


# LOCKDOWN LIKES 2020

get  
ready  
QUEENSLAND

Community comments about the positive impacts  
and challenges of COVID-19 lockdown for families  
in the Moreton Bay Region



"I liked meeting the neighbours  
and my daughter playing with the  
other kids in the street."

*Parent, Deception Bay*

"I learnt how to  
rollerskate and ride a bike  
without training wheels."

*Child, Caboolture*

"I liked just stopping.  
Being finally able to catch a breath."

*Parent, Warner*



When people were getting sick with COVID-19 in Queensland and the rest of Australia in 2020, there was a time when we all needed to stay home. A lot of people couldn't go to work and schools were closed. For a while, we were only allowed to leave the house for essential things like basic exercise, shopping for food and attending medical appointments. Sometimes this was called 'Lockdown'.

**Lockdown Likes is delivered by  
Moreton Bay Regional Council  
in partnership with  
Nature Play QLD**

Acronyms used:

MBR - Moreton Bay Region

MBRC - Moreton Bay Regional Council

COVID-19 - Corona Virus SARS-CoV-2

AIFS - Australian Institute of Family Studies



We respectfully acknowledge the Traditional Country across our region. We also acknowledge and pay our respects to the Kabi Kabi, Jinibara and Turrbal Traditional Custodians, and their elders past, present and emerging.



Photo: Gubbi Gubbi Dancers  
Flag Raising Ceremony, Caboolture  
NAIDOC Week 2020: 'Always was, always will be.'



Thank you to all of the individuals, families, groups and organisations who have contributed. By sharing your experiences and suggestions, you are helping to improve our new way of life following COVID-19.



Photo by: K.Green, North Bray Park

# LOCKDOWN LIKES

aimed to learn more about the experiences, opinions and thoughts of children, young people and families during the time of the COVID-19 lockdown.

Lockdown Likes sparked new conversations on what was valued when living differently. We realise however, that this has been a devastating time for some people.

All comments, feedback and information was collated by Nature Play QLD for Moreton Bay Regional Council to learn from the experience to help improve future responses to any similar emergencies and to assist daily life in the Moreton Bay community.

Children, young people, their parents and carers in the Moreton Bay Region were welcomed to participate.

We also had conversations with leaders from community groups and schools.

Information was gathered through:

- written responses
- artwork & drawings
- an online survey
- in-person consultations
- photographs submitted through MBR Libraries' 'Been Missing You' campaign and Our COVID-19 Story history collection.

"In lockdown, I liked building the massive jungle gym and playing on it every day."

*Child, North Lakes*



The Moreton Bay Region is a diverse area spanning more than 2,037 square kilometres with rural townships and urban centres, business districts to coastal villages. It's located between Brisbane City and the Sunshine Coast.

“Amidst the many challenges and losses of social or physical distancing, there were also gains.”





# WHAT I LIKED ABOUT LOCKDOWN

What was your silver lining?

"It seemed like we don't have much community spirit but during lockdown it was very moving to be apart of the dawn driveway ANZAC service with our neighbours."

*Parent, Bray Park*

"Bike riding with all the kids in the street each afternoon."

*Child, Ferny Hills*

"We look after twins and a child under 3. Walked with them most days for an hour."

*Carer, Lawnton*

"We learnt to appreciate what we've got more."

*Child, Deception Bay*

"Nightly facetimeing with grandparents"

*Child, Griffin*

"I got to know my neighbours."

*Parent, Griffin*

"Working from home. This allowed me more time at the end of the day to walk and collect my daughter from daycare and walk home together"

*Parent, North Lakes*

"We scheduled time outside and inside and managed a much more healthy lifestyle despite what felt like an increased workload and extreme changes making life more hectic."

*Parent, Caboolture*

"My neighbour encouraged me into growing plants. Me and my other neighbour encouraged each other playing musical instruments."

*Primary student, Mango Hill*

"Having a fire pit. Cooking meals on it and having meals together as a family."

*Parent, Caboolture*

"Lots of kids dressed up to take the rubbish out"

*Child, 6, Caboolture*

"No extra-curriculars to take time after work."

*Parent, Caboolture*


"None. The pressures of working from home and offering supported learning at home meant that lockdown was not a period of recreation or increased family bonding for us."

*Parent, Deception Bay*

"We bought a trampoline right before lockdown. We've been spending way more time outside and been eating at home way more, which has saved us lots of money."

*Parent, Mango Hill*





"Because of the increase in Centrelink benefits, children enjoyed getting shoes, clothes, backpacks, haircuts, some 'treats'.

There was also less stress in families because they could afford to pay rent and meet other bills."

*Myndle Bygul Aboriginal Corporation*

"In lockdown, I most enjoyed getting our kites out and flying them on windy days."

*[caption to background image]*

*Child, North Lakes*

"I could hear Dads home during the day with their kids, laughing and screaming, having fun together."

*Parent, Deception Bay*

"I live in a beautiful, caring, lovely neighbourhood where people are aware of others' safety and emotional needs. The dragonflies and butterflies came out, the Lake Eden and Capestone Lake waters are clearer."

*Parent, Mango Hill*

"I did my school work early, then had time outside, like spending time in the tree house."

*Primary Student, Scarborough*

"I could hear families in their yards. I didn't even know families lived there!"

*Parent, Deception Bay*

"Playing games, singing and dancing together at home."

*Child, Caboolture*

"I took up crocheting again, which I hadn't done for years. I did some yarn bombing around the neighbourhood."

*Teacher, Scarborough*

"More time for creative projects and cooking."

*Parent, Caboolture*

"I learnt more about germs."

*Student, Scarborough*

"Our neighbours got us together in the neighbourhood, staying outdoors and distanced."

*Student, Scarborough*

"More time to practice the guitar."

*Student, Scarborough*

"We loved the reduced litter and our litter collecting walks were reduced to 1-2 times a week."

*Parent, Caboolture*

"Scouts requested that parents be present during online sessions. Parents reported that joining Scouts activities with their children online brought out their 'inner child' and that they will continue to enjoy things together such as setting up camp indoors. Usually parents they drop their sons and daughters off, so being online gave parents a greater insight."

*Scouts Moreton Bay Region*



## WHAT I'D LOVE TO SEE IN MY 'HOOD

If there was another lockdown, what spaces would you like to see, or what else would help you?

*"The bike trail from Caboolture to Wamuran is great, hopefully more like this on the way."*  
Caboolture

### Infrastructure for bikes:

- A bike park (like a skate park)
- A dirt bike track with jumps for the kids
- A traffic track for bike safety
- A 'downhilling track' for bikes
- More bikeways
- A bike link to Samford

*"A big open skate plaza like the one at Bracken Ridge on Telegraph Road."*  
Young Person, Albany Creek

### Infrastructure for free outdoor activity

- An obstacle course for children's ninja warrior and parkour
- Running tracks
- Cricket nets
- A roller-skating area
- A skate/scooter park that's more supervised or more suitable for children
- More walking tracks that aren't along the road
- More basketball courts

### Community Connections:

- A free youth centre for children and young people
- A Women's Shed (akin to the Men's shed)
- More play with other children at different homes
- More green open local hubs where you can meet other families
- Please keep the libraries online

### Events:

More events such as physically distanced movie nights in the park with families on separate picnic rugs

*"The last one at Wallace Street was a huge success!"*  
Parent, Caboolture

### Ideas for new parks

- Wildlife parks and nature trails. Educational spaces for children to learn about local wildlife.
- A high quality park with a variety of play and gym equipment for children of all ages including toilets and shaded areas.
- A nature play playground
- A natural playground with bushland
- Bigger parks with toilet facilities

### Ideas to upgrade parks

- Shade and picnic tables at Azalea park playground, Deception Bay
- Put toilets in existing parks
- Better pocket parks that are more thought out rather than putting something in just for the sake of it

### Around town:

- More & improved footpaths
- More trees along paths
- More parks
- Regular public transport
- A cafe with a fully fenced playground that's dog friendly!
- More seats for Grandma
- Places to find cold water

*"Nothing really to improve the area, maybe suggestions for activities to complete at home to keep families interacting with each other, especially when you work at home all day as well. So something to improve the mental health of the household."*

Parent, Burpengary

### Water play parks:

- New parks requested for Dohes Rocks Road, Griffin and Arana Hills
- Upgrade Lawnton Pool recreation area
- Cleaner water at existing water play areas



# GREEN TIME

## FREE PLAY OUTDOORS

"One obvious consequence of infection control measures is that children are less able to play freely, especially out of doors. The benefits of play are widely recognised, and cut across physical and mental health, child development and well-being. Play is both a way for children to keep healthy, and a process that helps them to deal with everyday uncertainties, stresses and anxieties. Opportunities to play may be even more beneficial during a pandemic."

Source: [The Conversation](#)

Nature play is unstructured play time outdoors.

Nature play is fundamental to a full, healthy and balanced childhood.



**50%**

of respondents under 12 years old identified that they missed playgrounds the most. This was second only to missing their friends (66%).

**“ Nature never closes. The outdoors is the healthiest place for children to be and they do not necessarily need playgrounds to play outdoors. ”**

Angela Wright  
Program Manager  
Nature Play QLD

"We were outdoors more."  
*Student, Scarborough*

"The closing of playgrounds was abhorrent to children's wellbeing and exercise needs. Whilst it made sense to discourage children from attending grocery shopping during lockdown, they still needed space to get their daily exercise and this need was denied.

If a more stringent lockdown reoccurs, council parks should remain open for the purpose of children's exercise.

A more sensible approach would be to suggest that people only attend parks within their suburb."

"When all parks closed the children had no outlet for energy as all new housing estates have no backyards."

*Parent, Griffin*



Photo: Rangeview Kids

"Having fun playing outside in the garden."  
*Child, Rothwell*

Photo by: K Green, North Bray Park



# SCREEN TIME

"Online lessons and schoolwork have of course contributed to an increase in the amount of time children spend in front of screens - and this is largely unavoidable. But 82% of parents said that their children's screen time has increased during lockdown, and 30% said that their children were having an extra four hours or more of non-school related screen time per day. "

Source: The Conversation

**64%**

of surveyed participants reported that their children's screen time increased during lockdown

This increased use by children was up from 2 hours per day to up to 10 hours more screen time per day.

The most commonly reported use of screen time was for:

1. Streaming TV or movies
2. Online learning
3. Online gaming

Below: *Self Portraits On Old Mobile Phones (2020)*, paint on mobile phones. A creative commentary on screen use during COVID-19. Submitted by Jacque, Sunshine Coast - MBRC Intern



"We learnt more about being patient. We had to wait for uploads."

*Student, Scarborough*

"I watched more Youtube without permission."

*Student, Scarborough*





# FAMILIES

Parents and care givers surveyed reported that what they liked most about life in lockdown was:

- spending more time with family,
- relaxing at home, and
- not commuting.

Children reported that the top things they like about lockdown were:

- having more playtime outdoors,
- spending more time with the family, and
- more relaxing time indoors.

Friends, playgrounds and swimming pools were among the most common things children surveyed reported missing during isolation.

Seeing friends and going out for meals were most commonly reported as missed most by teenagers and young people.

Before COVID-19, 30% of families used parent-only care.

That rose to 64% of families during COVID-19.

Source: [AIFS](#)



Photo by: Donna, Griffin

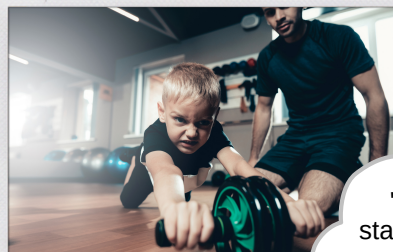
While parents worked from home, 40% always or often 'actively' cared for children during work.

Source: [AIFS](#)



Above: "During the pandemic lockdown my family (5 of us) each had a birthday. To acknowledge this strange time celebrating our birthdays all together alone I set up a canvas in the garden on each birthday and did a pandemic portrait of each of us. While initially I hoped the others would participate in this, they did not, which I accepted, as they may not have wanted to remember this time as much as I did."

Submitted by Jacque, Sunshine Coast - Council Intern



"Dad made me start doing exercise."

Student, Scarborough



"I was in a 'newborn bubble' as I just had my third child in March just before lockdown."

Parent, Bray Park



# FAMILIES

"My family bonded together, although siblings got on our nerves sometimes. I guess I got on theirs sometimes too."  
*Student, Scarborough*

"I liked slowing down and not always rushing from A, B, C, D, E etc. I spent more family time together, spending time with pets, cleaning, tidying, maintaining, repairing the house - spending time for me."  
*Parent, Caboolture*

**"IT'S THE FIRST TIME  
I CAN REMEMBER  
OUR WHOLE FAMILY  
EATING DINNER  
TOGETHER."**

*Parent attendee,  
MBRC Flash Forum 2020*

"Daily family walks."  
*Parent, Everton Hills*

Photo: Dunn-Hay Family, Redcliffe

"Families reported to me that they enjoyed living a slower pace of life. I think that COVID-19 gave families time to get to know each other again and helped everyone to realise how important their family relationships are."

*Pastor, Caboolture*

"We saw grandparents but they were outside, whilst we were inside."  
*Student, Scarborough*

"I would have liked the ability to see immediate family and people who provide familial support such as baby sitting."  
*Parent, North Lakes*



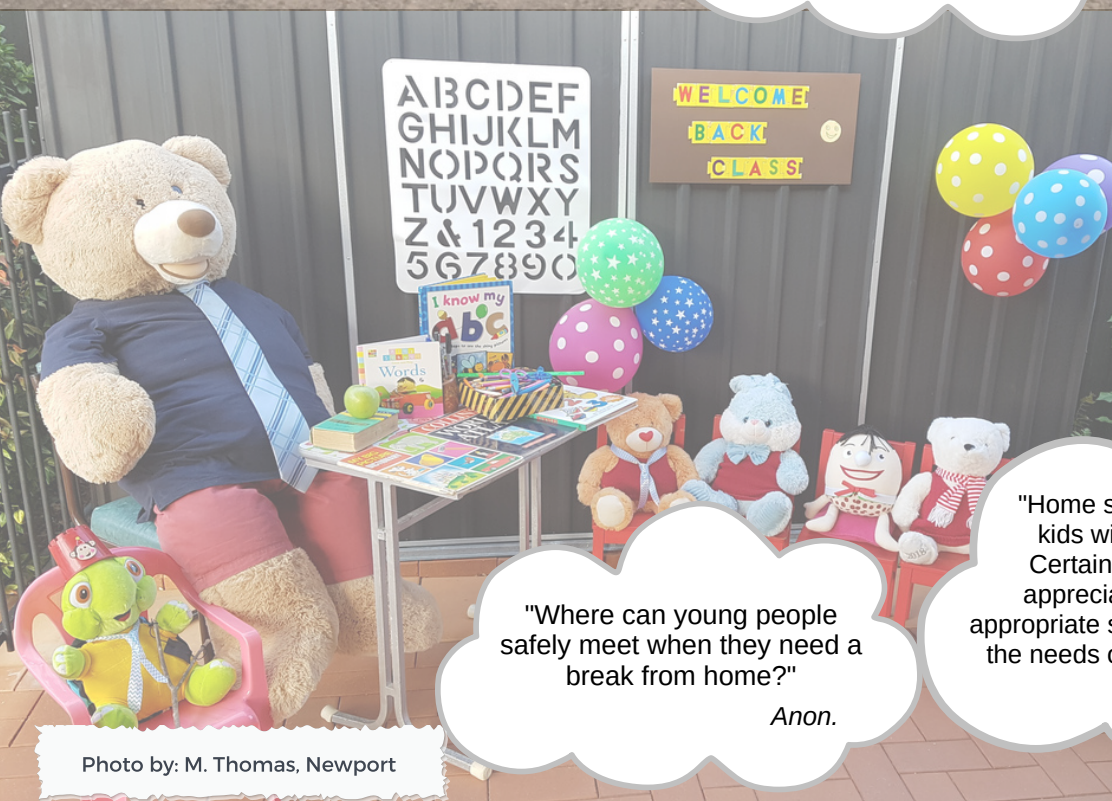
"Home schooling put a lot of pressure and strain on families."  
*Parent, Wamuran*

"Home schooling support for families with kids with a disability was non existent. Certainly if this happened again, would appreciate if carers were connected with appropriate supports to meet their own needs and the needs of the person whom they care for."  
*Parent, Mango Hill*

"Where can young people safely meet when they need a break from home?"

*Anon.*

Photo by: M. Thomas, Newport



# COMMUNITY ORGANISATIONS

Comments and conversations with community organisation representatives

## ABORIGINAL AND TORRES STRAIT ISLANDER SUPPORT SERVICES

Mindle Bygul  
Aboriginal Corporation  
established an additional  
community base at Deception Bay  
and served the community for people to  
contact or visit to talk about what was  
worrying them and find assistance with  
urgent concerns which commonly included:

- Providing or delivering emergency food provisions
- Helping students with resources and support to complete their schoolwork, such as data for devices or photocopying
- Sharing activity packs

Elders were in lockdown for longer periods with community support. There was a lack of understanding by some non-A&TSI organisations that Elders couldn't meet all the requests to participate as they needed to isolate.

Young people couldn't 'couch surf', particularly in houses where Elders live. They 'disappeared' and youth workers did a lot of additional outreach looking for them.

Murri Court was closed. More Orders were broken as people struggled living under COVID restrictions and stress

People ate healthier, with money to buy fresh food and more time to prepare and cook.

## COMMUNITY SERVICES CENTRES

Although the QLD Government's Care Army initiative attracted local volunteers, community centres were so inundated supporting additional numbers of people and balancing new COVID-19 work conditions that they often could not recruit, train and orientate new volunteers within the emergency timeframe.

Community centres provided a role of "settling" the community and providing a bigger community base for people to contact or come to so that they could talk about what was worrying them.

Deception Bay Neighbourhood Centre produced free craft activity packs that were funded by MBRC and distributed throughout the community. They were reportedly very popular by adults and children alike. Different packs were made available each week for entertainment and avoided residents the need to go out to buy art supplies.





## TEACHERS AND STUDENTS

It was an overwhelming time for teachers. They still had approximately one third of the school community at school and also needed to reach out to other students online. A common challenge was organising teachers to class ratios, as they couldn't have more than twelve students in any classroom, to meet spacing requirements.

Some students who struggle in the classroom found it easier to do schooling online- when classroom distractions, a need for individual attention, or hesitation to seek help were the root of the problem.

Children are still not settled at school, with an understandable attitude of 'I better spend as much time with my friends as I can because we might be separated again at any time.'

Students who experience bullying at school were relieved to have separation between them and the bully.



## CULTURAL AND LINGUISTICALLY DIVERSE COMMUNITY ORGS

Information wasn't necessarily available in languages, so community groups started translating them and sending the information through social media.

Video and audio on Facebook was an effective way to share information.



## SCOUTS QLD, MORETON BAY REGION

Because school was out, parents reported that online Scouting was additionally important as something for youth members to look forward to, providing ongoing social engagement and some structure.

Social interaction and fun online was a great benefit. Age appropriate challenges were set, still with a sense of competition. Examples include cooking a family meal or demonstrating first aid skills.

## PEOPLE WITH DISABILITIES

For some people, it was very isolating, not to be able to go out as usual or have people visit.

For some it was a relief not to have all the expectations and commitments of the usual day.

For others, dealing with other people on screen instead of in person is more comfortable.



Scouts Leaders responded to delivering online in different ways: people with ICT skills came to the fore whereas other leaders were out of their depth. This meant some leaders were in their element delivering online.

Scout Leaders meetings have changed forever, as it's been useful to have the governance operations meetings online. More in depth discussions will continue in person.



Max, MBR Scout

During the covid-19 I enjoyed doing Kahoot and cooking I also liked doing CAMP at home and cooking breakfast on a gas cooker.

FROM Max

# LEARNINGS

We all need to remember the lessons learned during lockdown

## COMMUNITY

**Our community is extremely flexible and adaptable to new ways of living.**

### Comments:

- 1 **There needs to be a process to engage and train volunteers in the event of a future pandemic, like the evacuation centre volunteers.**  
"Community centres were inundated and couldn't coordinate volunteers in the timeframe"
- 2 **Libraries are an essential part of daily life for the community.**  
"Libraries did a great job offering online activities and events plus access to physical resources"
- 3 **Ensure that suitable information is getting out to culturally and linguistically diverse communities in relevant ways and in their languages.**  
"Information wasn't necessarily available in languages"
- 4 **Community programs to encourage more neighbourly introductions.**  
"Our community is a real community! Neighbours dropped letters into mailboxes offering help with shopping, people sharing products that were unavailable in shops."
- 5 **Encourage small street bubbles for socialising.**  
"It would have helped if we were allowed to socialise with the neighbourhood kids"
- 6 **New ways of collaborating online allowed for new leaders to shine through.**  
"Scouts leaders with ICT skills came to the fore"

## HEALTH

**Going outside is good for you and open spaces never close. Being outdoors for play and learning is the healthiest place to be.**

### Comments:

- 1 **Jobkeeper, Jobseeker and raises in Centrelink payments enabled people to live healthier lives.**
  - "Families ate healthier with more money for fresh food"
  - "Because of the increase in Centrelink benefits, children enjoyed getting shoes, clothes, backpacks, haircuts etc"
- 2 **Support households in isolation to develop healthy indoor recreation and balance screentime routines with alternatives such as activity packs, similar to the craft packs which were very successful.**  
"Activities to complete at home to keep families interacting...and help improve our mental health"
- 3 **If lockdown ever happened again, we need to revisit how families are supported - especially for families where home is not safe.**  
"Where can young people safely meet when they need a break from home?"

"Lockdown sucked, but I would rather have lockdown than Corona."  
*Young person, Albany Creek*





# LEARNINGS

What worked?  
and what didn't?  
What do you want  
Council to know?

## SCHOOLS AND STUDENTS

**Schools and students require additional support to achieve learning outcomes online and in the recommencement of in-person schooling after lockdown.**

### Comments:

**1 Solutions are required to a reduced workload for full-time workers with children doing home schooling.**

- "Home schooling put a lot of pressure and strain on families"
- "Home schooling support for families with kids with a disability was non-existent"
- "Having more time together was lovely but a reduced workload is necessary to reach a balance"

**2 Offer free internet hubs at public spaces or improve NBN**

"I loved lockdown, but our internet was a bit dodgy though"

## OUTSIDE

**We all enjoyed spending more time relating to our families and people close to us.**

### Comments:

**1 Increase the number of paths and walkways, connect them and improve the safety of blind corners.**

- "The footpaths along windy streets feel unsafe with young children and cars driving around the bends"
- "There's a lot of blind corners that make it hard to cycle"
- "Greater connection of footpaths"

**2 Place more signage in public areas and walkways about social distancing and consider monitoring.**

"Some of our walkways, shops and townships were busier than usual".

**3 There were many requests for more trees; trees along footpaths and improving green spaces to be more natural and inviting.**

"Develop more green spaces"

**4 Determine a way to keep playgrounds open.**

"The closing of playgrounds was abhorrent to children's wellbeing and exercise needs"



Picture by: R.Bein, Murrumba Downs



Picture: Rangeview Kids



Drawing by: Ethan, Mango Hill



Have YOU got ideas  
you'd like to  
contribute to this  
conversation?

If you have comments, thoughts or experiences to add to this  
Lockdown Likes Project, please contact Moreton Bay Regional Council:  
Phone: (07) 3205 0555  
Email: [communityprograms@moretonbay.qld.gov.au](mailto:communityprograms@moretonbay.qld.gov.au)

Survey & online submission form: [www.natureplayqld.org.au/lockdown-likes](http://www.natureplayqld.org.au/lockdown-likes)  
Discuss with others: [www.facebook.com/groups/lockdownlikes2020](https://www.facebook.com/groups/lockdownlikes2020)

View - online exhibition: Life in Lockdown - photos of life in Moreton Bay Region  
during lockdown: [www.mbrc.qld.gov.au/libraries/life-in-lockdown](http://www.mbrc.qld.gov.au/libraries/life-in-lockdown)



## REFERENCES:

**Been Missing You** - Moreton Bay Regional Council Libraries  
[www.moretonbay.qld.gov.au/libraries/Get-Involved/Missing-You](http://www.moretonbay.qld.gov.au/libraries/Get-Involved/Missing-You)

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