

# 15-MINUTE NEIGHBORHOODS: MEETING THE NEEDS OF BABIES, TODDLERS, AND CAREGIVERS



Two of the most important factors for child well-being and development are (1) safe and stimulating physical environments to explore and (2) frequent, warm, and responsive interactions with loving adults. Good urban conditions influence the quality of care, and good access is needed to fulfill the developmental needs of young children and relieve the burden on caregivers.

Babies, toddlers, and their caregivers have particular needs for services that are enabled by land uses and zoning and unique ways of moving through the city facilitated by mobility options. It is the interplay between the land use and mobility that enables how well babies, toddlers, and their caregivers can access what will help them thrive and develop. Proximity to those needs is critical for time-constrained caregivers and time-sensitive babies and toddlers.

## Proximity of a Mix of Different Services

Caregiving obligations necessitate frequent access to fresh food and groceries, pharmacies, healthcare, educational opportunities, and other essential services.

Locating essential needs close to home mitigates some of the mobility constraints of babies, toddlers and caregivers if the safe, comfortable and convenient conditions for walking and cycling are in place.



## Providing a Safe and Stimulating Environment

Babies and toddlers need loving and stimulating interactions with their caregivers in healthy spaces near home.

Safe and healthy outdoor environments with open and green spaces provide conditions for healthy thriving.



## Walking First, but a Multiplicity of Modes

Caregivers travel near and far, in different types of conditions, and often combine multiple duties and destinations into one trip.

Having walking, cycling, and frequent transport options that allow for easy transfer and connections between them enable integrated and flexible journeys to fulfill all those duties and reach the destinations all throughout the day.



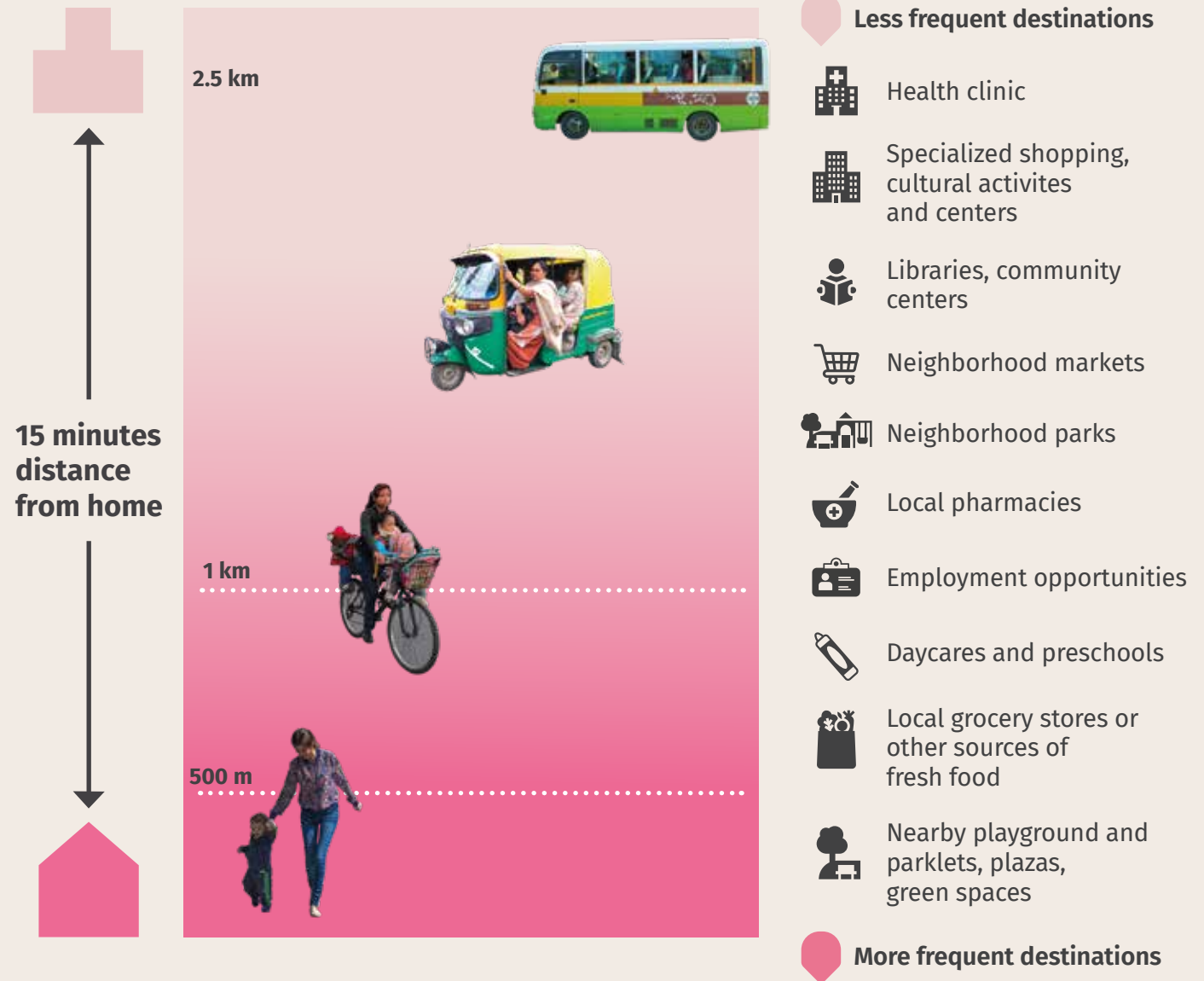
## WHAT ARE 15-MINUTE NEIGHBORHOODS?

15-minute neighborhoods are where caregivers, babies, and toddlers have the ability to reach their daily needs within 15 minutes through all sustainable modes and where frequent public transport connects them to the rest of the city. They are, however, not discreet, self-sufficient, or uniform enclaves.

Multiple modes means greater access to destinations available nearby. Ideally, the frequent destinations for babies, toddlers, and caregivers would be found within a 500-meter, 15-minute walk. Since not all neighborhoods can support 15-minute access by walking, good access would be having essential needs and services easily and safely accessible within 1 kilometer by walking, cycling, and public transport, but at a minimum, they should be found within 2.5 kilometers and accessible by all sustainable modes of transportation.

The first priority is to meet the needs of babies and toddlers within 15 minutes, no matter the mode. Therefore, how big or small a 15-minute neighborhood is will depend on the available modes, the user, and the environmental and service characteristics. But ideally, frequent, daily needs are closest to home and can be met through walking.

### ► Mobility Options Allow for Greater Access to Destinations Important to Babies, Toddlers and Caregivers



## KEY ELEMENTS OF 15-MINUTE NEIGHBORHOODS

Five foundational elements create healthy, safe, and convenient neighborhood conditions for everyone, but especially for babies, toddlers and their caregivers. They are:

### THE BASICS:

Ensure basic utilities and public infrastructure systems that support the daily lives of families and allow for safe and convenient mobility are in place.

- Water; stormwater management; sewage; solid waste management; electricity; public transport; small blocks

### LOCAL MOBILITY:

Make walking and cycling the preferred and most comfortable mode of local travel for babies, toddlers, and those who care for them.

- Continuous and connected routes; dedicated, protected, wide, and safe walkways and cycle lanes; good lighting, shade, and seating; active frontages; safe intersections; programming of children's routes and activities

### LOCAL DESTINATIONS:

Ensure key caregiving destinations are within walking or cycling distance of a mix of housing types, creating inclusive neighborhoods for all families.

- Essential destinations like grocery stores, healthcare facilities, and daycares; informal vending and mobile and pop-up services; clustered and co-located services; a diversity and density of housing types

### 10-MINUTE TRANSIT

15-minute neighborhood needs to be connected to the rest of the city by 10-minute transit, where caregivers have a 10 minute or less wait for transit any time during the day and on weekends.

### LOCAL PLAY:

Enable play by creating safe and healthy open space in the public realm.

- Diverse and frequent open spaces, including parklets, playgrounds, open streets, play streets, green spaces; activation and programming for different ages; trees and street landscaping, including bioswales

### LOCAL ENVIRONMENT:

Reduce environmental stressors from motor vehicles by slowing speeds, reducing car use, and shifting space from cars to people.

- Safe street design; slow zones and low speed limits; dedicated public transport lanes; low-or zero-emission zones; pricing mechanisms; elimination of off-street parking requirements

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