

#### KAMLOOPS/THOMPSON

THE CHILDHOOD EXPERIENCES QUESTIONNAIRE

# SCHOOL DISTRICT REPORT 2022



### ACKNOWLEDGEMENTS

We express our deep gratitude to the x<sup>w</sup>məθk<sup>w</sup>əỷəm (Musqueam) Nation for the privilege of working on their traditional, ancestral and unceded territory at the Point Grey Campus of the University of British Columbia.

The Childhood Experiences Questionnaire (CHEQ) project is made possible with funding from the Ministry of Mental Health and Addictions. We would like to thank and acknowledge all participating school districts for their support of and collaboration towards this project.

We are grateful to the teachers, education staff and school administrators who work directly with us to gather data and use our reports. This includes a commitment to training and completing questionnaires, engaging with students, parents and caregivers and using HELP's data and research in schools, districts and communities. Thank you.

### INTRODUCTION TO THE CHEQ

### WHAT IS THE CHILDHOOD EXPERIENCES QUESTIONNAIRE (CHEQ)?

The CHEQ is used to gather information on children's experiences in their early environments prior to kindergarten. The questionnaire focuses on experiences in specific areas of development that are strongly linked to children's health and wellbeing, education and social outcomes. The information from the CHEQ helps us understand variability in children's early experiences so that educators, school districts and communities can provide better support and services to children and families.

#### WHY DO EARLY EXPERIENCES MATTER?

Development during the first years of life is highly influenced by a young child's experiences in their home and community. Research has shown that nurturing environments promote healthy child development. While good nutrition, shelter and protection are some of the basic aspects of nurturing environments; young children also need to spend their time in environments that include support from parents/caregivers and other adults. They need opportunities to explore their world, to play and to learn how to interact with others. These experiences help to build a strong foundation for healthy development over time.

### WHY WAS THE CHEQ DEVELOPED?

Life-long health and well-being are a consequence of multiple determinants within the many intersecting environments in which children grow. Research shows that there is great variability in children's development by age 5, which present both risks and protective factors that influence developmental outcomes. To better understand this variability, a team of researchers at the University of British Columbia's Human Early Learning Partnership, in collaboration with educators, parents/caregivers and community stakeholders from across British Columbia, developed the CHEQ to measure the experiences of children prior to kindergarten. Information collected using the CHEQ is both comprehensive and actionable, and can be used to ensure that children have the opportunities and experiences they need to learn and grow.

### CHEQ DEVELOPMENTAL AREAS AND EXPERIENCES

The five key developmental areas on the CHEQ are:

Developmental Areas		Experiences	Description		
Je S	Physical Health & Well-Being	Health	Overall health, visits with health care professionals, use of supports and programs		
		Nutrition & Sleep	Eating breakfast, meals with family, foods consumed, sleep and related challenges		
		Motor Skills & Experiences	Different types of physical activity and outdoor play		
	Language & Cognition	Language & Cognition	Activities such as reading, pretend play, weaving, drawing, counting and more		
Â	Social & Emotional Experiences	Peer Experiences	Interactions with peers and friends		
		Talking about Emotions	Talking about social experiences and emotions with parents/caregivers		
		Screen Time	Use of electronic devices such as computers, tablets and TVs		
2233	Early Learning & Care	Early Learning & Care	Experiences in a non-parental care arrangement and/or preschool		
E Contraction	Community & Context	General Activities	Participation in community activities		
		Neighbourhood Experiences	Parents'/caregivers' perception of their neighbourhood safety and social support		
		Demographics	The child's and family's birth place, ethnicity and language(s spoken		

# YOUR CHEQ SCHOOL DISTRICT DATA

This CHEQ School District Report includes the collated answers to all of the questions about children's experiences. The questions are organized into sections that correspond to the CHEQ developmental areas described above. Summary tables are provided for each question and include information related to the percentage of total responses, the average score or the number of children for whom an answer was provided by a parent/caregiver.

This report aggregates CHEQ data by school district boundaries. The data in this report are a summary of the responses parents/caregivers provided for kindergarten children attending school in your district in the current academic year. The report provides valuable information on the unique experiences of this group. Please read the 'Using Your CHEQ Report' section at the end of this report for more information.

**Supression.** Data are suppressed when there are fewer than 35 children, for confidentiality reasons. The data are also suppressed when the uncertainty of the results (i.e., margin of error) is greater than 10%, which can result from low coverage particularly in areas with small populations.



# GENERAL INFORMATION

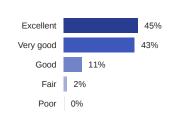
#### Who filled out this survey? Where is the survey being completed? ANSWERED: 392 ANSWERED: 399 Mother 84% 51% At home 14% At the child's school Father 44% Grandparent 2% At work 4% Other 1% Other 1% Foster Parent 0%

# PHYSICAL HEALTH & WELL-BEING



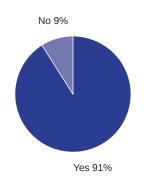
#### Child's overall health in the last year





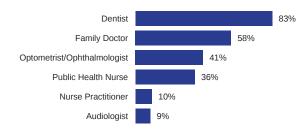
#### Did the child visit a health care professional in the last year?

ANSWERED: 398

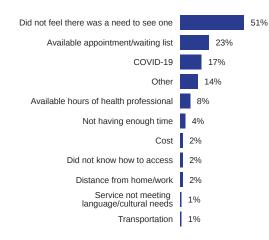


#### Type of health care professional visited

ANSWERED: 363



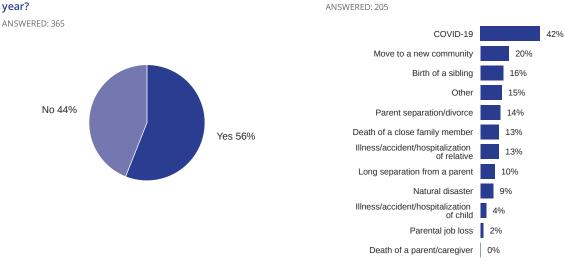
#### Barriers to seeing health care professionals



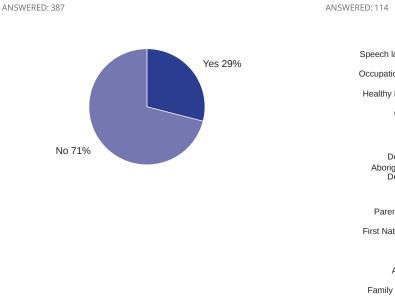


#### Type of stressful event

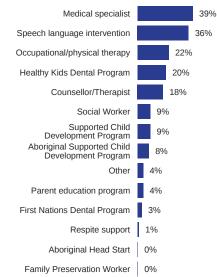
ANSWERED: 205



Did the child or family use any programs or supports between the ages of...



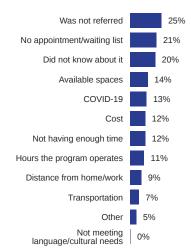
### Types of programs or supports used



#### Barriers to using these types of programs or supports

ANSWERED: 76

3 years to kindergarten

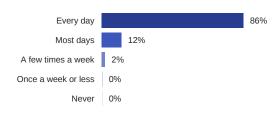


# NUTRITION



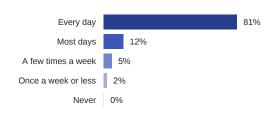
#### Frequency the child ate breakfast in the last 6 months

ANSWERED: 399

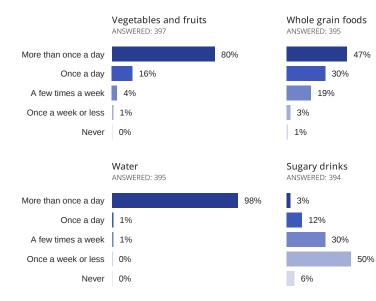


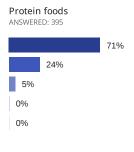
# Frequency the child ate a meal with another family member in the last 6 months

ANSWERED: 397

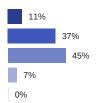


#### Frequency the child consumed the following foods or beverages over the last 6 months:





Sugary or salty snacks ANSWERED: 396

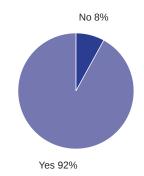


### SLEEP

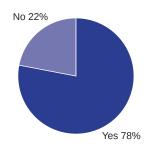


#### Does the child have a regular bedtime?

ANSWERED: 380

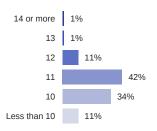


#### **Does the child face challenges when sleeping at night?** ANSWERED: 386

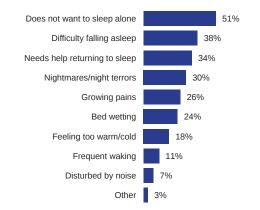


### Number of hours the child usually sleeps in a 24 hour period

ANSWERED: 396



# Challenges faced by the child when sleeping at night ANSWERED: 302

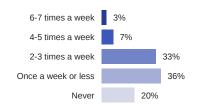


# **MOTOR SKILLS & EXPERIENCES**



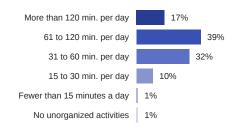
Times per week the child took part in energetic physical activity while participating in organized activities over the last 6 months

ANSWERED: 396



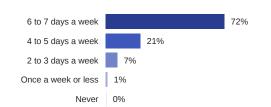
#### Minutes per day (on average) the child took part in energetic physical activity while participating in unorganized activities over the last 6 months

ANSWERED: 389



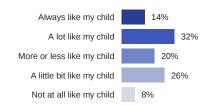
#### Days per week the child played outdoors over the last 6 months

ANSWERED: 396



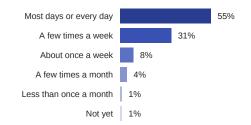
#### Degree to which the child likes to take risks while playing outside

ANSWERED: 394



#### Frequency the child has had the chance to take risks while playing outside over the last 6 months ANSWERED: 393





# LANGUAGE & COGNITION



Sing songs, make music, do

32%

Read books, magazines or

29% 31%

21%

15%

4%

newspapers when the child is

ANSWERED: 392

8%

2%

1%

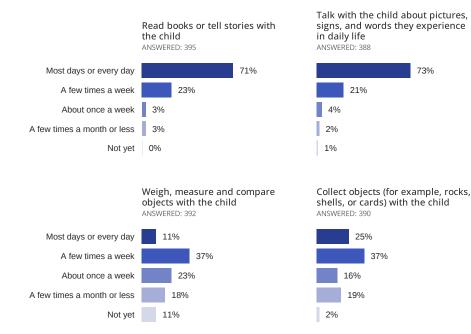
around

ANSWERED: 389

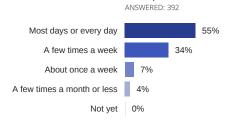
rhymes or dance with the child

58%

#### In the last 6 months, how often did the parent/caregiver or another important person in the child's life:



#### In the last 6 months, how often did the child:

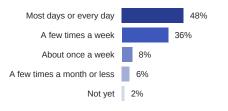


colour)

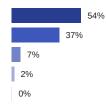
Do dress up, pretend play or make believe ANSWERED: 390

Do arts and crafts (for example,

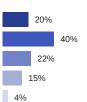
weaving, draw pictures, paint or



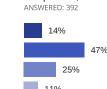
Build things (for example, using blocks, playdough or  $Lego^{TM}$ ) ANSWERED: 388



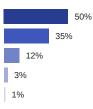
shape and/or size



Sort and classify objects by colour, ANSWERED: 391



Use pencils/markers to write/draw letters/numbers or pretend writing ANSWERED: 390



Use puzzles, board games or cards



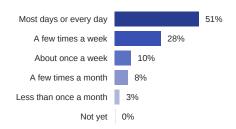
# SOCIAL & EMOTIONAL EXPERIENCES



For the following questions, we asked the parent/caregiver to think about the last 6 months...

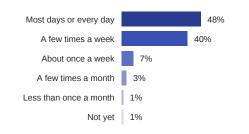
#### How often the child was around children other than their siblings

#### ANSWERED: 395



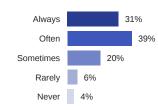
#### How often the parent/caregiver involved the child in household chores

ANSWERED: 393



#### How often the child had a close friendship with another child around the same age

ANSWERED: 392

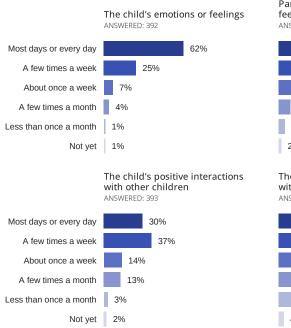


#### How often the parent/caregiver did something with the child to help others

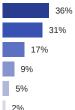
ANSWERED: 392



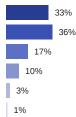
#### How often the parent/caregiver had the chance to talk with the child about:



Parent's/caregiver's emotions or feelings ANSWERED: 393



Others' emotions or feelings ANSWERED: 392



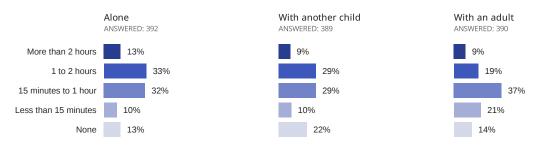
The child's negative interactions with other children ANSWERED: 391



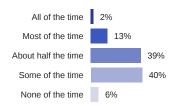
# SCREEN TIME



#### How much time per day the child used an electronic device in general:



#### How much time per day the child used an electronic device specifically for educational purposes



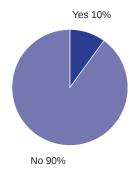
# EARLY LEARNING & CARE



61%

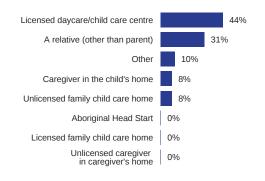
Was the child in a child care arrangement other than parental care between 0 and 12 months?

ANSWERED: 388



# Type of child care arrangement used the most between 0 and 12 months

ANSWERED: 39



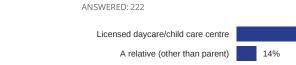
Type of child care arrangement used the most between 13

#### Number of hours in the main child care arrangement between 0 and 12 months

ANSWERED: 39



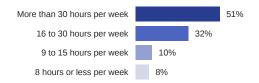
Was the child in a child care arrangement other than parental care between 13 months and 3 years? ANSWERED: 388



months and 3 years



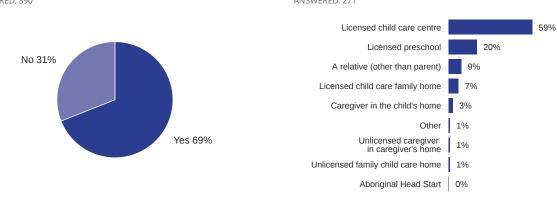
Number of hours in the main child care arrangement between 13 months and 3 years



Was the child in a child care arrangement other than parental care between 3 years and kindergarten? ANSWERED: 390

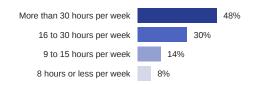
# Type of child care arrangement used the most between 3 years and kindergarten

ANSWERED: 271



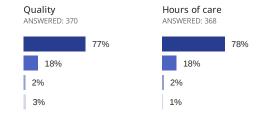
#### Number of hours in the main child care arrangement between 3 years and kindergarten

ANSWERED: 270



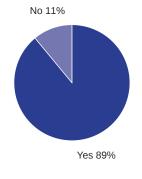
#### Satisfaction with child's most recent main child care arrangement:



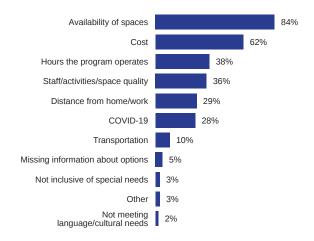


#### Barriers for early learning and child care arrangements

ANSWERED: 331



#### Type of early learning and child care barrier



# **GENERAL ACTIVITIES**



How often the child participated in/used community activities/resources:

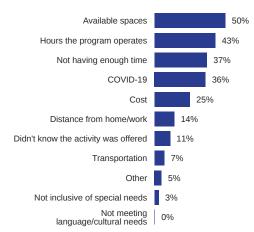
#### From 3 years to kindergarten

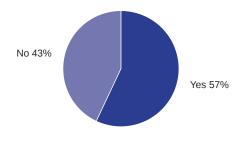
	Never %	Once a month or less %	A few times a month %	Once a week %	A few times a week or more %
Sports programs	18	13	21	29	19
Arts, music or drama programs	72	14	4	8	2
Cultural activities programs	73	21	4	1	1
Story Time program	77	11	6	2	4
StrongStart program	77	11	6	4	2
Local Neighbourhood House	83	5	5	4	3
Public library	41	30	20	8	1
Aboriginal Family Drop-in	97	2	1	0	1
Family Resource Centre (i.e., Family Drop-in program)	91	4	3	1	0
Faith-based program	89	2	4	5	0
Park/playground	0	1	14	21	64
Local community/recreation centre	41	20	19	12	7

# Were there any local activities the parent/caregiver wanted to do with the child but couldn't?

#### **Barriers to participation**

ANSWERED: 219





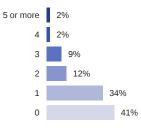
# NEIGHBOURHOOD EXPERIENCES



#### Number of times the child has moved homes in the last 5

years

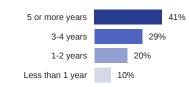




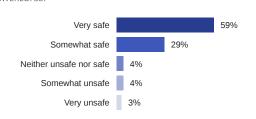
#### Length of time the child has lived in their current

### neighbourhood





# Degree to which parks in the child's neighbourhood are safeHow ofANSWERED: 387(on ave



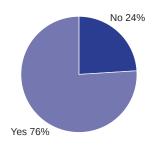
#### How often the child played outside in their neighbourhood (on average) in the past 6 months

ANSWERED: 387

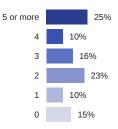


# Can neighbours be counted on to look out for children in the parents/caregiver's neighbourhood?

ANSWERED: 385



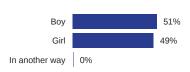
# Number of people the parent/caregiver can depend on in their neighbourhood



# DEMOGRAPHICS

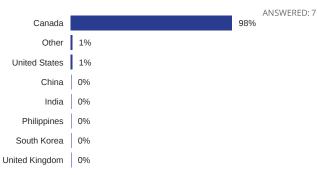
#### The child would describe themselves as

ANSWERED: 389



#### Country in which the child was born

ANSWERED: 388

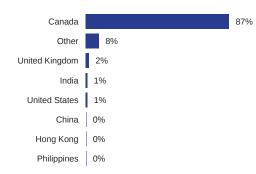


#### If the child was born outside of Canada, year they moved to Canada



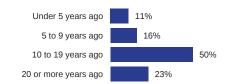
#### Country in which the parent/caregiver was born

ANSWERED: 380



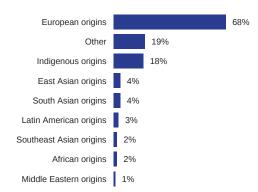
# If the parent/caregiver was born outside of Canada, year they moved to Canada

ANSWERED: 44

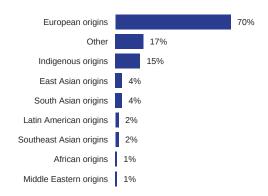


#### **Child ethnicity**

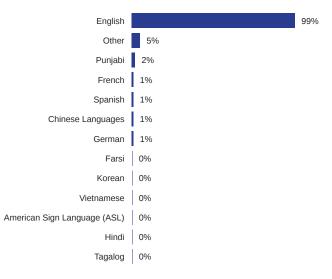
ANSWERED: 366



#### Family ethnicity

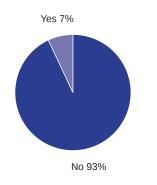


ANSWERED: 388

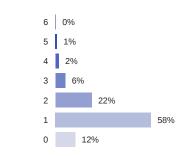


#### Does the child currently live in more than one home?

ANSWERED: 385

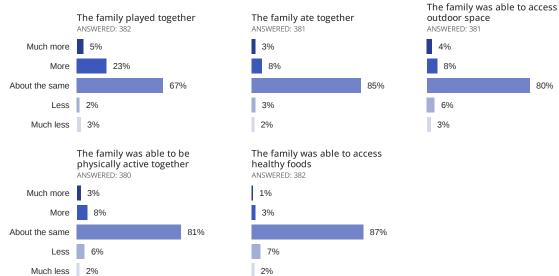


#### Child's number of siblings

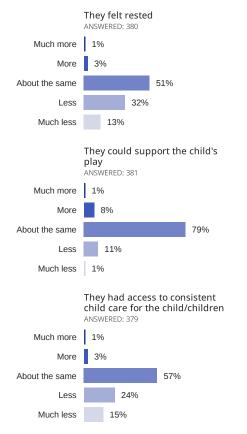


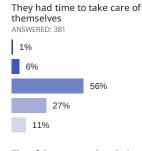
# **COVID-19 PANDEMIC**



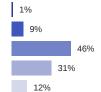


#### How the following routines/activities were affected for the parent/caregiver due to the pandemic:





They felt connected to their friends/family ANSWERED: 381

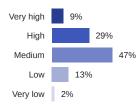


They had time to prepare healthy meals ANSWERED: 382 1% 5% 82% 10% 3% They managed the child's behaviour ANSWERED: 382 0% 8% 80% 10% 1%

The parent's/caregiver's level of stress in the last six months

due to the pandemic

ANSWERED: 381



#### How the child's use of services/supports were affected due

to the pandemic

ANSWERED: 248





ANSWERED: 312



#### The effect of the pandemic on the job status or number of work hours per week for the second parent/caregiver

ANSWERED: 321

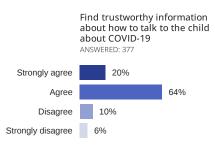


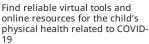
#### The effect of the pandemic on overall family income

ANSWERED: 356

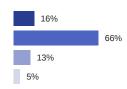


#### How much the <u>parent/caregiver</u> agrees they could do the following if they wanted or needed to:

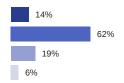




ANSWERED: 374



Find reliable virtual tools and online resources for the child's mental health related to COVID-19 ANSWERED: 373



# USING YOUR CHEQ REPORTS

CHEQ data can be used in a number of ways to support children and families in schools, districts and neighbourhoods. It is recommended that you consider CHEQ data on its own, as a summary of the early experiences and environments of current kindergarten students, alongside complementary data and information such as:

- Early Development Instrument (EDI) data
- Community knowledge and expertise
- Information on local services and programs
- Input from families with young children in your community

CHEQ data are a catalyst for important conversations and improved decision making. We encourage you to:

- Look through the table of contents of your online CHEQ report and choose sections that are interesting or valuable to you.
- Note any questions that stand out for you in these sections.
- Note any results that you expected or didn't expect to see.
- Dig deeper. Look to the questions that you felt were interesting and the results that you expected and didn't expect and ask yourself some key questions:
  - Which data do you have influence over?
  - What can you do about this?
  - Which data align with your school's priorities and goals?
  - Which data align with your school, organization or coalition priorities and goals?
  - Are there resources from the school district, school, organization, municipality, or through other sources that could provide support for your ideas?
  - Are there areas where you can build on strengths in your school, organization or community?
  - Are there areas of concern?

Remember you don't have to do this alone:

Once you are familiar with your CHEQ data, start to bring others in to the conversation. The goal is to identify where the CHEQ provides the most valuable information for you.

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