

# Ronald McDonald House Charities (RMHC) Canada

## 2<sup>nd</sup> Family Togetherness Survey Highlights



Ronald McDonald  
House Charities®  
CANADA

Keeping Families Close™



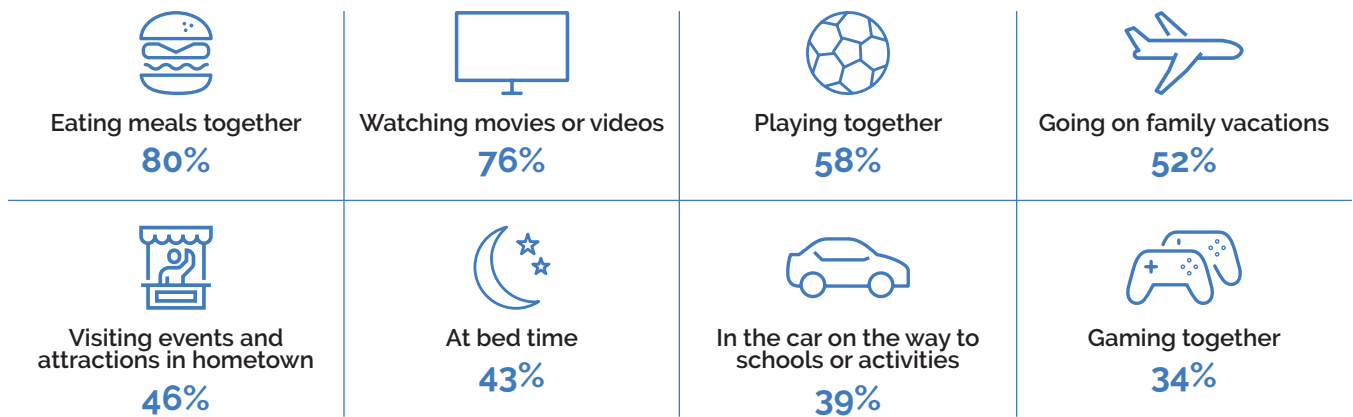
RMHC's 2<sup>nd</sup> Family Togetherness Survey (Ipsos, 2019) asked 2,013 Canadian parents from coast to coast to coast how they felt about their family life – from their overall satisfaction, to how they spend their time together, to what they would improve.

## Results show that 91% of Canadian parents are satisfied with their family life, and time spent together is one of the biggest factors in family happiness.

### The survey also found that:

- On an average weekday, parents say they spend approximately 5.4 hours per day together interacting as a family (that number jumps to 12.2 hours total for the weekend)
- Those who were satisfied with their family life spend on average 7 hours more a week together as a family than Canadians who weren't satisfied with their family life
- Top reasons for being satisfied with family life included:
  - strong relationships with their kids (72%)
  - spending quality time together (62%)
- 96% of parents agree that their family is stronger when they are together
- When asked which word best describes time with their family, parents said "comfortable" (58%), "fun" (50%) and "busy" (29%)
- 19% of Canadians indicated that a better work/life balance is the #1 way to improve their family life
- If there were no financial or time limits, 71% of parents said they would go on a family vacation

## What are families doing together to feel so satisfied?



**Canadians are not feeling pressured to make their family time perfect and in fact, happy families incorporate family time in modern ways.**

Parenting expert and family therapist Alyson Schafer offers this reassurance to parents:

Family time doesn't have to be a big event. When families connect with their full attention on smaller tasks like folding laundry, putting on snow pants—and even gaming together—they are strengthening family bonds and reaping the benefits of quality time.

Families who spend quality time with one another through shared conversation, activities or play are more likely to feel connected to one another and enjoy the benefits that are the result of those bonds. Positive shared experiences create the close-knit family bonds that are an essential part of a child's development and allow parents the opportunity to teach children how to experience the world around them. When families spend time together, children thrive.



**Family time helps to strengthen bonds for all of us – and it is even more important for those with a sick child. Time together gives these families a little bit of normal when life is anything but.** – Cathy Loblaw, RMHC Canada CEO





The Garniss family stayed at RMHC Southwestern Ontario for 35 nights.

**“Our family knows that time together is precious,” says Kim Garniss.** When Kim’s daughter Lauren was born with a bowel obstruction and had to be rushed to the hospital over an hour away from her hometown for life-saving surgery, her family couldn’t imagine being apart. While Lauren was receiving the medical attention she needed, we stayed just steps from her bedside at RMHC Southwestern Ontario.

“Staying at Ronald McDonald House meant that when we needed to rest or eat, we could have a warm and welcoming place to go to that was literally a minute away from the hospital,” says the mom of three, “and when the family returned to Lauren’s bedside, we were recharged and able to provide the love and care our baby girl needed from us.”

**65% of families live outside a city with a children’s hospital, and have to travel for treatment if their child becomes sick. That’s why Ronald McDonald House Charities gives families a place to stay together close to the hospital where their child is being treated.**

The RMHC network of programs in Canada helps to keep more than 25,000 families close to their sick child and the care they need each year. The 15 Ronald McDonald Houses provide out-of-town families with a home to stay at while their child is being treated at a nearby hospital, while the 16 Ronald McDonald Family Rooms provide a comfortable place for families to rest and recharge, right inside hospitals. Through the Ronald McDonald Care Mobile, basic medical care is available to underserved communities in Alberta.

Learn more at [RMHC.ca](https://www.rmhc.ca)

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