

Exploring Barriers and Pathways to Wellbeing and Sources of Resilience of Refugee Mothers in Calgary during the COVID-19 Pandemic: The Role of Home Instruction for Parents of Preschool Youngsters (HIPPY)

Authors : Chloe Zivot, Natasha Vattikonda, Debbie Bell

Abstract : We conducted interviews with refugee mothers (n=28) participating in the Home Instruction for Parents of Preschool Youngsters (HIPPY) program in Calgary to explore experiences of wellbeing and resilience during the COVID-19 pandemic. Disruptions to education and increased isolation, and parental duties contributed to decreased wellbeing. Mothers identified tangible protective factors at the micro, meso, and macro levels. HIPPY played a substantial role in pandemic resilience, speaking to the potential of home-based intervention models in mitigating household adversity.

Keywords : refugee resettlement, family wellbeing, COVID-19, motherhood, resilience, gender, health

Conference Title : ICRPFMS 2022 : International Conference on Refugee Protection and Forced Migration Studies

Conference Location : Vancouver, Canada

Conference Dates : September 22-23, 2022