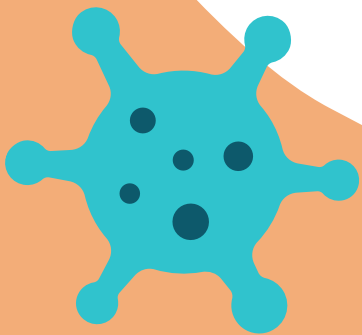
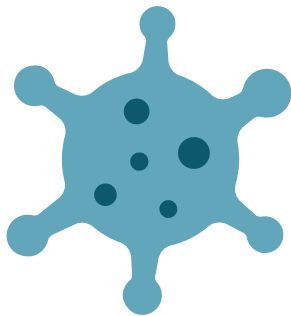
A Chinese city under isolation

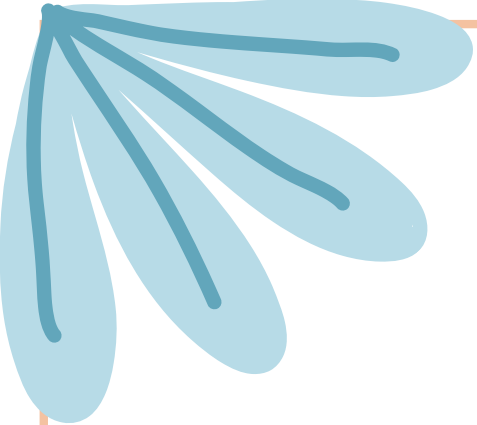
Could it affect us?

Not real yet.


It's here now too.

What do we do?





COVID entered our worlds,
and with it came changes to
our lives and routines....

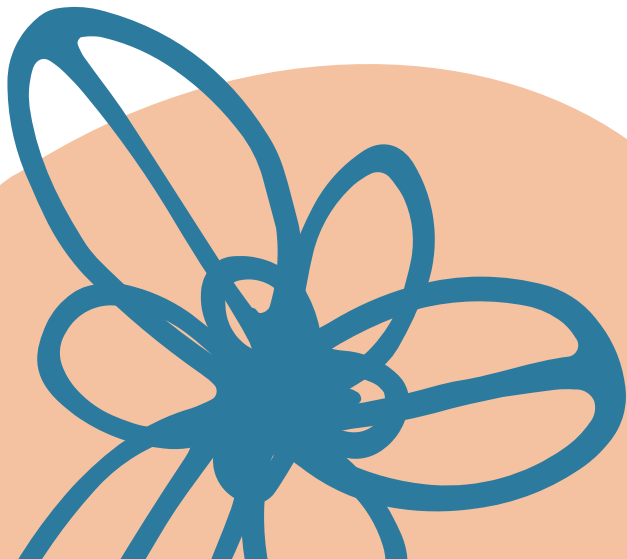


Crazy Momma

I am a mom of two
Wake up early in the morning
Crazy tired too
Never get rest
Always surrounded by two
Days are gone by
Flew away too



My feet are in and out
My house
Feeling crazy
Want to hide like a
Mouse





Cuddles

How do you cuddle without touching?

I see you – can I cuddle with my eyes?

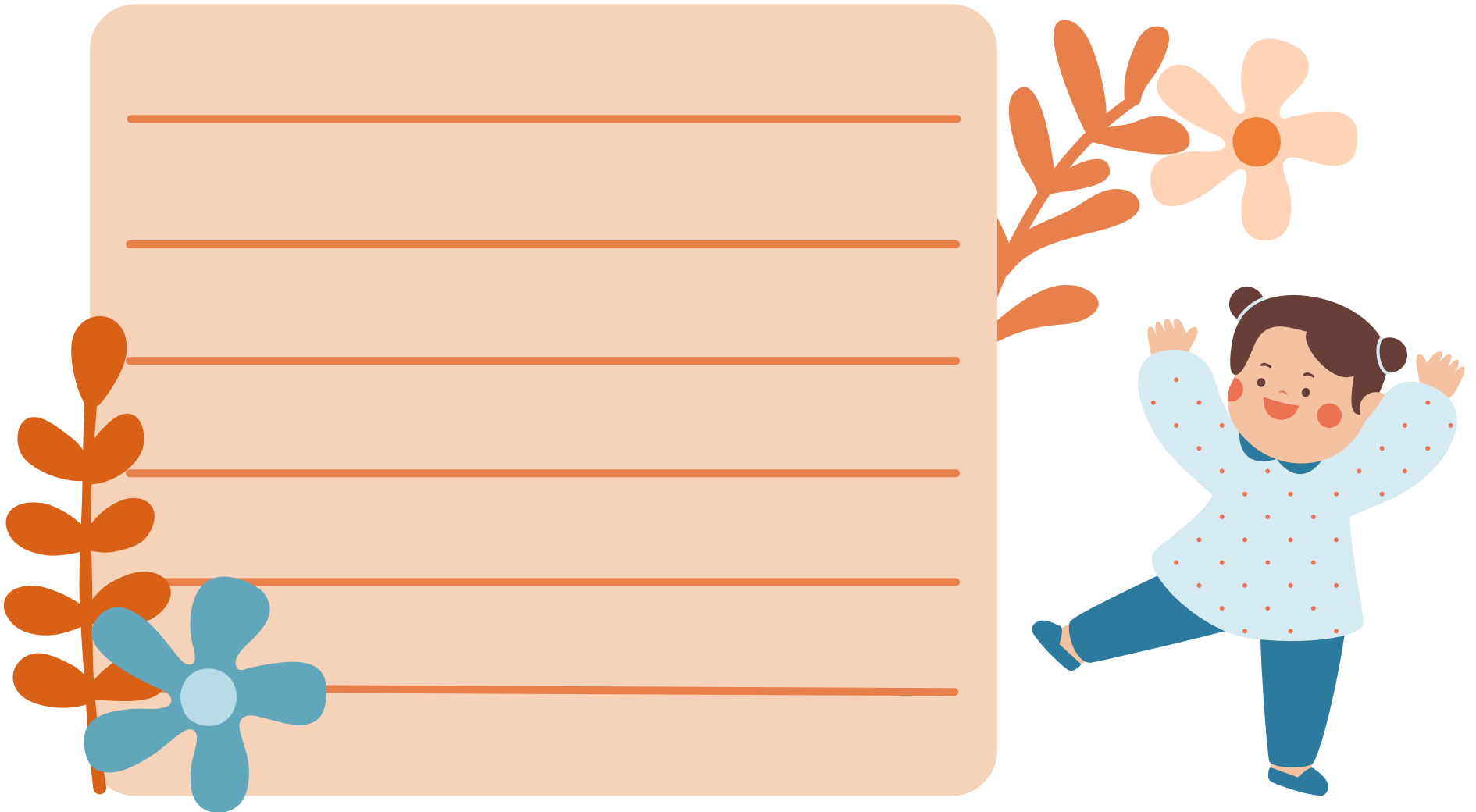
Can I cuddle with this space between us?

Do I miss the cuddles and snuggles and piggy back rides

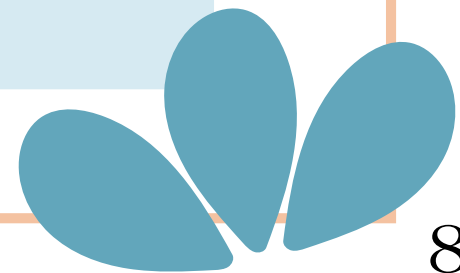
YES I DO

Photo from Unsplash (1)

Think back to when the pandemic started, how old were your children ?



What were some funny things
your child said during the
pandemic?





The Car

Pack them up
Pack them in the car
Drive
Pack them out
Drive
Race, pack groceries
Drive
Pack them up
Pack them in the car
Drive
Unpack – and home

Routine

Same routine

Eat, Work, Sleep

As

Usual

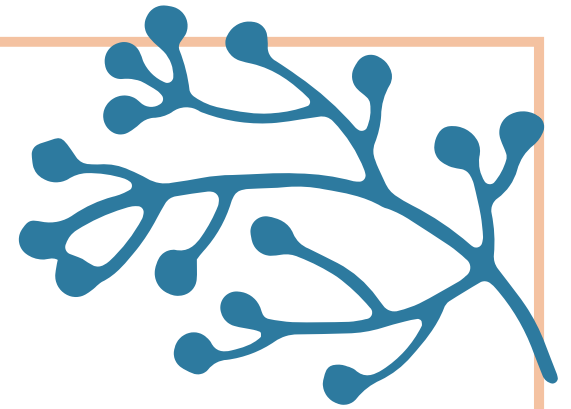
Boring Day

Same Life

Regular Life

Routine Life





It brought sadness and created
new struggles we've never had to
deal with before....



This Battle

What a life
Work on a weekend
Away from family
One stay's home
Another gone for work

What a life
Work for a family
Had less time together
There is no choice for one another
Well life is life
So, decided to win this battle
Embrace new routines
Enjoy what it is





Baby

Still waiting for baby to come
I want baby to come sooner than later
so I can start living again.
Not be so confined by fear
Confined by bubbles
Confined by isolation
Feeling the crunching weight
Of lost social outlets
Of lost distractions,
So much time spent wondering
Is baby okay?
But my children will be close
And I will heal
Not all is lost, just different.

Being a Mom in COVID

As a mom I'm finding there's nothing to do
for personal care

I get easily frustrated

I get easily annoyed

I search for things to help

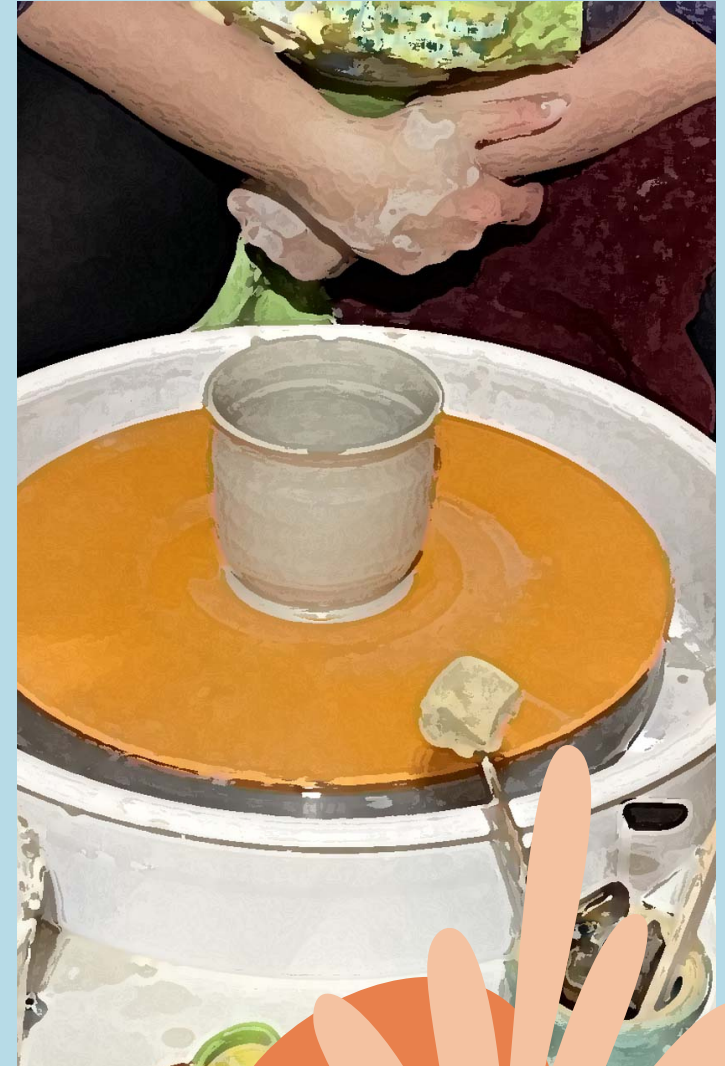
I wish for a place to bring the girls,
to break the cycle of everyday being the same

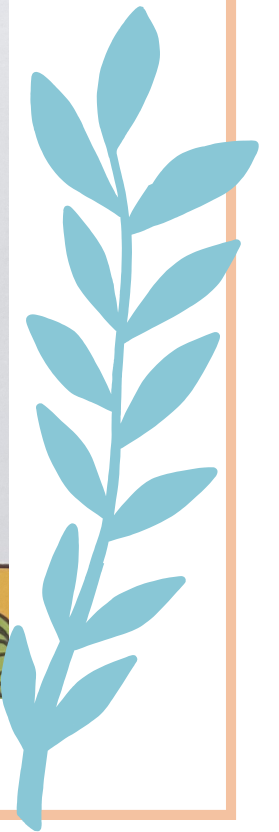
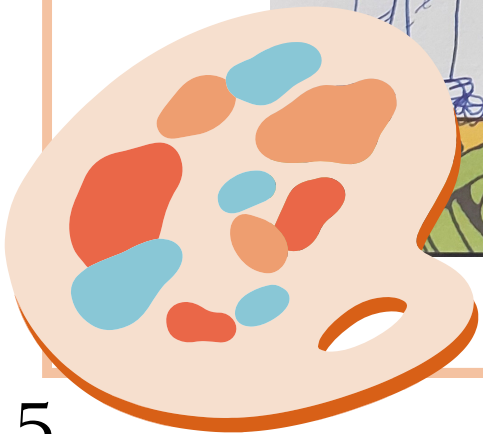
But I cherish the things we do have

I love our community

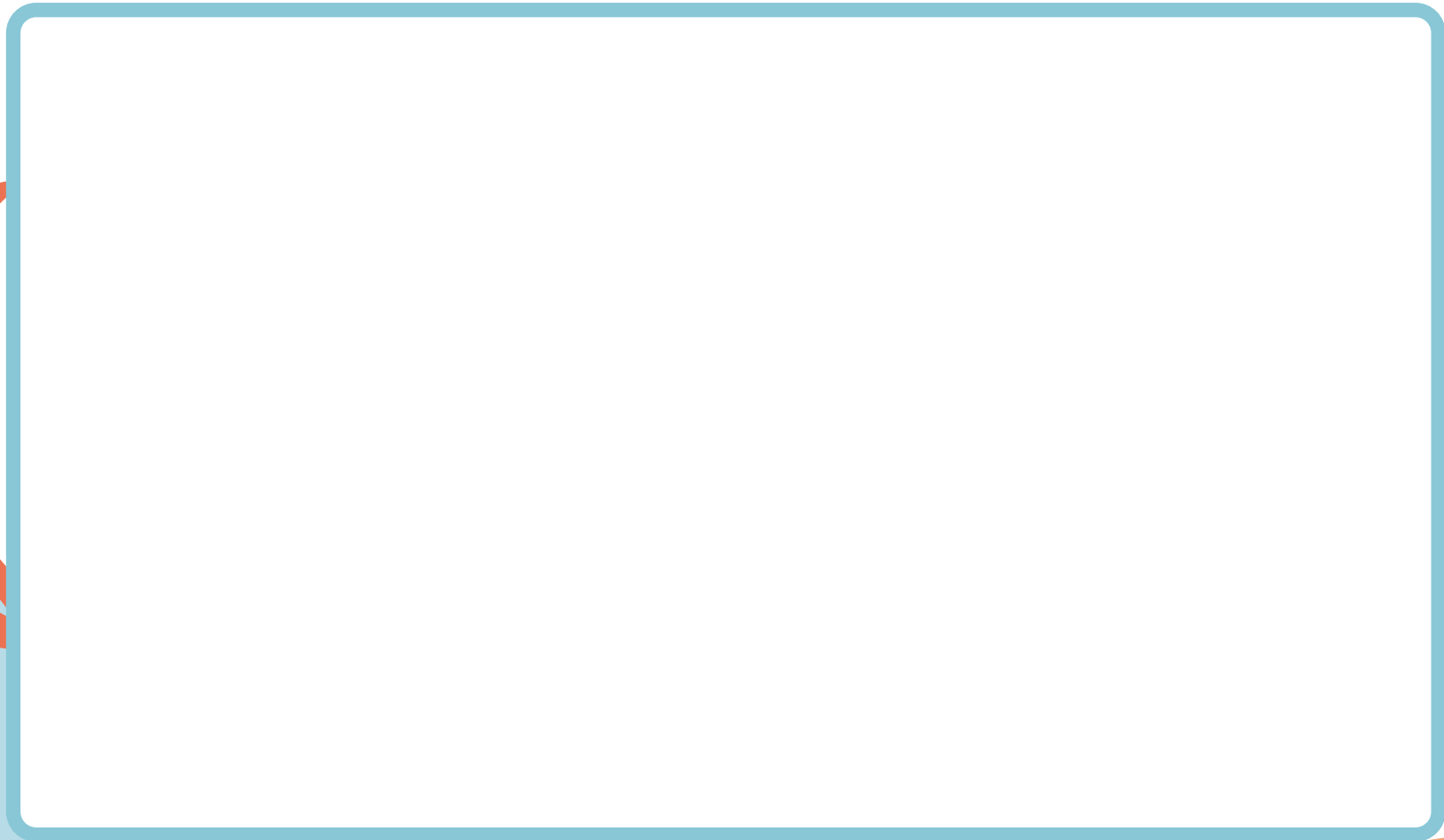
I love the events they provide

I search for the connection.

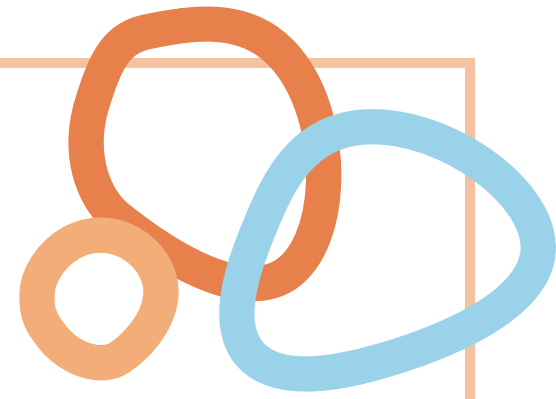




Use this space to draw a family portrait
like the one shown here!



Missing Parents



Today is one of those days,
I'm missing my parents
I just want my mom and dad
And my daughters pull at my mask
Saying "I want to see mummy's face"
One day, I hope soon,
They will see me,
And we get to see them

How Much Longer?

Really missing people today.

I miss my family.

I haven't seen them in 2 years.

how much longer will it be,

Until we can see them? Hold them?

Another year? Two?

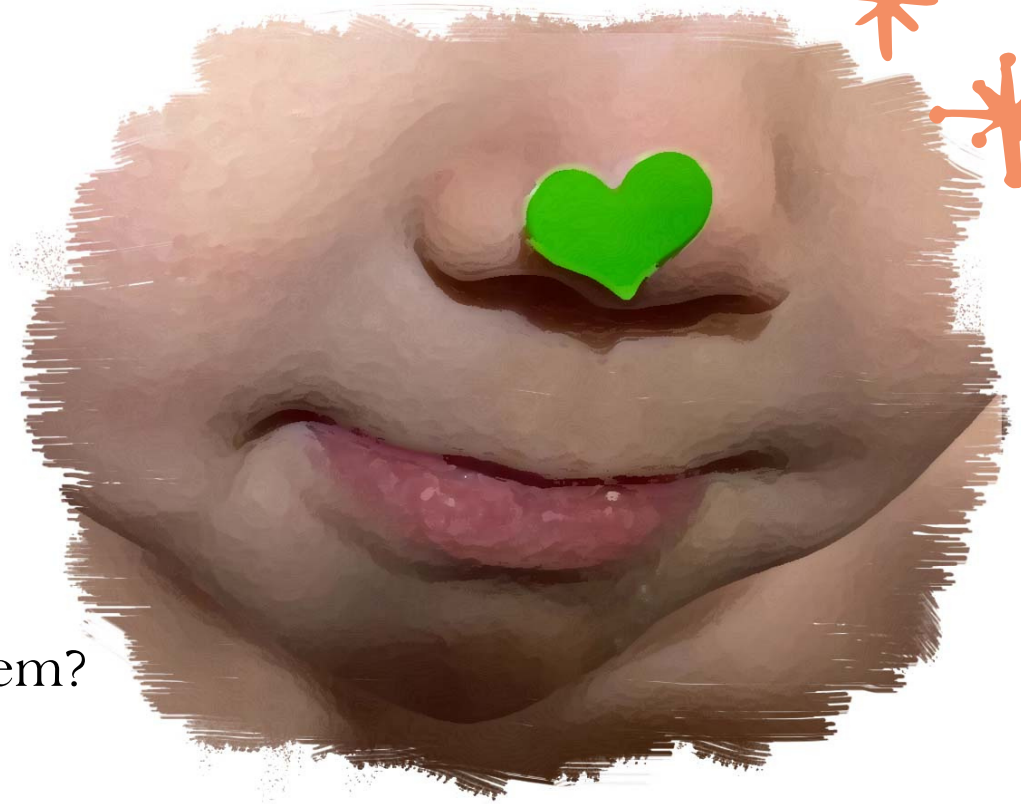
The pain of that possible reality swallows me whole sometimes

I try not to dwell on it,

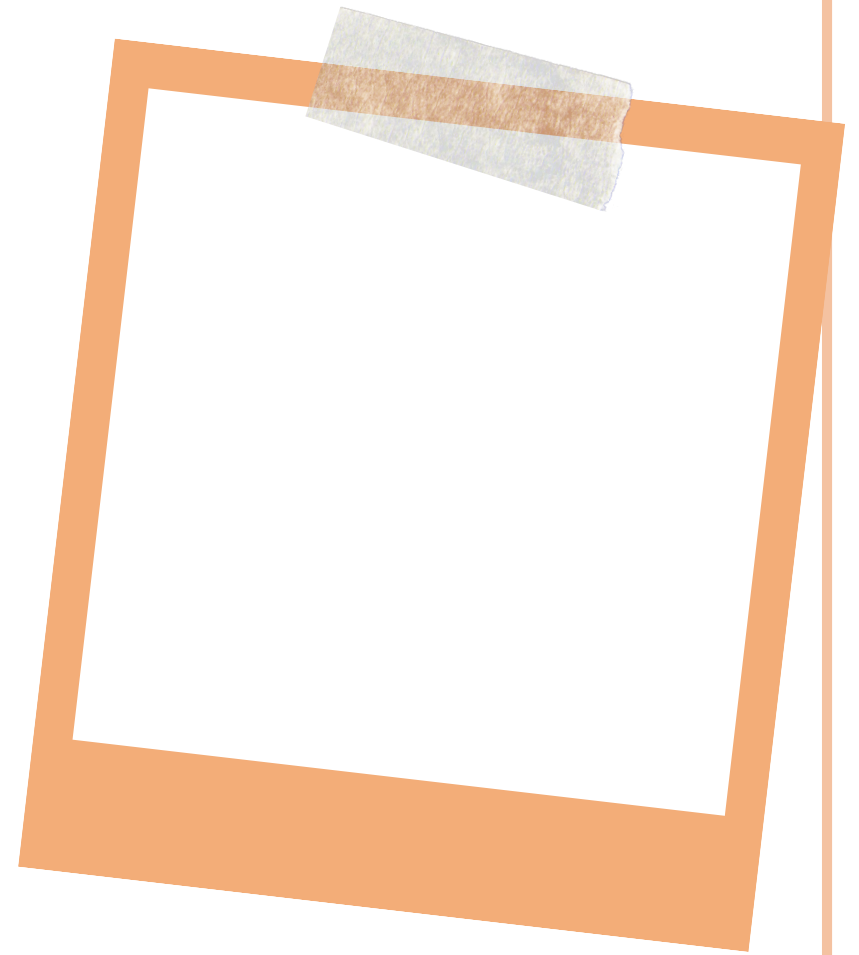
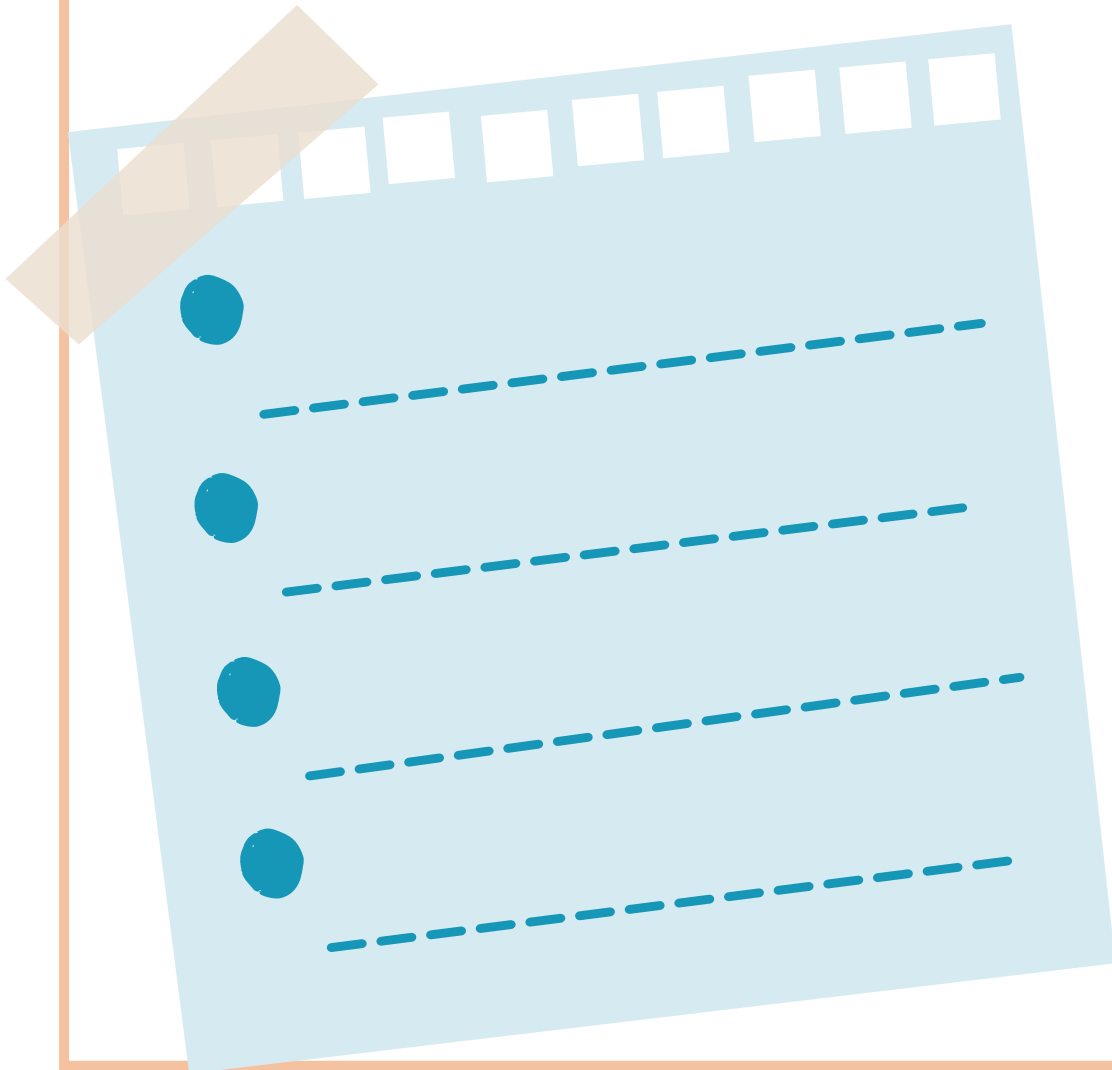
but sometimes you have to just have a pity party, so you can move on.

Today was hard. Tomorrow is a new day,

I know



What are some things you missed during COVID?



People

Covid helped me see.....

People are kind, deep inside, but afraid too

Fear makes people crazy

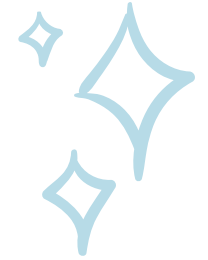
It's hard – no one like to be told what to do -
but who's rules are right?

We need an end, change is hard.





What Will Be...



Covid has

Slow, slow, slow, slow...our family slowed down

Less social.....more time

Are we ok? Will my little one be ok?

They are strong, but will they know,

now, tomorrow, in the future


that they missed some time?

WAIT look, see, how they learn and adapt,


our littles ones are amazing.







Amongst the hardships families
found positives, saw their
children adapting, embraced the
change, and showed their
resilience....





Special Things



Going on a lot of family drives,

sometimes just to change up the scenery,

sometimes to find a new place to explore

Celebrating any holidays or notable days,

feeling a community connection,

feeling it from the safety of our own home.

It provides something “special”

even if it’s something as simple

as everyone wearing a pink shirt and supporting anti bullying

A Wonderful Wonderful Monday



Headed out for a family walk
before supper.

Splashed in puddles,
ran into neighbours
and lost track of time.

Came home tired, and happy,
just as the sun was setting.

It was perfect.

A wonderful wonderful
Monday.



Connection

Thank you for the world of technology

I can see you

I can talk to you

I can almost feel you – it's precious time to stay in touch

I can feel connected

I don't feel so lonely

I can hear different voices in my home

I can reach across Canada

I can play in the water and snow with you

I can show you what I made for you – how proud I am 'it's for you'

We play together and rediscover the joy



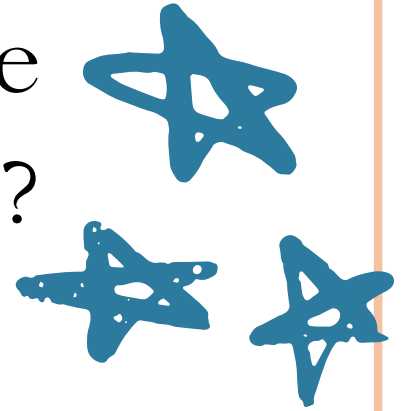
Throw on Your Snowpants

That's the thing about this pandemic.
You can sit and dwell and worry
and be angry and be frustrated
about all of the things that are awful
.....Or,

you can throw on your snow pants,
turn your face to the sunshine,
breathe in the fresh air,
have a good laugh with your kids,
and appreciate all the beauty that surrounds us.



What were some of your favourite things to do during the pandemic?



A light orange rounded rectangular area containing five orange stars, each followed by a horizontal line for writing.





Small Things

My tools to cope

With COVID and with isolation

Have been taken away

It's been hard

But today was such a better day.

Feeling accomplished with structured play and
numbers and colours,

I got them and myself outside.

These are small things I honestly haven't been doing
for a while,

Grateful for the opportunity to reflect,

Grateful for my husband

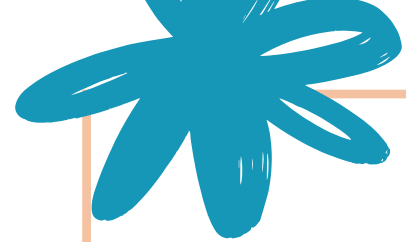
For listening to my tears

And being part of my team

Not sure what tomorrow will bring, but today was good







Puddles

"Today there was a big puddle in our drive way.... It took him a few minutes of wiggling around cautiously and testing it out before he was fully stomping and splashing with his brothers. We were all cold so it didn't last very long, but it was a sweet moment shared together that we normally wouldn't have had the time to enjoy. Today I'm grateful for slowing down together."

New Friends

Close to home who knew, I had a brother – did I see you before COVID?

I would spend time, in passing ways.

I would fight and shout

But now – it's different, I want your company, every waking hour

You keep me safe and I like you, I know you now

You make me laugh at the silly things – our voices







Leaned Into Our Love

I've said this many times,
but this pandemic has really made me
appreciate my own family so much.

I've really leaned into our love.

I've enjoyed having my kids to myself
I've appreciated my husband as a partner

We go at our own pace

Peaceful. Enjoyable





Thank you to the parents and families that shared their memories, their stories, and let us be a part of their lives.



Thank you to the team that made this study and book possible, Dr. Caroline Sanders, Theresa Frank, Tess Amyot, Katie Cornish, Erica Koopmans, Megan Usipuik, Lauren Irving, Dr. Chelsea Pelletier

Consent and References:

Participants provided consent for the use of their writing and photographs.

Photograph from Unsplash.com:

1) Collins, Ben. 6 Sept. 2020. Unsplash.

Accessed from

<https://unsplash.com/photos/wWwEM-fx618>

Book created using Canva.com



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Visit the SEED Website to learn more about our early years work



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