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
Impact on Parents/Caregivers

Parent/Caregiver Well-Being

- 2021: 50% of parents/caregivers reported they had less access to consistent child care during the pandemic.
- 2022: 41%

- 2021: 64% of parents/caregivers reported they had less time to take care of themselves.
- 2022: 42%

- 2021: 36% of parents/caregivers reported they felt less rested as a result of the pandemic.
- 2022: 45%

- 2021: 47% of parents/caregivers reported they felt less connected to family and friends.
- 2022: 50%

- 2021: 42% of parents/caregivers reported their level of stress during the last six months to be HIGH or VERY HIGH.
- 2022: 38%
of parents/caregivers reported that their family income decreased as a result of the pandemic.

87% of families reported they had less access to healthy foods in 2021 compared to 83% in 2022.

5% of families reported less access to healthy foods in 2021, compared to 10% in 2022.
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**
- 2021: 42%
- 2022: 29%

**Eating Together**
- 2021: 21%
- 2022: 15%

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.

- 2021: 57%
- 2022: 66%

**Recommendations from the Canadian 24-hour Movement Guidelines**
ParticipACTION.com

**Screen time:**
Ages 0-4, max 1 hour/day
Ages 5-17, max 2 hours/day

- 2021: 44%
- 2022: 45%

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.

2021-2022 CHEQ COVID-19 REPORT
of parents/caregivers reported the need for supports or services for their child; of these...

- Continued to use their supports and services, but differently: 38%
- No Longer Use: 54%
- No Change: 8%

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.
How to talk with their child about COVID-19?

Physical health resources?

Mental health resources?

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

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

Email us at: cheq@help.ubc.ca

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