

go to swimming, gymnastics, he can't do any of it and he doesn't understand, he's three," said Lacroix. "I've watched my little boy change so much and it breaks my heart, from this social, happy little guy to a sad, emotional child that doesn't understand."

During the course of the pandemic, Blake has developed a stutter, his energy is low and his confidence is nearly non-existent. According to Lacroix, prior to the recent stay-at-home order, Blake's best friends that live across the road saw him outside and ventured over to play. Within five minutes Blake was inside.

Rather than engaging and enjoying the company of his friends, Blake chose to sit on the kitchen counter to watch and play vicariously through the window.

"All I can do is keep him socialized in our little bubble when we can and be open and honest with him if he asks questions about this virus," said Lacroix. "I don't know, there is no answer, I want him and our family to stay healthy, but his mental health is suffering a lot too."

And while Blake has felt many negative effects from the pandemic, his mom noted that her boy has always been a well-mannered, quiet, happy, old soul, a very loving child.

With his fourth birthday quickly approaching, the family is going to do their best in making his day special with gifts, his favourite meals and cake. Hoping that bowling is a possibility for next year.

A study conducted by SickKids Hospital found a significant proportion of otherwise healthy school-aged children experienced deterioration in mental health including depression, anxiety, irritability and reduced attention span