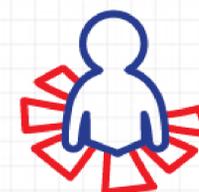


## IMPACT OF THE COVID-19 PANDEMIC ON FAMILIES WITH YOUNG CHILDREN IN BRITISH COLUMBIA

Data collected from September to October 2021



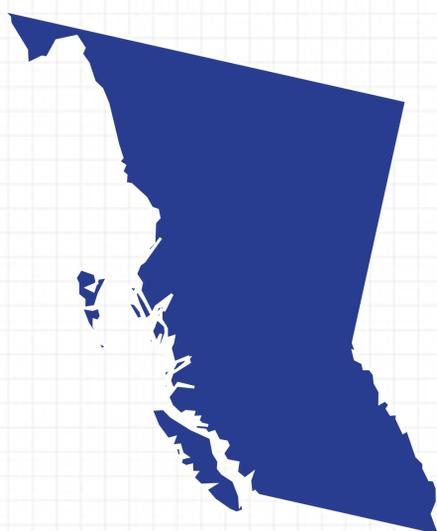
### CHEQ: Childhood Experiences Questionnaire

**What is it?** A questionnaire completed by parents/caregivers of children attending kindergarten at the beginning of the school year.

**What does it include?** Questions about young children's experiences across multiple areas of development.

**Why is it useful?** This information helps communities identify needs and develop services for children and families in the early years.

**What is in this report?** A selection of questions relevant to the ongoing experiences of children and their families due to the COVID-19 pandemic.



over

5000

Parents/Caregivers Participated

in 19



School Districts in British Columbia, Canada

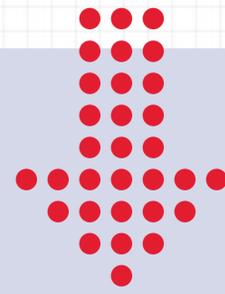


If you have questions regarding the data in this report, or the CHEQ project, please contact us at [cheq@help.ubc.ca](mailto:cheq@help.ubc.ca)

# Impact on Parents/Caregivers



41%



of parents/caregivers said they had less access to consistent child care during the pandemic

## Parent/Caregiver Well-Being

50%

of parents/caregivers said they felt less rested during the pandemic



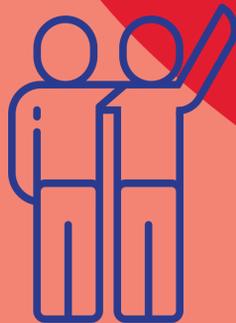
45%

of parents/caregivers said they had less time to take care of themselves



64%

of parents/caregivers said they felt less connected to family and friends



42%

of parents/caregivers reported their level of **STRESS** during the last six months of the pandemic to be **HIGH** or **VERY HIGH**.



# Impact on Children's Experiences

## Physical Activity:

Preschoolers Ages 3-4 are recommended to engage in 180 minutes per day of physical activity, with at least 60 minutes of energetic physical activity

Recommendations from the Canadian 24-hour Movement Guidelines  
[ParticipACTION.com](https://www.participaction.com)

## Screen time:

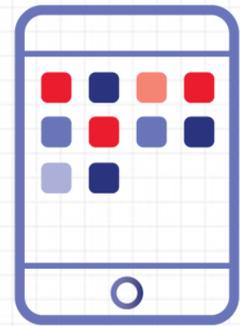
Ages 0-4, max 1 hour/day  
Ages 5-17, max 2 hours/day

55%



of children spent 1 hour or less being physically active in unorganized physical activity per day during the pandemic

44%



of parents/caregivers indicated their child had 1 or more hours of screen time on their own per day during the pandemic

# Impact on Family Time

## Playing Together

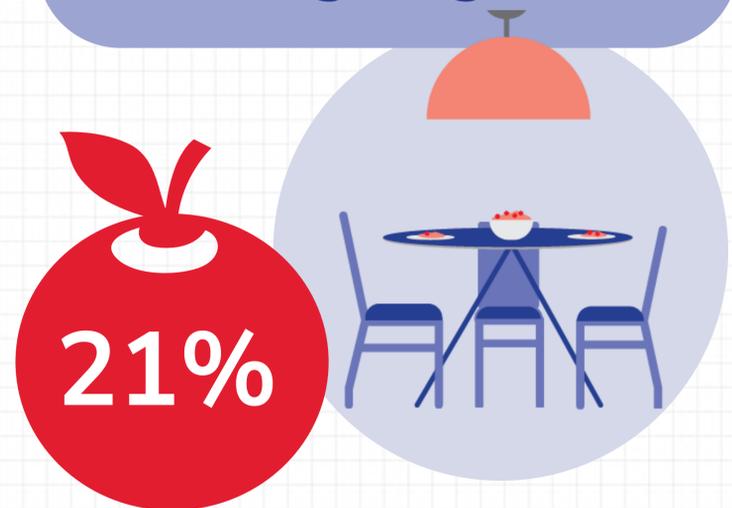
42%



of parents/caregivers indicated that their families played together more frequently during the pandemic

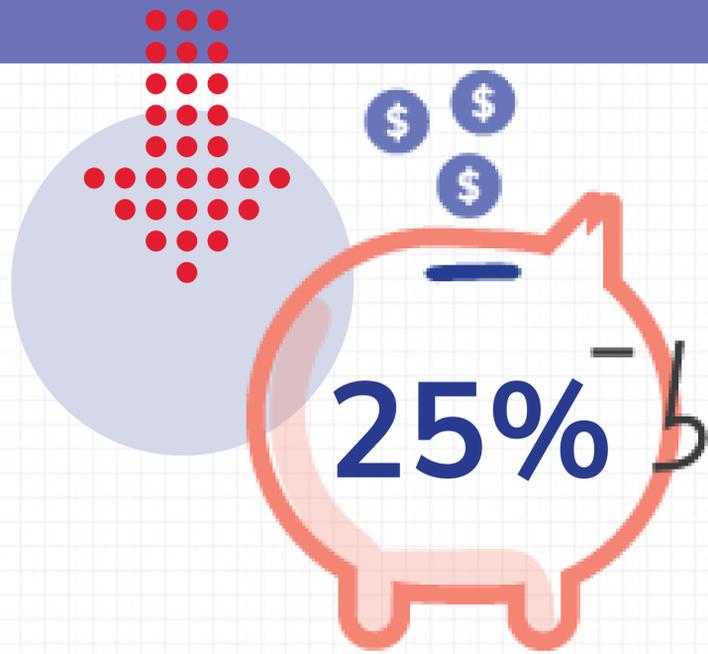
## Eating Together

21%



of parents/caregivers indicated that their families ate together more frequently during the pandemic

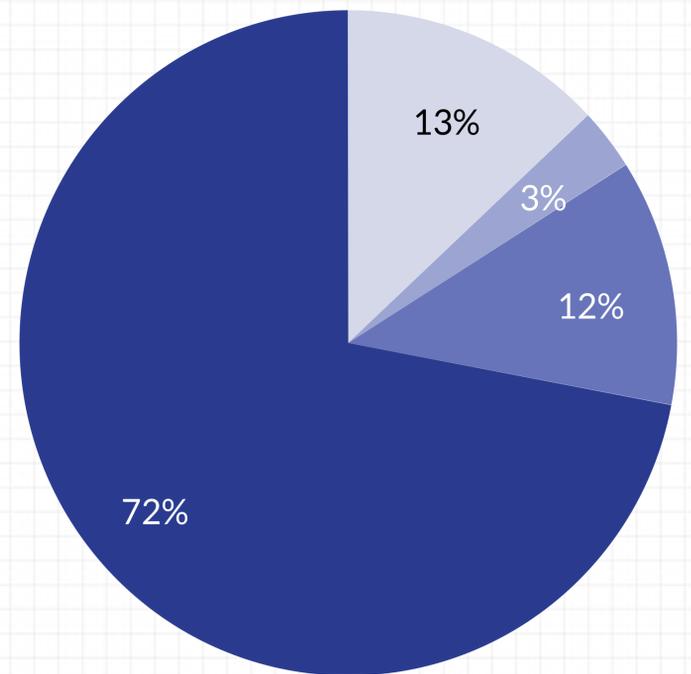
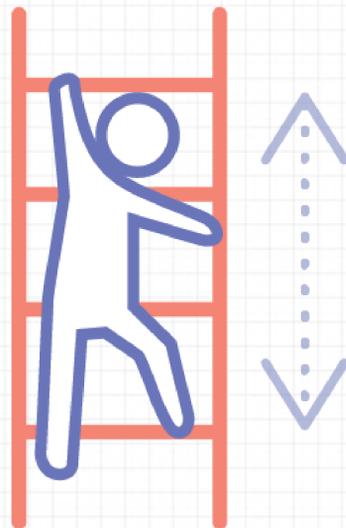
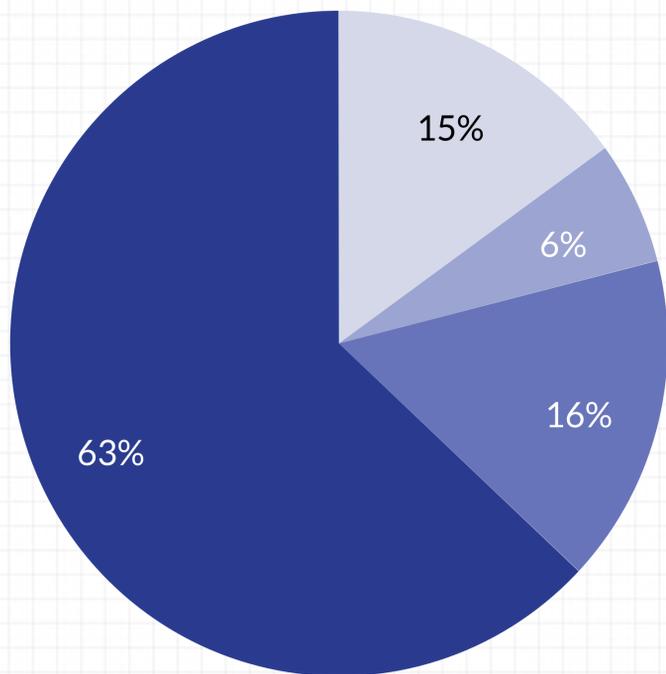
# Impact on Family Socioeconomic Status



of parents/caregivers indicated that their family income decreased during the pandemic

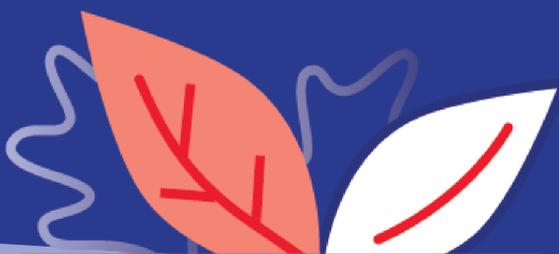
**1.** The effect of the pandemic on job status and number of work hours per week for the parent/caregiver

**2.** The effect of the pandemic on job status and number of work hours per week for the second parent/caregiver



Worked Less (15%)    Stopped Working (6%)  
Worked More (16%)    No Change (63%)

Worked Less (13%)    Stopped Working (3%)  
Worked More (12%)    No Change (72%)



Healthy Food

87%

of parents/caregivers indicated that they had accessed healthy foods "about the same" as they did pre-pandemic.

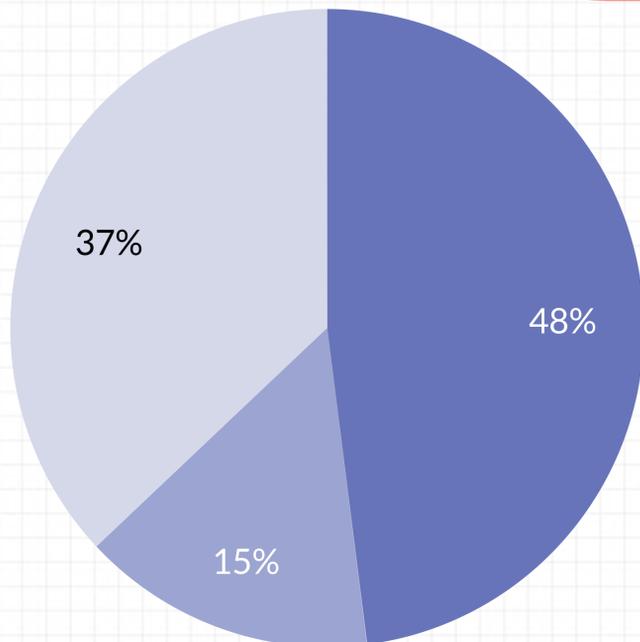
5%

of families indicated they had less access to healthy foods

# Impact on Access to Services & Supports

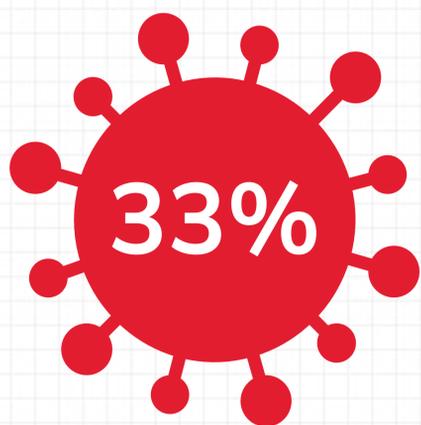
Almost  
**50%**

of parents/caregivers reported the need for supports or services for their child; of these...

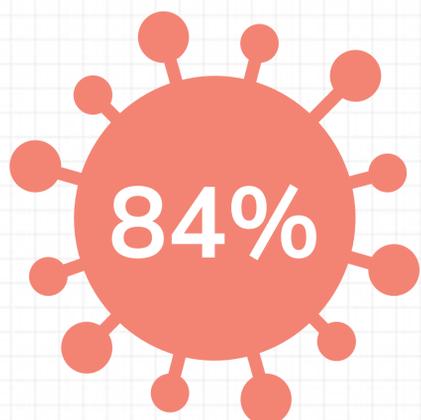


## Children's Use of Services/Supports

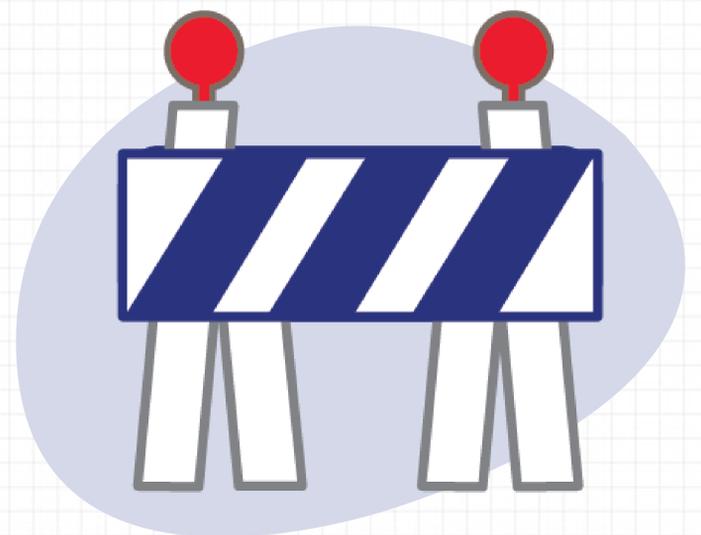
- Continued to use their supports and services, but differently
- No Longer Use
- No Change



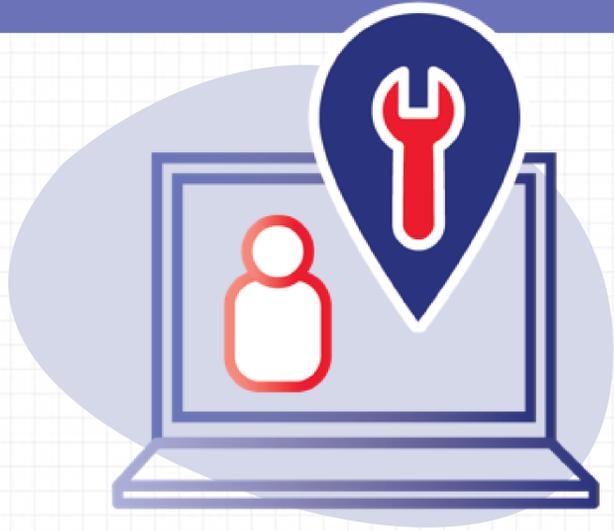
Of the parents/caregivers that indicated that their child experienced **barriers to accessing health care professionals**, 33% identified COVID-19 as a barrier



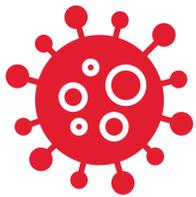
Of the parents/caregivers that identified **barriers to accessing local community activities**, 84% identified COVID-19 as a barrier



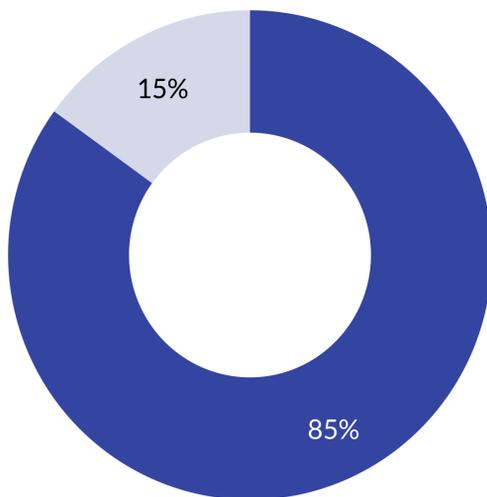
# Impact on Access to Services & Supports



## Parent/Caregiver Access to Trustworthy Virtual Resources and Information for their Child



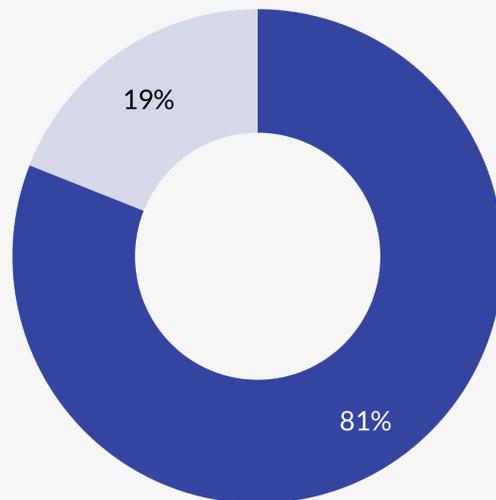
### Information to Share with Your Child About COVID-19



■ Agree (85%) ■ Disagree (15%)



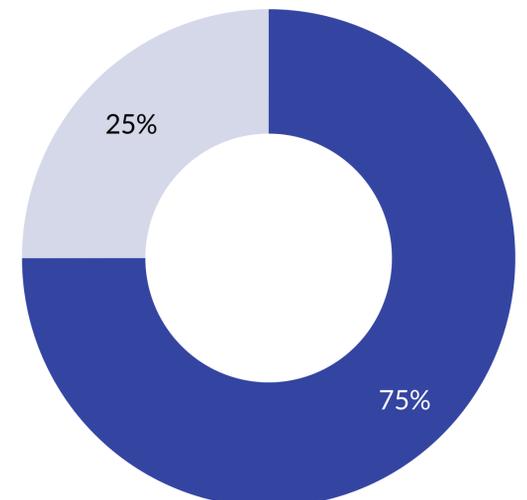
### Physical Health Resources



■ Agree (81%) ■ Disagree (19%)



### Mental Health Resources



■ Agree (75%) ■ Disagree (25%)



The CHEQ Project provided a timely opportunity to gather information on the impact of the COVID-19 pandemic on kindergarten children and their families in different regions of British Columbia. When reviewing these results, please remember that the sample is not representative of all kindergarten families in BC. To learn more about the CHEQ Project at UBC Human Early Learning Partnership (HELP) visit: [earlylearning.ubc.ca/CHEQ](https://earlylearning.ubc.ca/CHEQ)



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[cheq@help.ubc.ca](mailto:cheq@help.ubc.ca)

HUMAN  
EARLY LEARNING  
PARTNERSHIP



December 2021