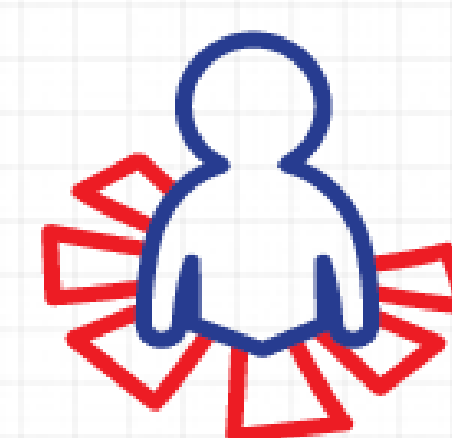
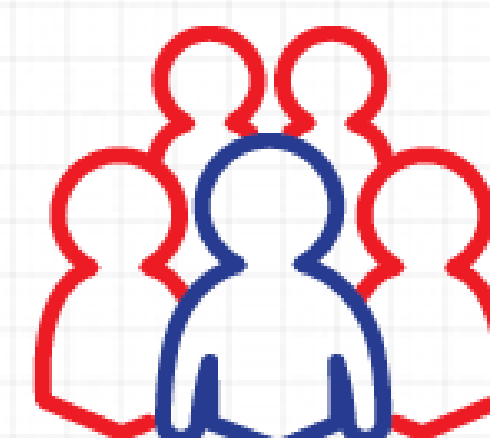
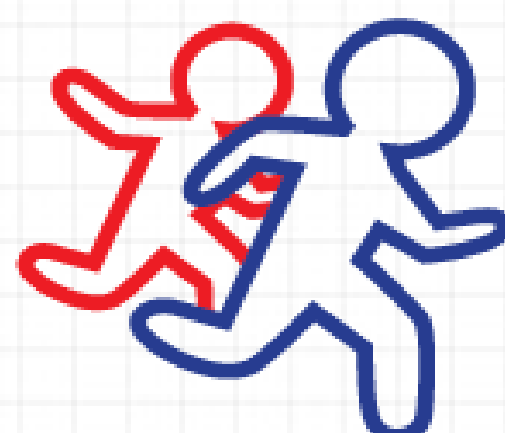
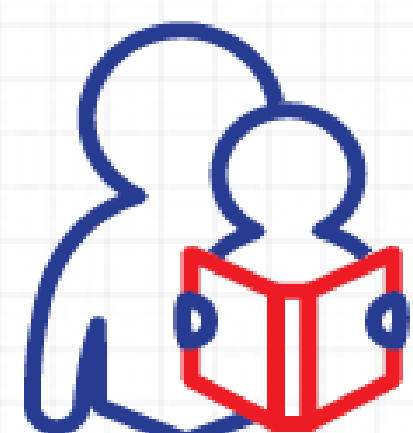


## ONGOING IMPACT OF THE COVID-19 PANDEMIC ON FAMILIES WITH YOUNG CHILDREN IN BRITISH COLUMBIA

Data collected from September to October 2021 and 2022



### CHEQ: Childhood Experiences Questionnaire

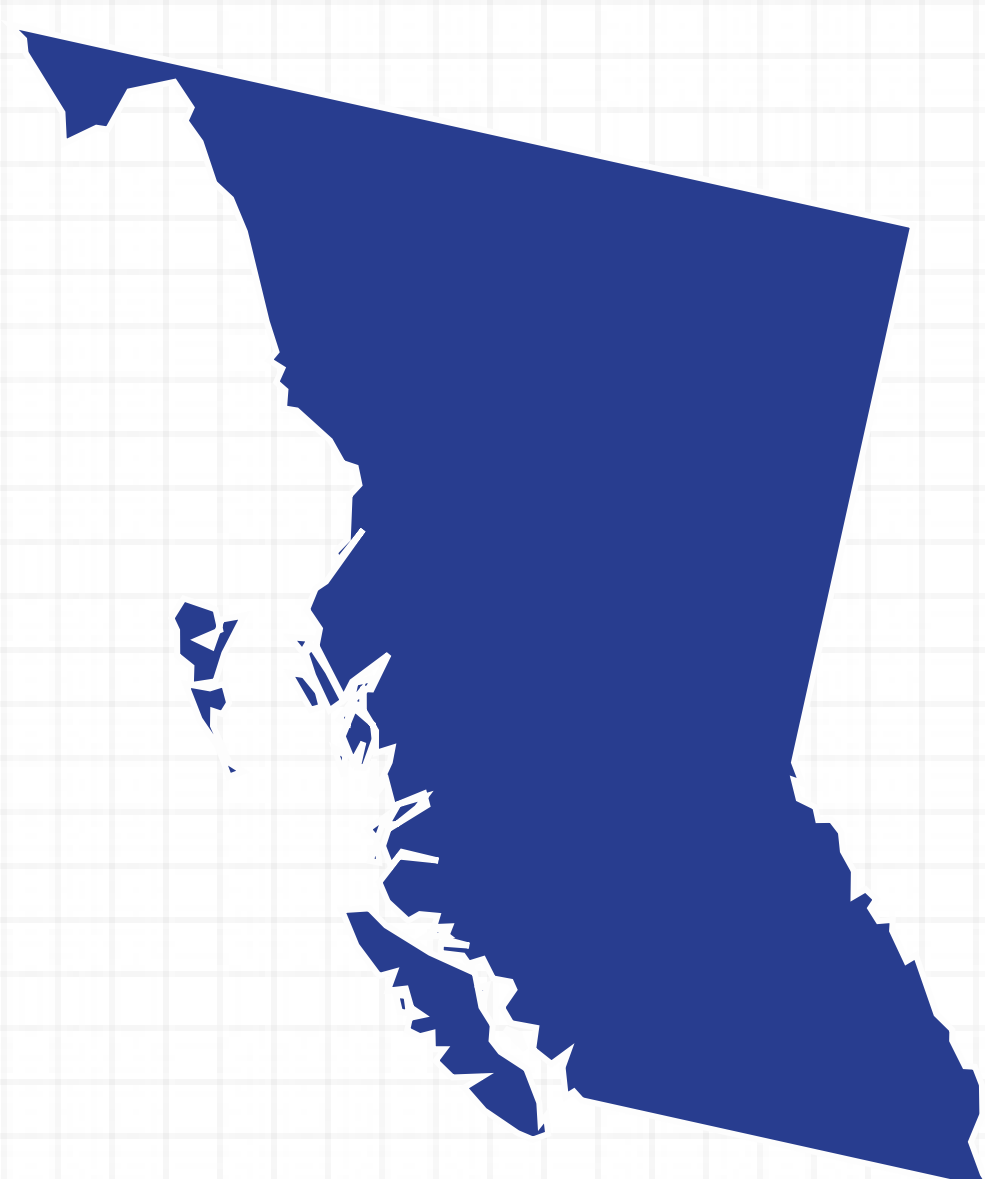
**What is it?** A questionnaire completed by parents/caregivers of children attending kindergarten at the beginning of the school year.

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

**Why is it useful?** This information helps communities and policy-makers identify gaps 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.

Learn more about the CHEQ [here](#).



In 2021 over

**5100**

Parents/Caregivers Participated



In 2022 over

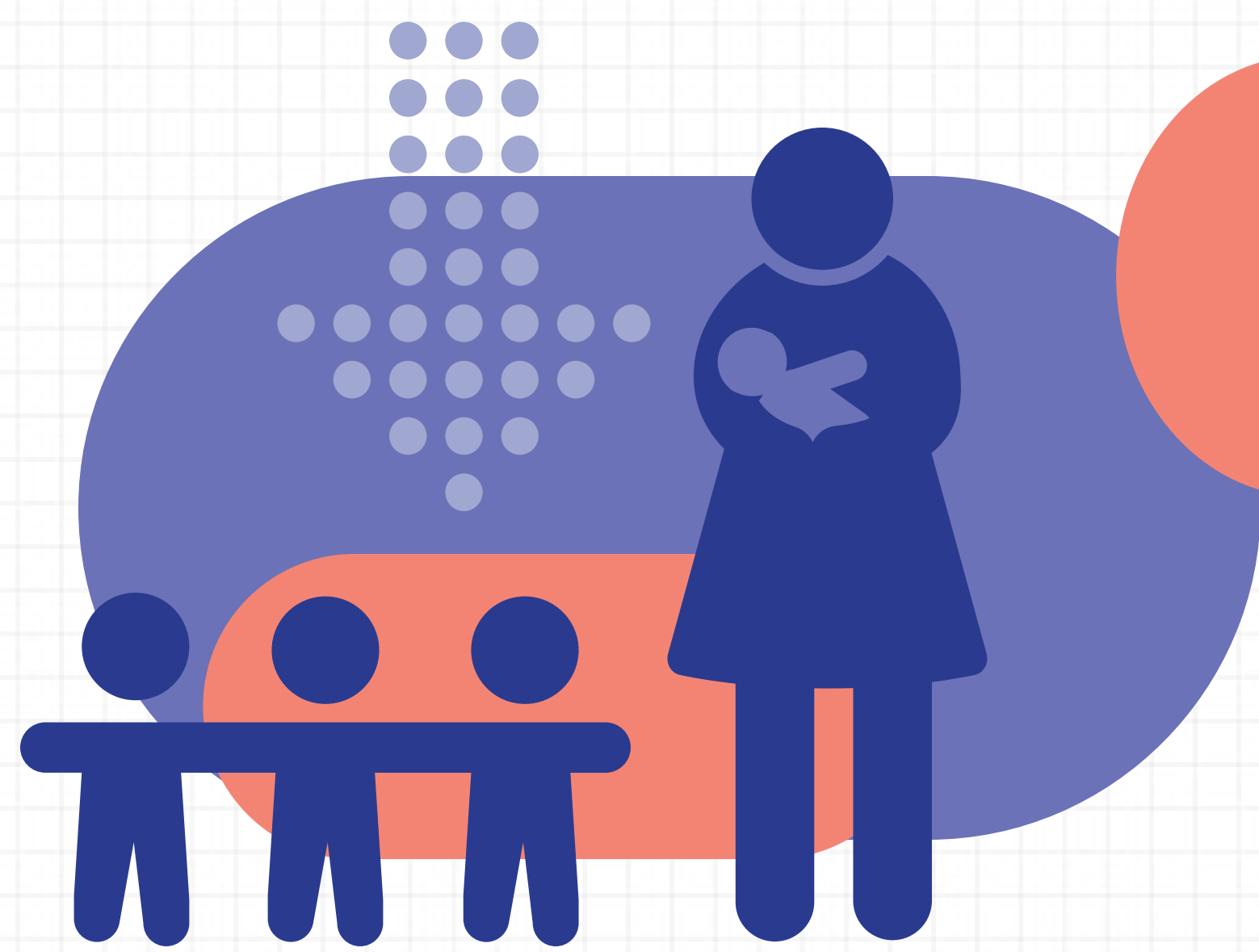
**4700**

Parents/Caregivers Participated



This report includes CHEQ data collected from parents/caregivers in participating school districts in both fall 2021 (19 school districts, N = 5113) and fall 2022 (19 school districts, N = 4772). Please note: Different school districts participate in CHEQ data collection each year and the number of school districts involved varies. 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



2021  
41%

2022  
38%

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

## Parent/Caregiver Well-Being

2021  
50%

2022  
42%

of parents/caregivers reported they felt **less rested** as a result of the pandemic



Percent of parents/caregivers reported they had **less time to take care of themselves**

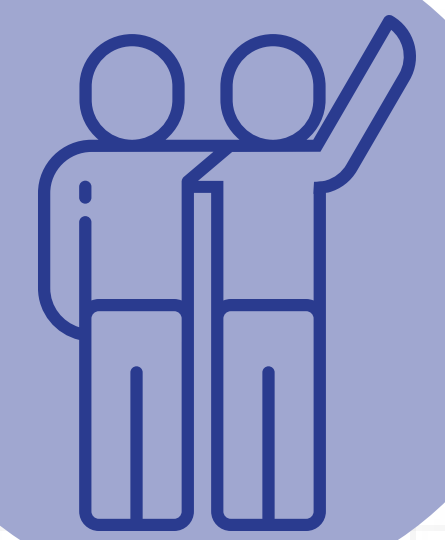
2021  
45%

2022  
36%

2021  
64%

2022  
47%

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



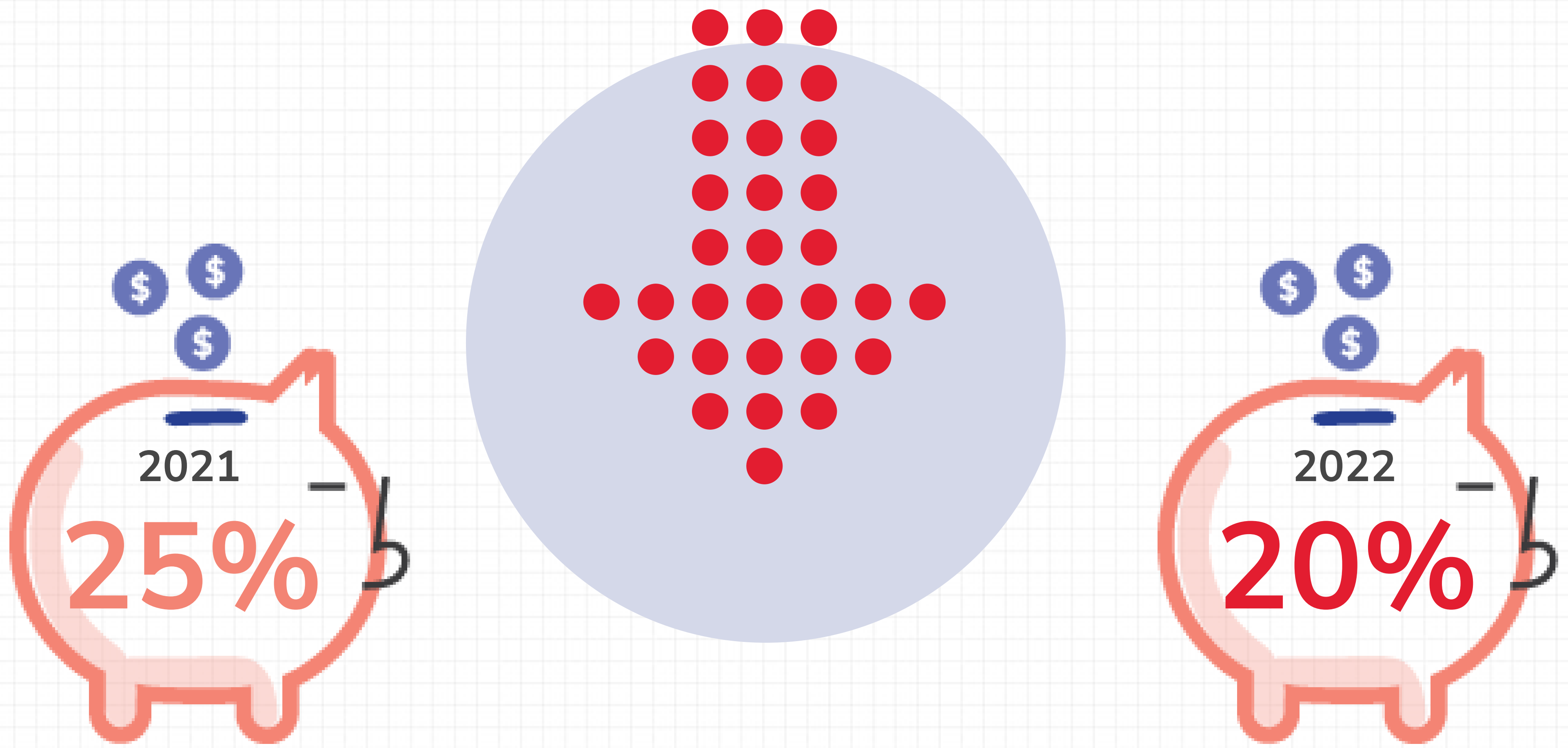
2021  
42%



2022  
38%

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

# Impact on Family Socioeconomic Status



of parents/caregivers reported that their **family income decreased** as a result of the pandemic

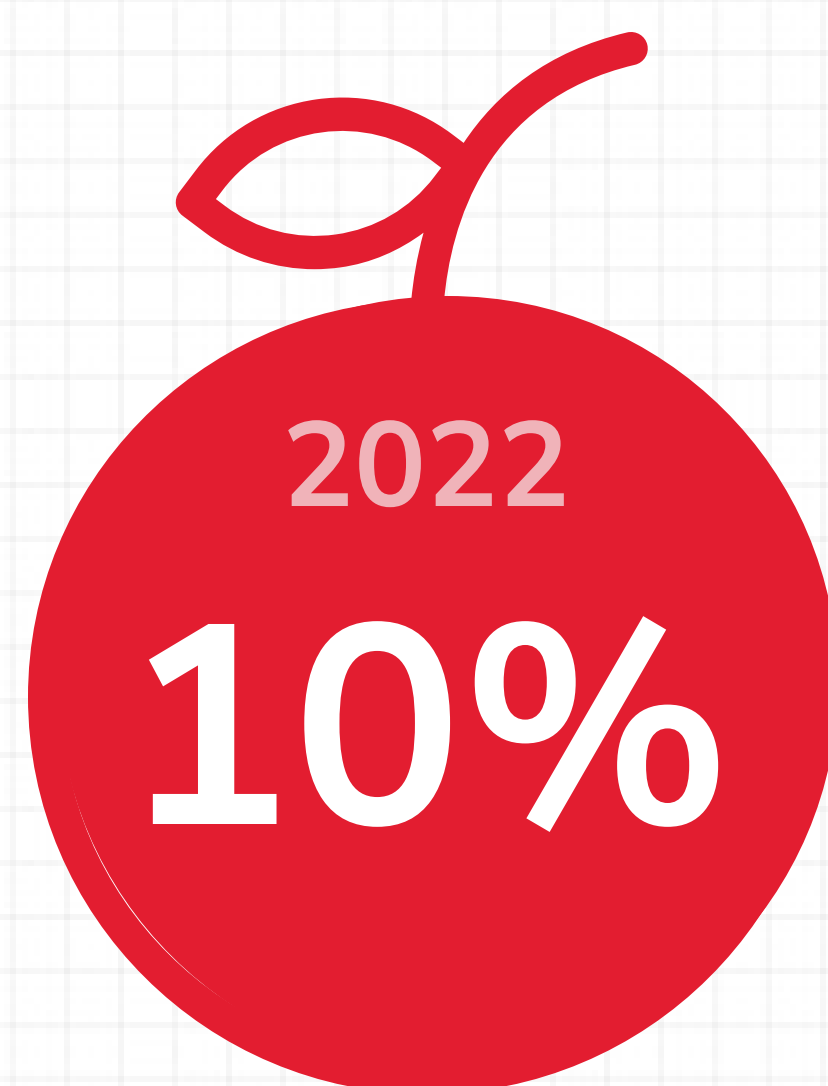
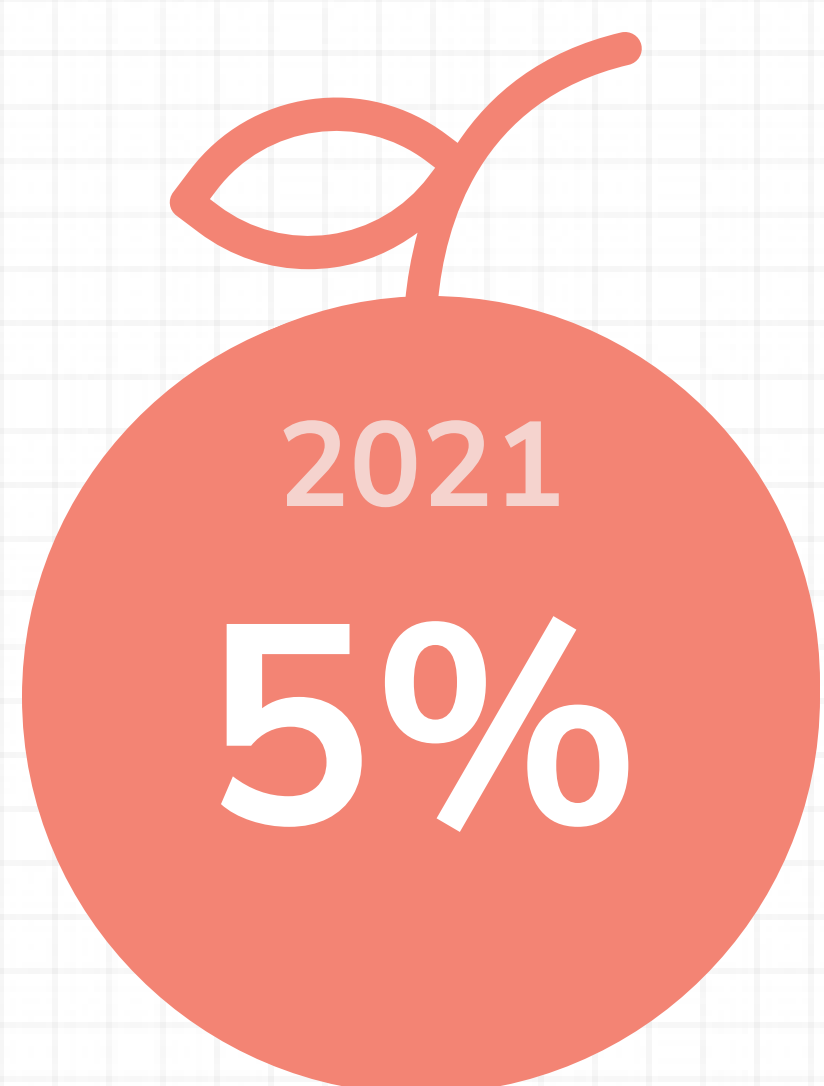


Healthy Food

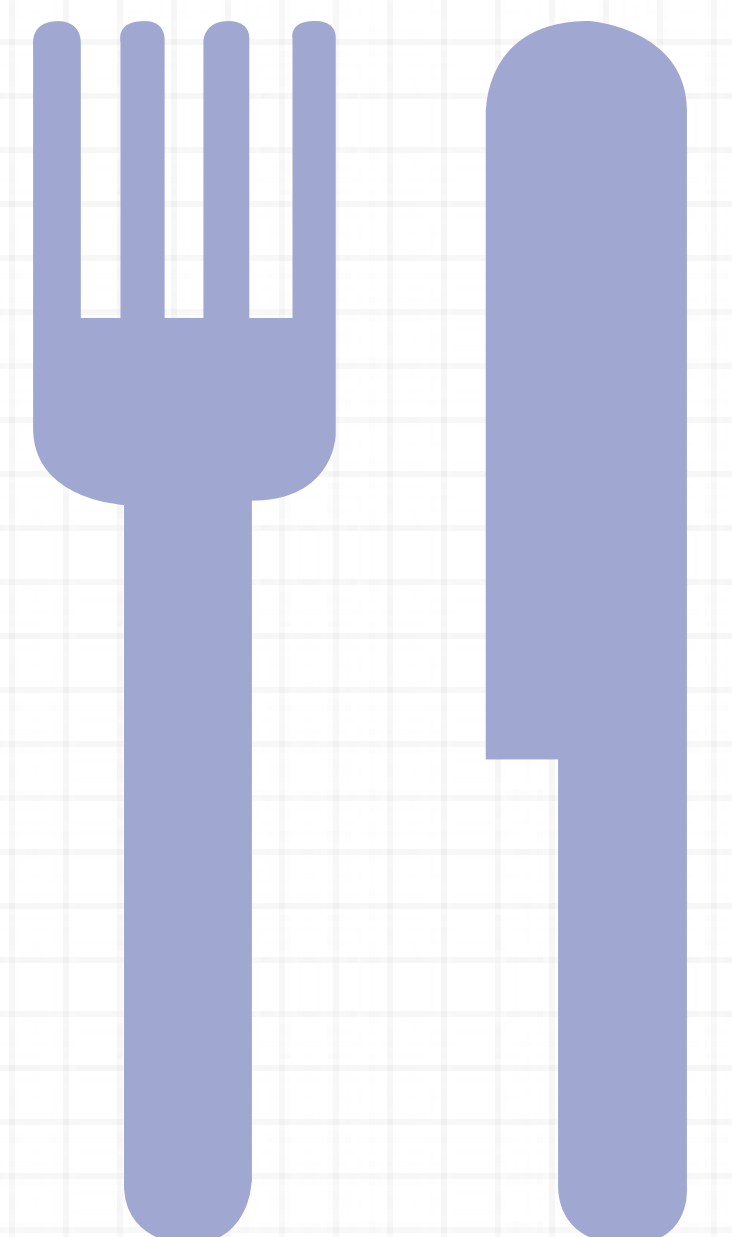
2021  
87%

2022  
83%

of parents/caregivers reported that they had access to healthy foods "about the same" as they did pre-pandemic.



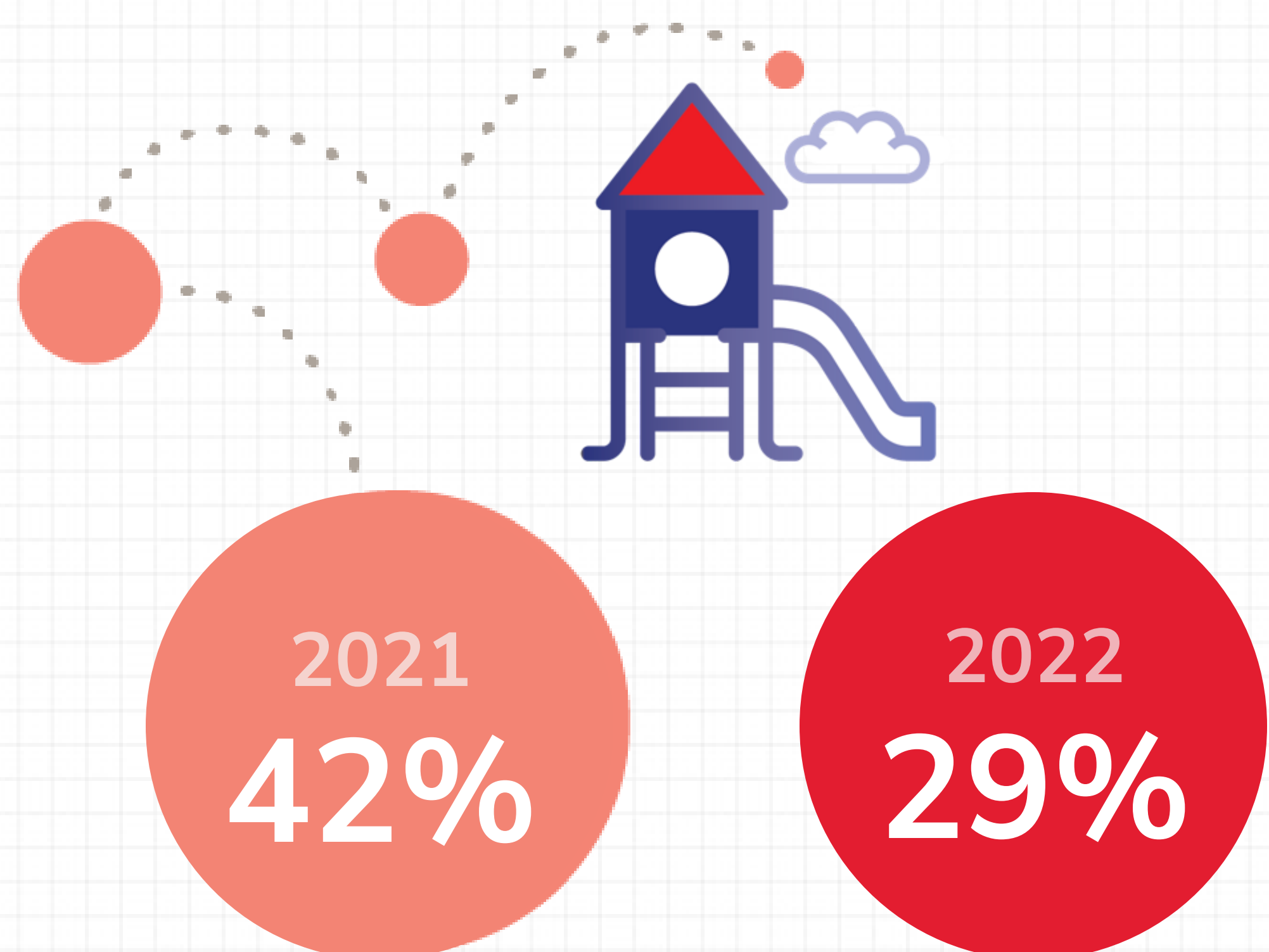
of families reported they had **less access to healthy foods**



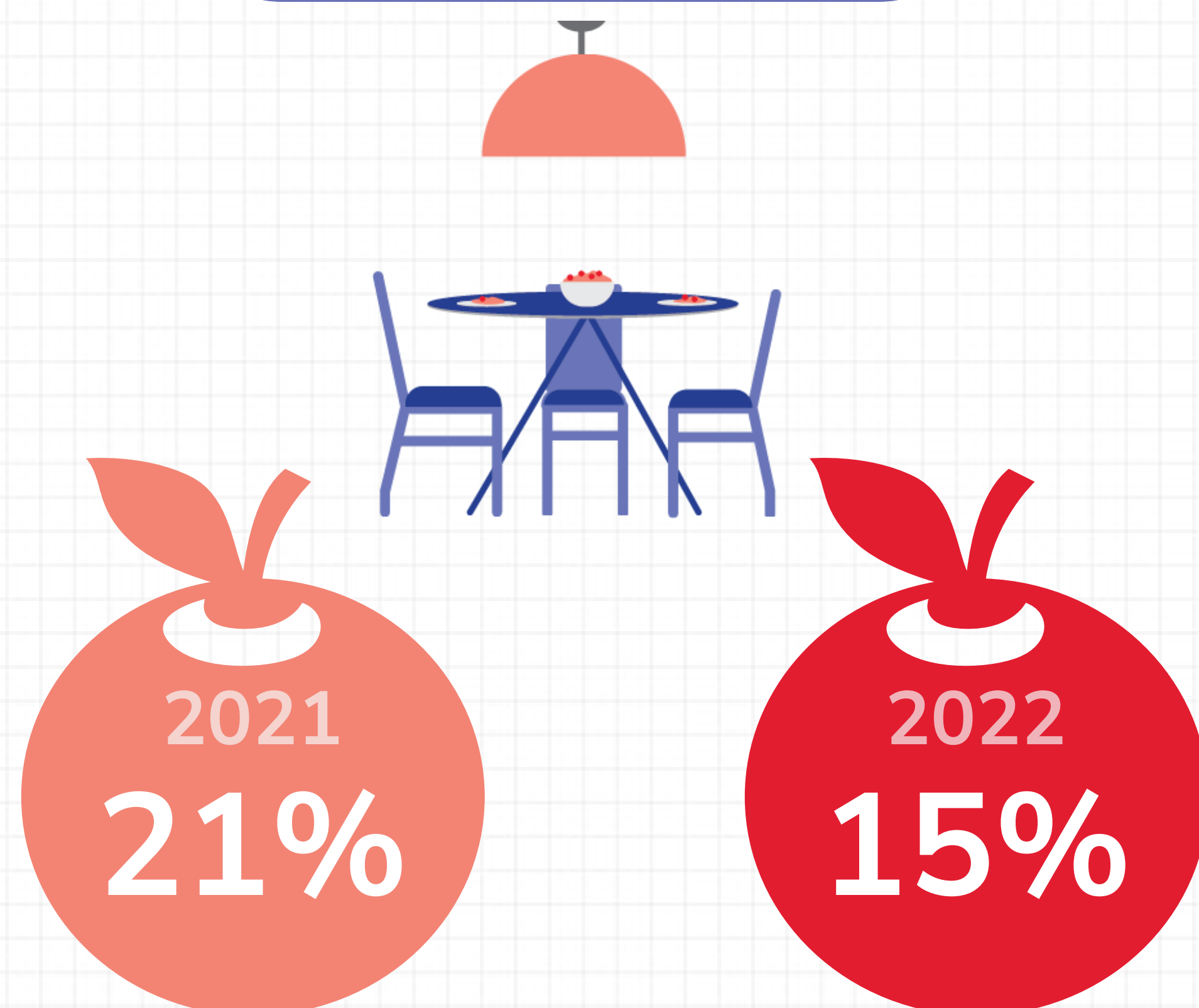
# Impact on Family Time

Percentage of parents/caregivers that reported they did the following family activities more as a result of the pandemic:

## Playing Together



## Eating Together



# Children's Experiences

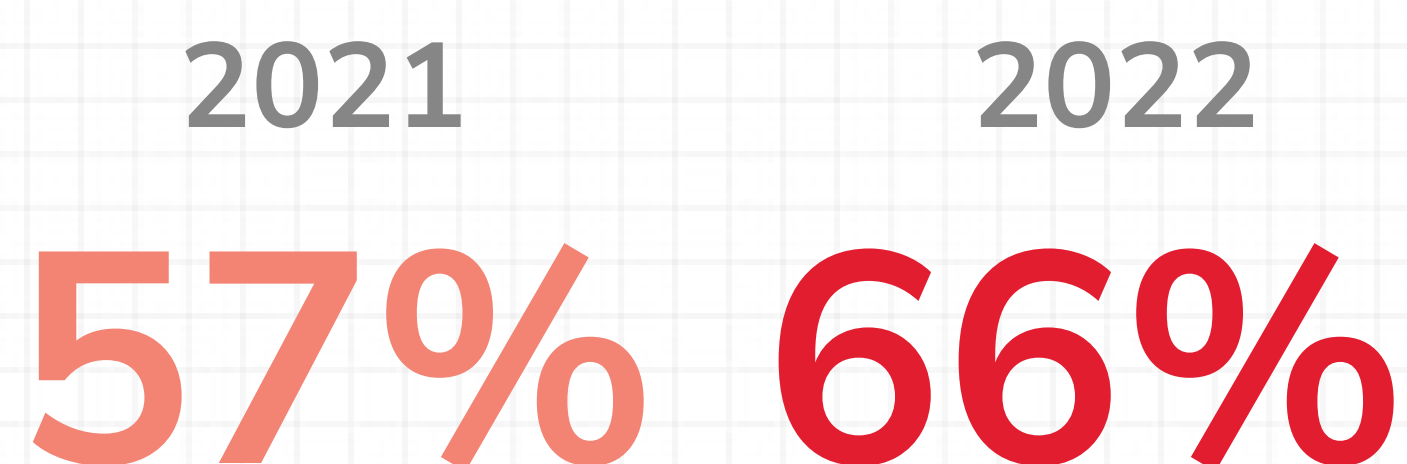
### Physical Activity:

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

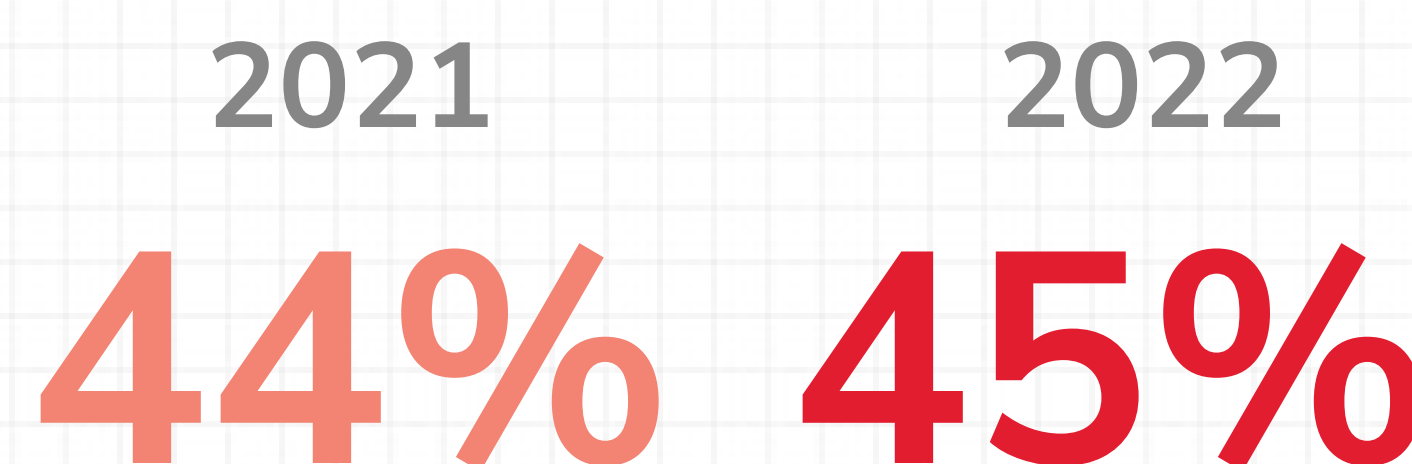
Recommendations from the Canadian 24-hour Movement Guidelines  
[ParticipACTION.com](https://www.participaction.com)

### Screen time:

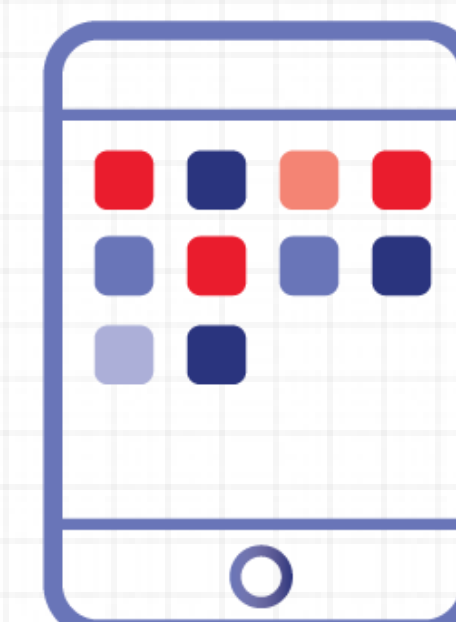
Ages 0-4, max 1 hour/day  
Ages 5-17, max 2 hours/day



of parents/caregivers reported their child was typically getting more than the recommended 60 minutes of energetic physical activity per day.



of parents/caregivers reported their child had 1 or more hours of screen time on their own per day.



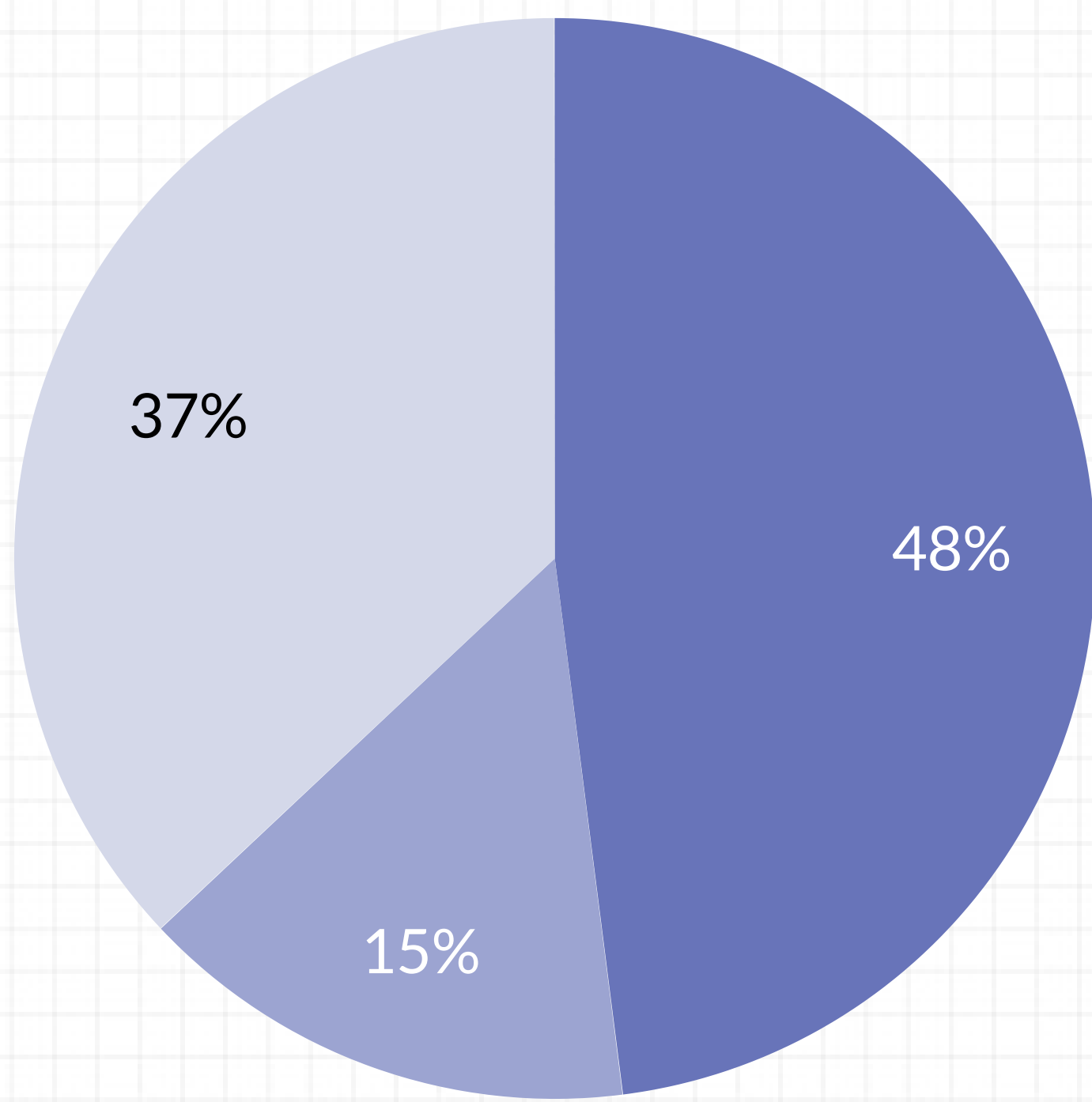
# Impact on Access to Services & Supports

2021  
51%

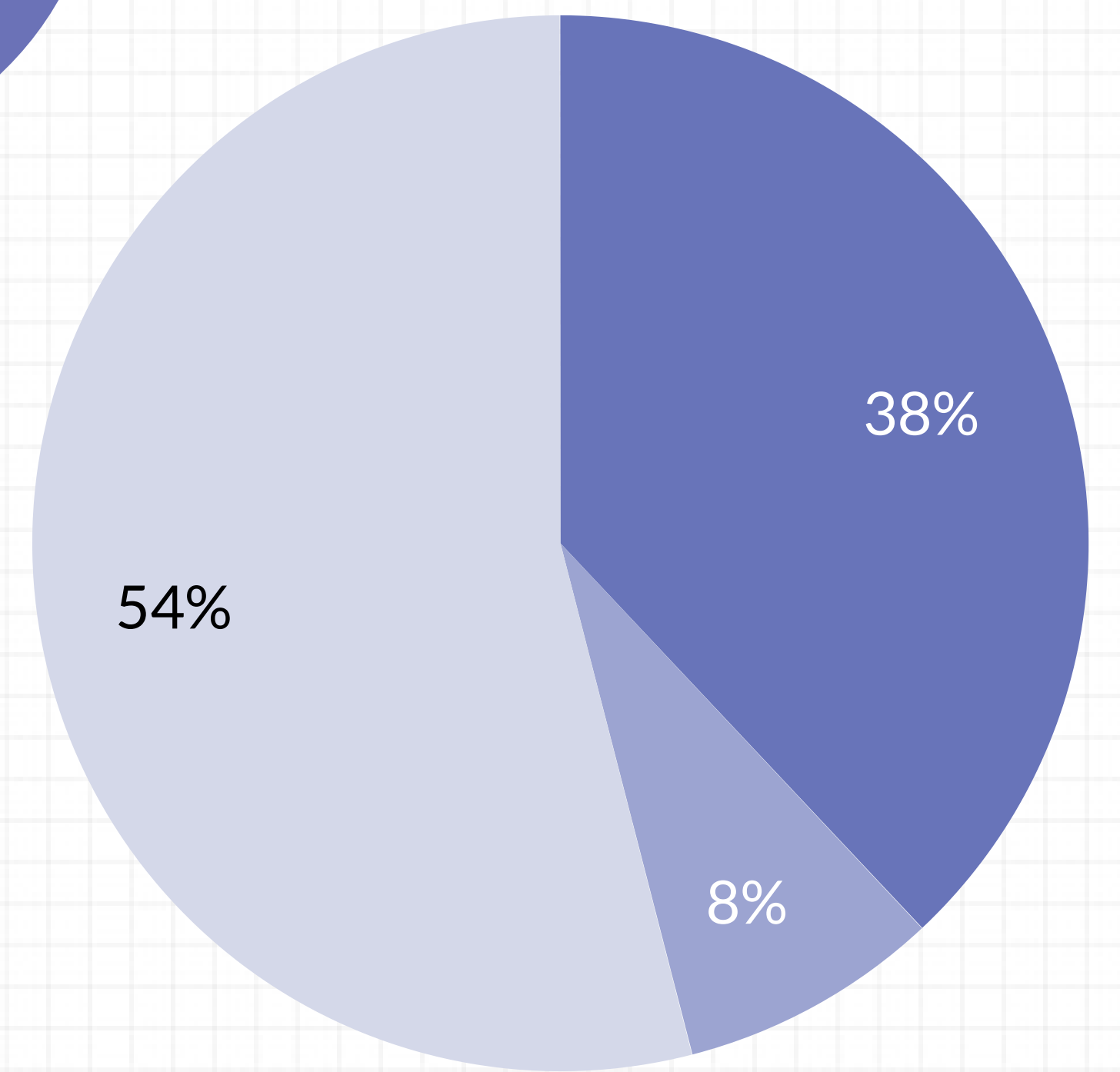


2022  
61%

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

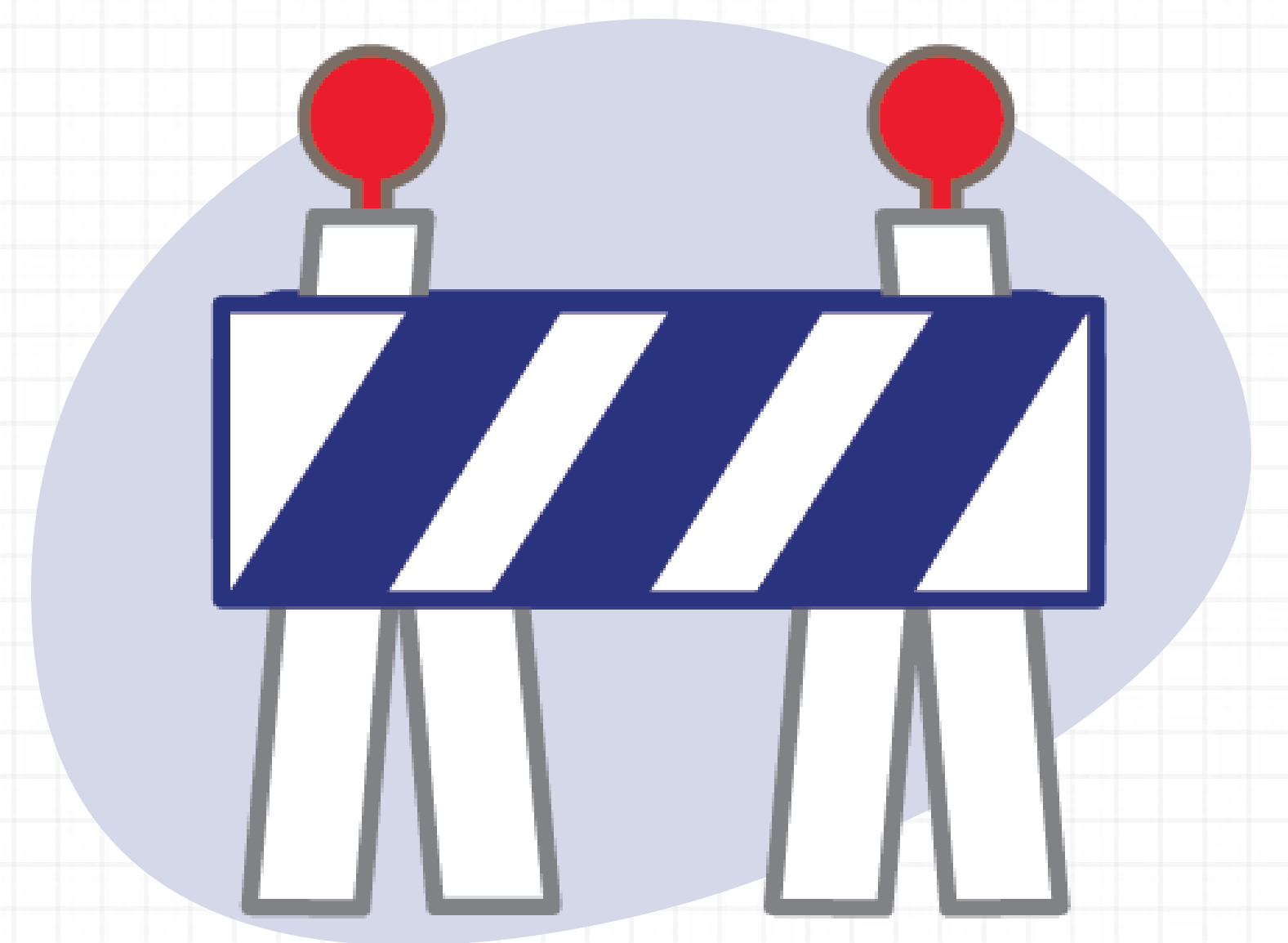


- Continued to use their supports and services, but differently
- No Longer Use
- No Change



2021  
70%

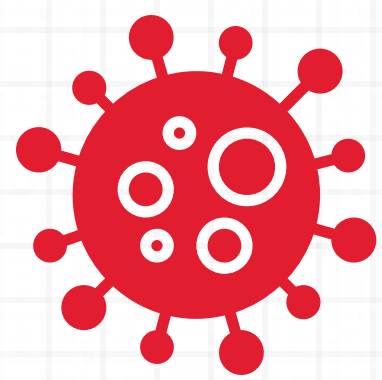
2022  
59%



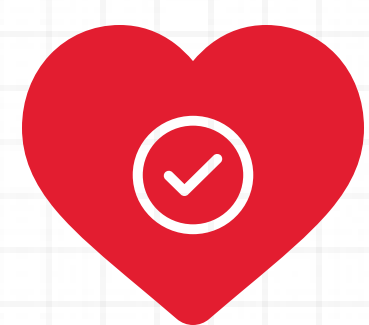
of the parents/caregivers identified **barriers to accessing local community activities**, of those, only 34% identified COVID-19 as a barrier in 2022, compared to 84% in 2021.

# Accessing Information

Parents/caregivers were able to find trustworthy online resources and information for their child about the following:



How to talk with their child about COVID-19?



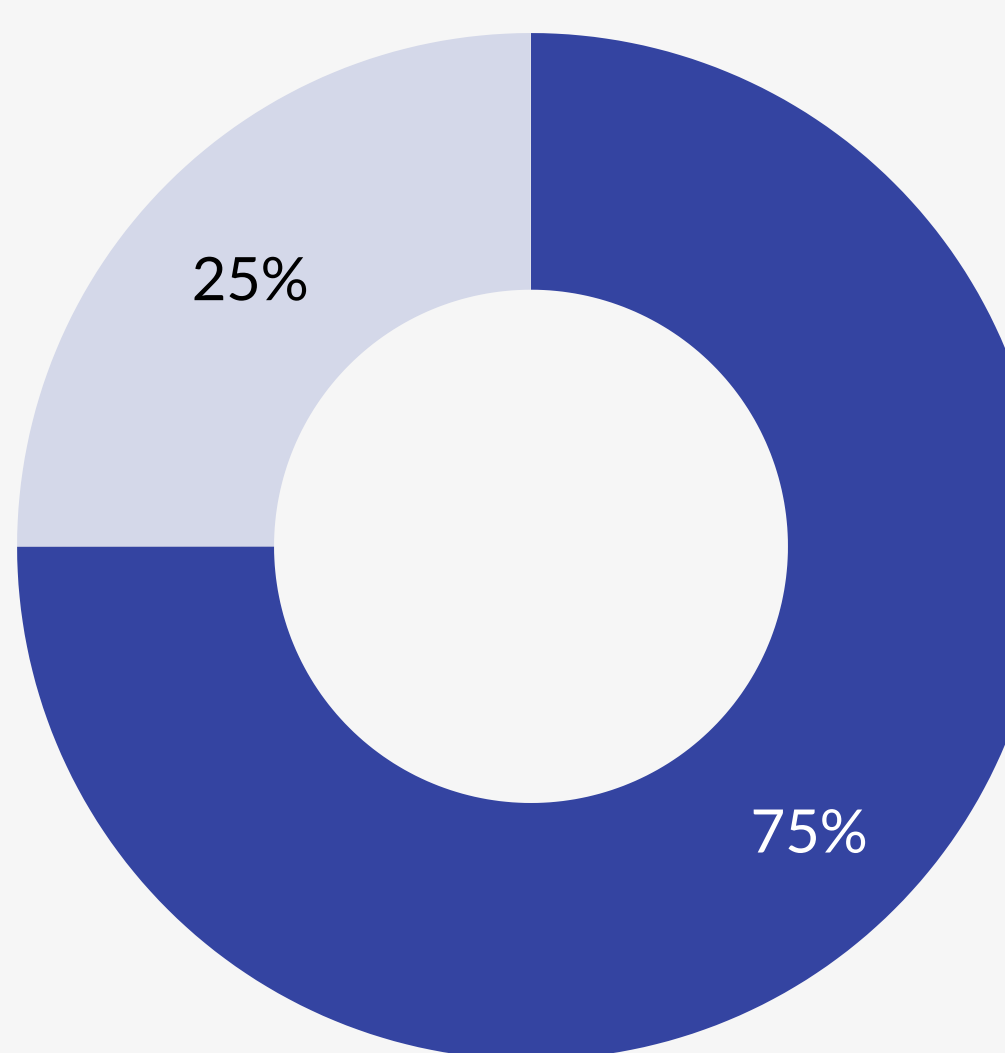
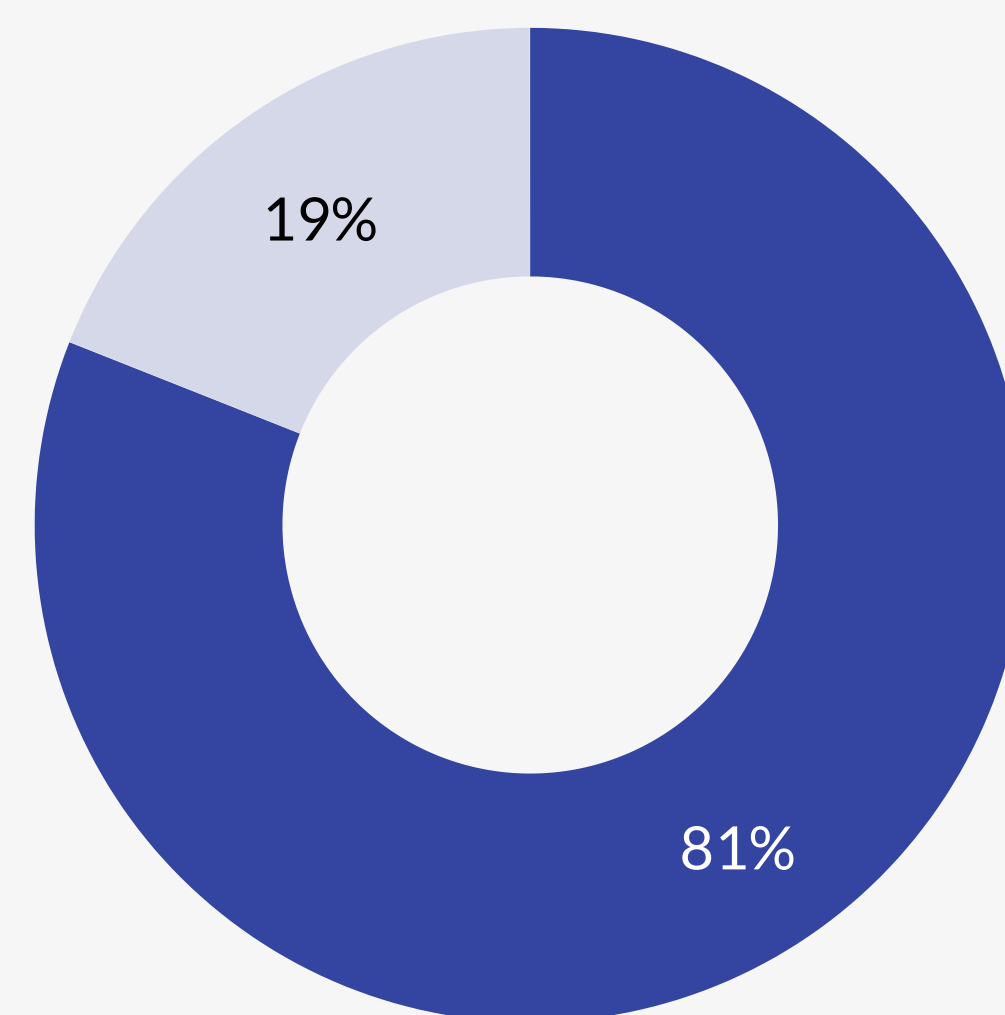
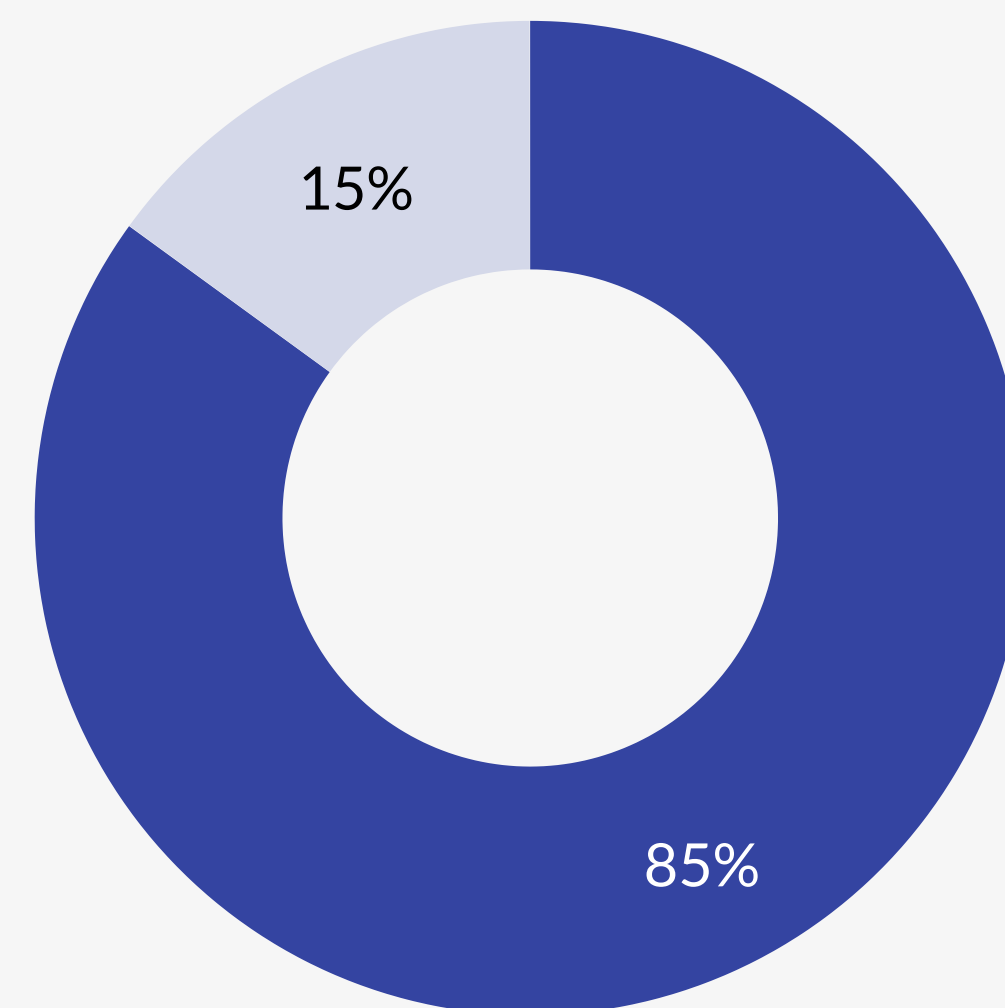
Physical health resources?



Mental health resources?

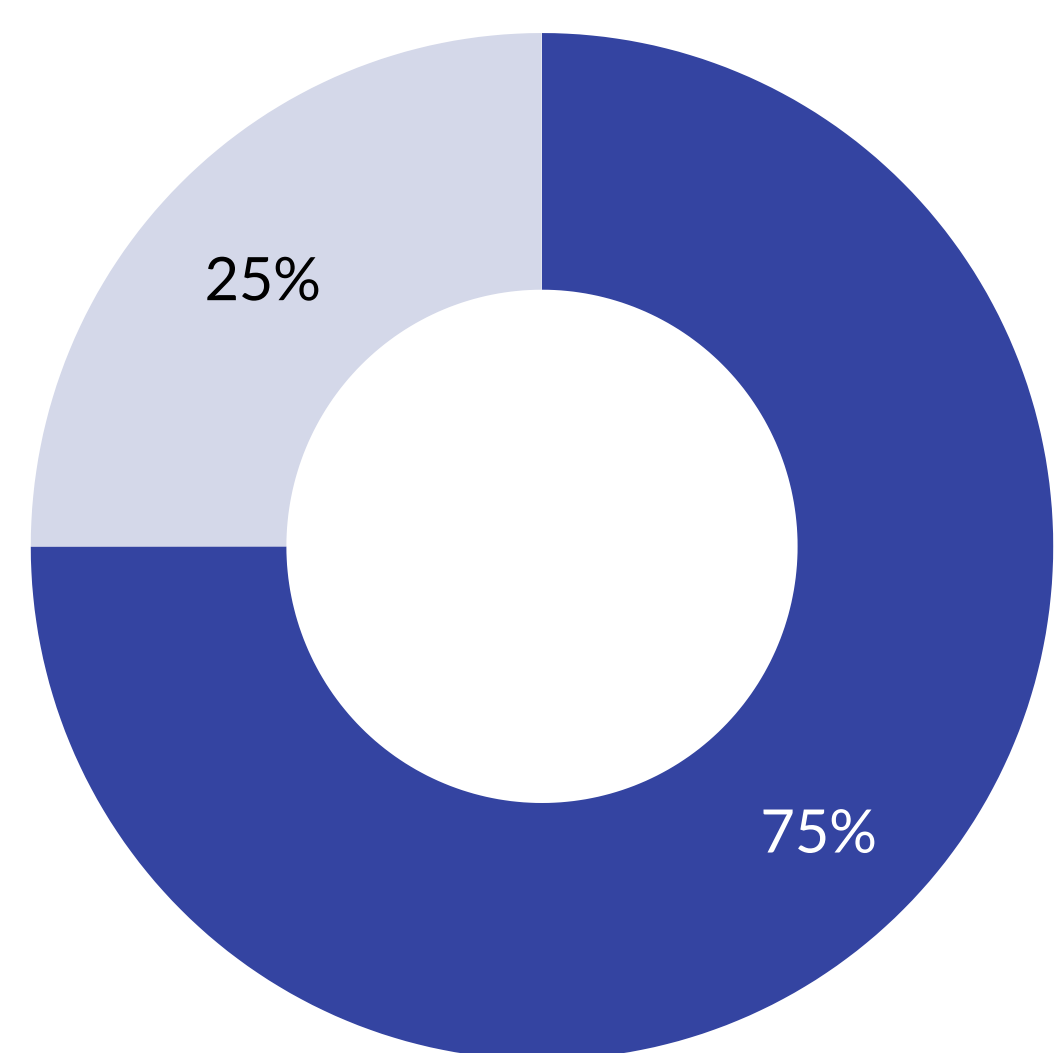
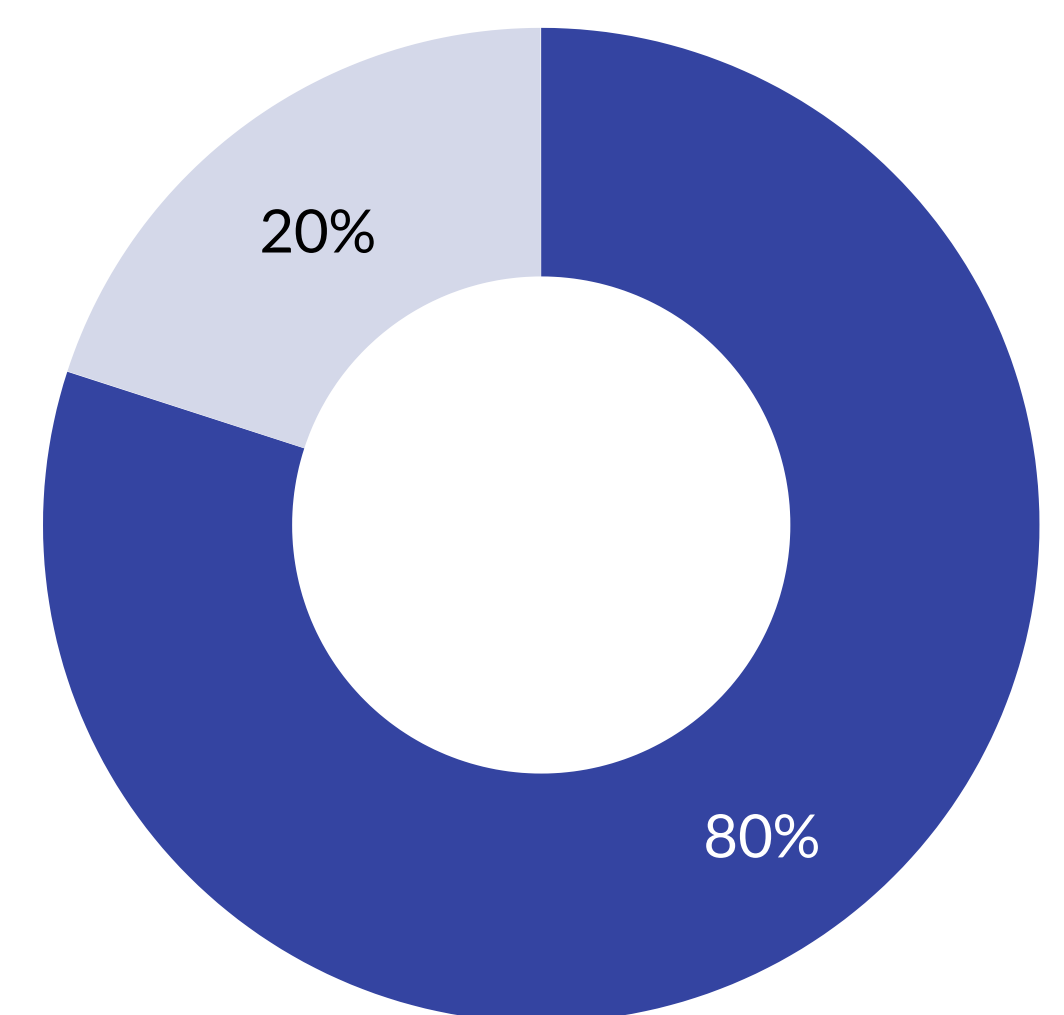
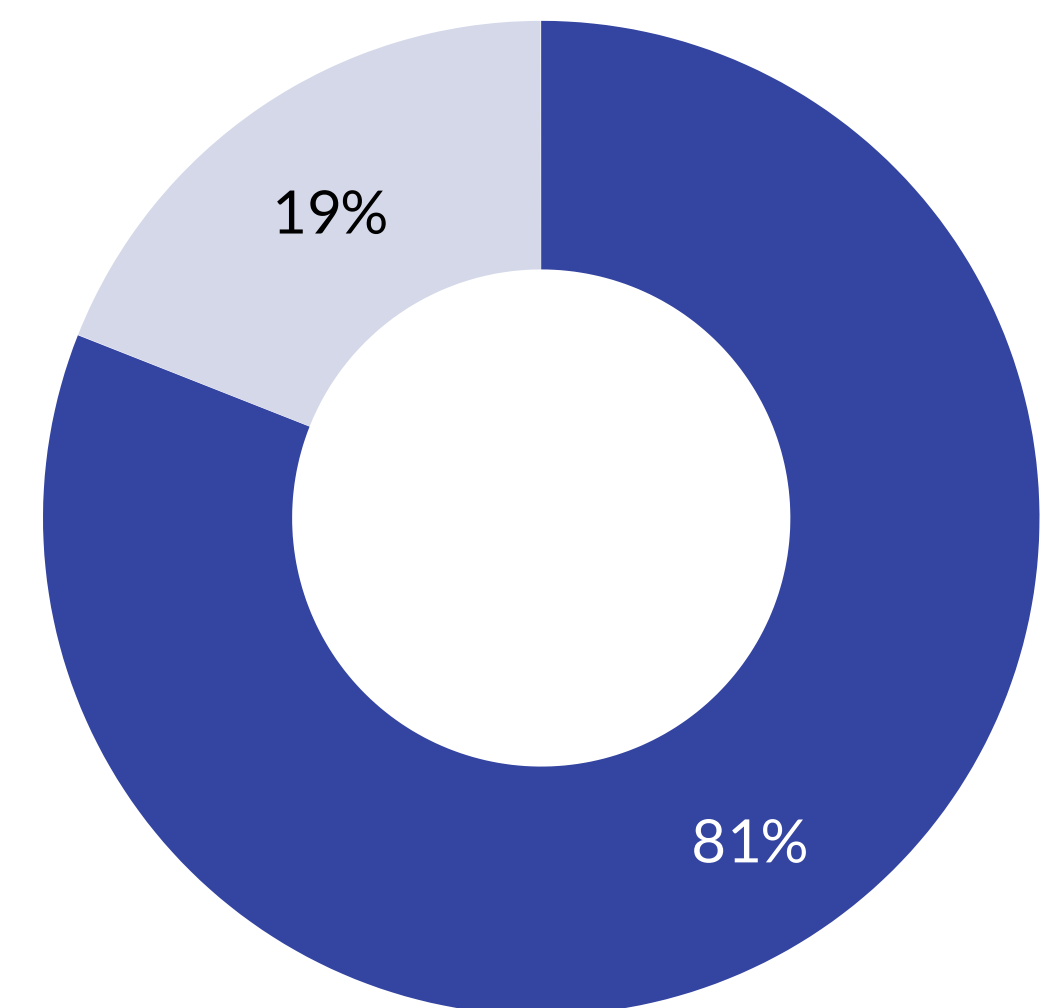
2021

Agree Disagree



2022

Agree Disagree



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 school districts and 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)

CHEQ



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HUMAN  
EARLY LEARNING  
PARTNERSHIP



January 2023