

CRANBROOK - RURAL

THE CHILDHOOD EXPERIENCES QUESTIONNAIRE

NEIGHBOURHOOD REPORT 2022



ACKNOWLEDGEMENTS

We express our deep gratitude to the x^wməθk^wəỷəm (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 |
| Ê | 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 |
| | | General Activities | Participation in community activities |
| e Che | Community & Context | 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 |

BEFORE YOU GET STARTED

A NOTE ABOUT INTERPRETATION OF CHEQ DATA

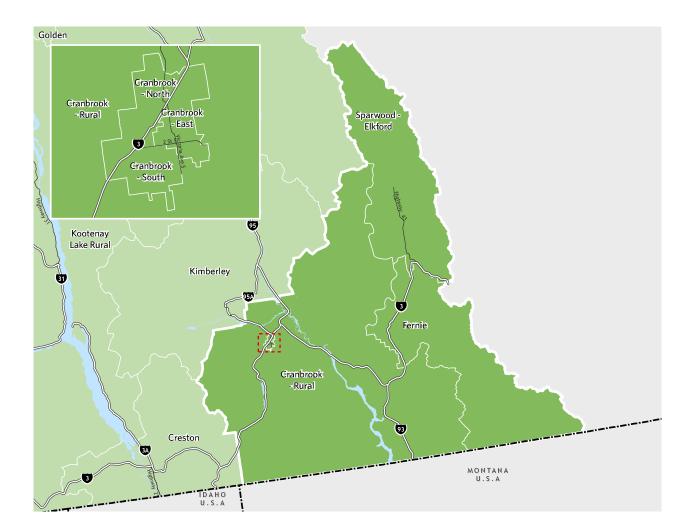
CHEQ Neighbourhood Reports aggregate CHEQ data based on children's postal codes, representing children that live in each neighbourhood within the school district boundaries. HELP-designated neighbourhood boundaries were created using census, postal code and municipal planning boundaries and in consultation with those communities to maintain a threshold of 35 children in each neighbourhood. As you read and share this report, please be aware that:

- Data are suppressed when there are fewer than 35 children in a neighbourhood 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.
- Below you will find the percentage of students in this neighbourhood for whom a CHEQ was completed by their parent/caregiver.
- Please interpret these data with care as not all parents/caregivers in each district completed the CHEQ and the data may not be representative of the whole parent/caregiver population. Taking this into consideration is important especially when making decisions based on these reports. For instance, there may be certain groups of parents/caregivers whose voices are not included in the data, or there may be entire schools in the neighbourhood that have not participated in the CHEQ this year.
- Please refer to the map below for the neighbourhood boundaries.

If you have questions or concerns about your data, please email us at cheq@help.ubc.ca.



65.8% of kindergarten students in this neighbourhood have acompleted CHEQ

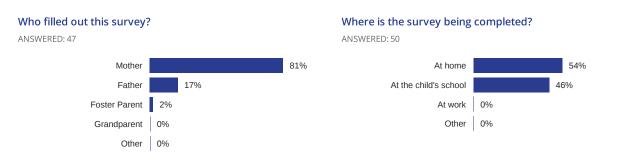


YOUR CHEQ NEIGHBOURHOOD DATA

This CHEQ Neighbourhood 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.

The data in this report are a summary of the responses parents/caregivers provided for kindergarten children from this neighbourhood in the current academic year. The report provides valuable information on the unique experiences of this group. These data can be used to enhance your understanding of children and the needs of the families in this community. Please read the 'Using Your CHEQ Reports' section at the end of this report for more information.

GENERAL INFORMATION

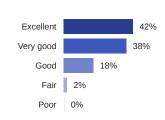


PHYSICAL HEALTH & WELL-BEING



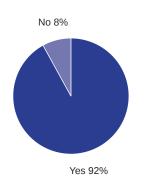
Child's overall health in the last year





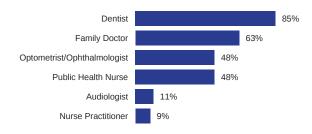
Did the child visit a health care professional in the last year?

ANSWERED: 50

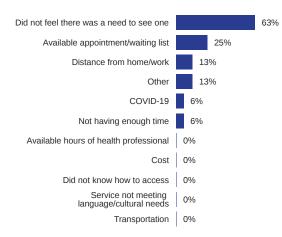


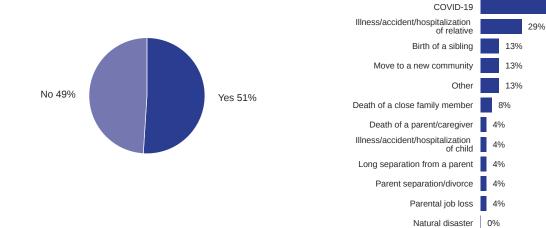
Type of health care professional visited

ANSWERED: 46



Barriers to seeing health care professionals



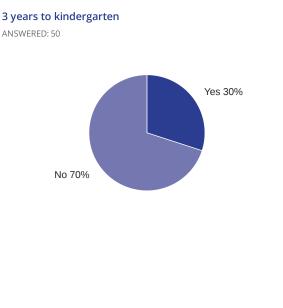


Did the child experience any stressful events in the past

year?

ANSWERED: 47

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



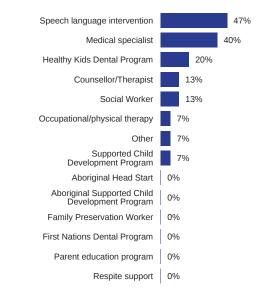
Types of programs or supports used

ANSWERED: 15

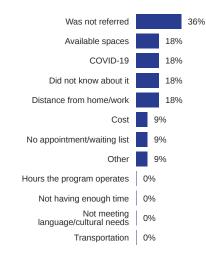
Type of stressful event

46%

ANSWERED: 24



Barriers to using these types of programs or supports

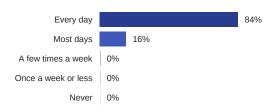


NUTRITION



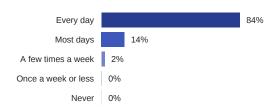
Frequency the child ate breakfast in the last 6 months

ANSWERED: 50

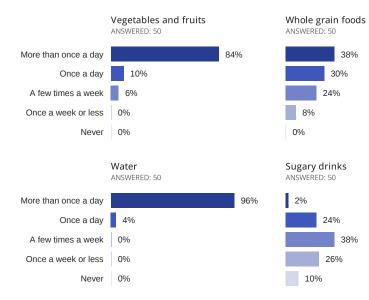


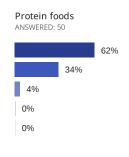
Frequency the child ate a meal with another family member in the last 6 months

ANSWERED: 50

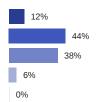


Frequency the child consumed the following foods or beverages over the last 6 months:





Sugary or salty snacks ANSWERED: 50

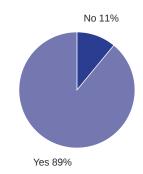


SLEEP

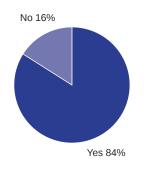


Does the child have a regular bedtime?

ANSWERED: 47

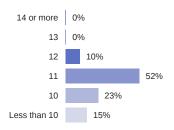


Does the child face challenges when sleeping at night? ANSWERED: 49

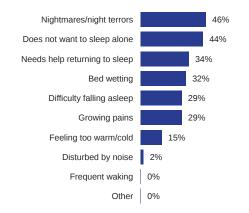


Number of hours the child usually sleeps in a 24 hour period

ANSWERED: 48



Challenges faced by the child when sleeping at night ANSWERED: 41

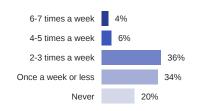


MOTOR SKILLS & EXPERIENCES



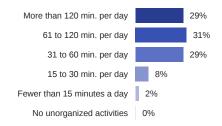
Times per week the child took part in energetic physical activity while participating in organized activities over the last 6 months

ANSWERED: 50



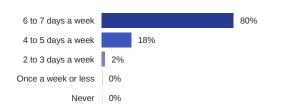
Minutes per day (on average) the child took part in energetic physical activity while participating in unorganized activities over the last 6 months

ANSWERED: 48



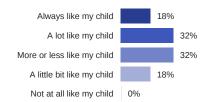
Days per week the child played outdoors over the last 6 months

ANSWERED: 50



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

ANSWERED: 50



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

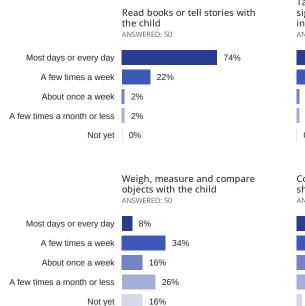




LANGUAGE & COGNITION



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:

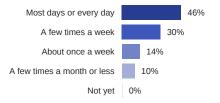


colour)

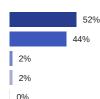
Do dress up, pretend play or make believe ANSWERED: 50

Do arts and crafts (for example,

weaving, draw pictures, paint or



Talk with the child about pictures, signs, and words they experience in daily life ANSWERED: 50



Collect objects (for example, rocks, shells, or cards) with the child ANSWERED: 50

Build things (for example, using blocks, playdough or LegoTM)

50%

46%

Sort and classify objects by colour,



ANSWERED: 50

4%

0%

0%

ANSWERED: 50

28%

32%

18%

16%

6%

Read books, magazines or newspapers when the child is around

Sing songs, make music, do

34%

ANSWERED: 50

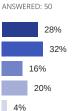
12%

6%

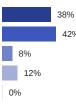
0%

rhymes or dance with the child

48%



Use pencils/markers to write/draw letters/numbers or pretend writing ANSWERED: 50



42%

Use puzzles, board games or cards ANSWERED: 50



shape and/or size



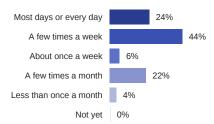
SOCIAL & EMOTIONAL EXPERIENCES



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





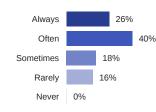
How often the parent/caregiver involved the child in household chores

ANSWERED: 50



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

ANSWERED: 50

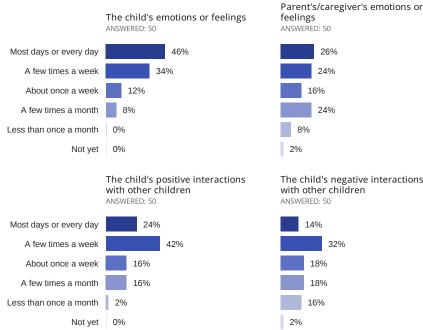


How often the parent/caregiver did something with the child to help others

ANSWERED: 50



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



Others' emotions or feelings ANSWERED: 50



The child's negative interactions with other children ANSWERED: 50

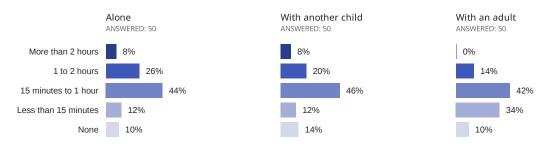




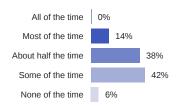
SCREEN TIME



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

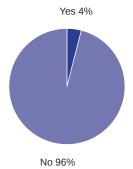


EARLY LEARNING & CARE



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

ANSWERED: 49



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

ANSWERED: 2

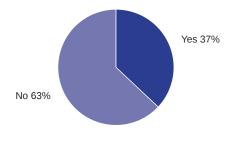
| A relative (other than parent) | | 50% |
|---|----|-----|
| Other | | 50% |
| Aboriginal Head Start | 0% | |
| Caregiver in the child's home | 0% | |
| Licensed daycare/child care centre | 0% | |
| Licensed family child care home | 0% | |
| Unlicensed caregiver in caregiver's home | 0% | |
| Unlicensed family child care home | 0% | |

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

ANSWERED: 2

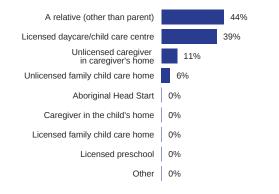


Was the child in a child care arrangement other than parental care between 13 months and 3 years? ANSWERED: 49



Type of child care arrangement used the most between 13 months and 3 years

ANSWERED: 18



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: 48

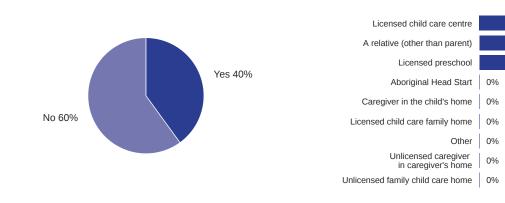
Type of child care arrangement used the most between 3 years and kindergarten

42%

32%

26%

ANSWERED: 19

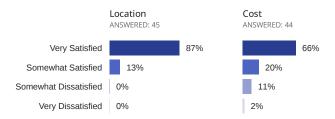


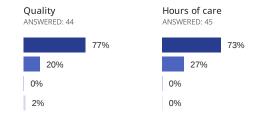
Number of hours in the main child care arrangement between 3 years and kindergarten

ANSWERED: 19



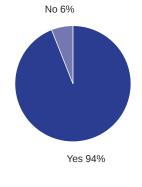
Satisfaction with child's most recent main child care arrangement:



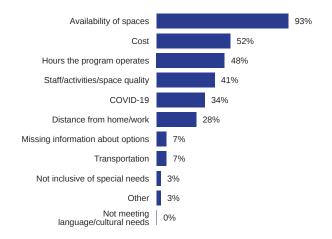


Barriers for early learning and child care arrangements

ANSWERED: 31



Type of early learning and child care barrier



GENERAL ACTIVITIES



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

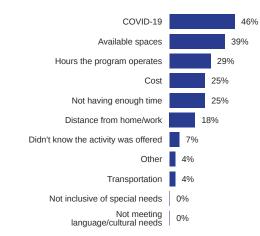
From 3 years to kindergarten

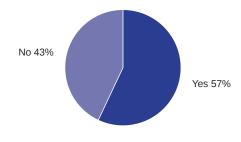
| | Never % | Once a month or less % | A few times a month % | Once a week % | A few times a week or more % |
|---|---------|---------------------------|--------------------------|---------------|---------------------------------|
| Sports programs | 22 | 10 | 20 | 22 | 24 |
| Arts, music or drama programs | 87 | 4 | 7 | 2 | 0 |
| Cultural activities programs | 78 | 11 | 9 | 2 | 0 |
| Story Time program | 70 | 17 | 6 | 6 | 0 |
| StrongStart program | 64 | 11 | 9 | 9 | 9 |
| Local Neighbourhood House | 76 | 4 | 13 | 7 | 0 |
| Public library | 35 | 37 | 22 | 6 | 0 |
| Aboriginal Family Drop-in | 100 | 0 | 0 | 0 | 0 |
| Family Resource Centre (i.e., Family Drop-in program) | 96 | 4 | 0 | 0 | 0 |
| Faith-based program | 66 | 11 | 6 | 17 | 0 |
| Park/playground | 4 | 8 | 22 | 20 | 46 |
| Local community/recreation centre | 43 | 20 | 24 | 7 | 7 |

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

Barriers to participation

ANSWERED: 28





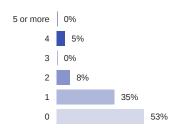
NEIGHBOURHOOD EXPERIENCES



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

years

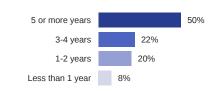
ANSWERED: 40



Length of time the child has lived in their current

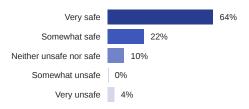
neighbourhood

ANSWERED: 50



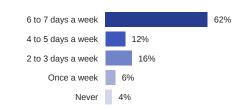
Degree to which parks in the child's neighbourhood are safe

ANSWERED: 50



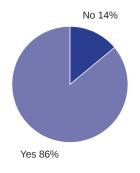
How often the child played outside in their neighbourhood (on average) in the past 6 months

ANSWERED: 50

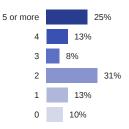


Can neighbours be counted on to look out for children in the parents/caregiver's neighbourhood?

ANSWERED: 50



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



DEMOGRAPHICS

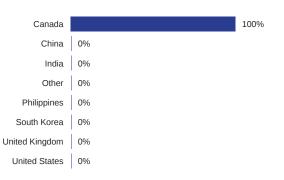
The child would describe themselves as





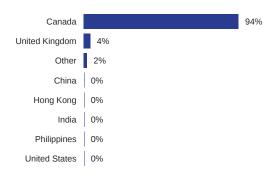
Country in which the child was born

ANSWERED: 50



Country in which the parent/caregiver was born

ANSWERED: 50



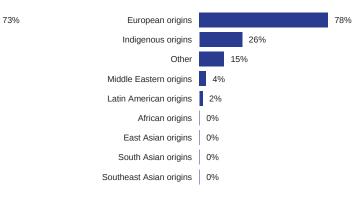
If the parent/caregiver was born outside of Canada, year they moved to Canada

ANSWERED: 3



Family ethnicity

ANSWERED: 46



Child ethnicity

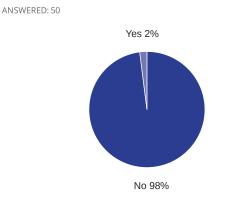
| ANSWERED: 45 | |
|-------------------------|-----|
| European origins | 7 |
| Indigenous origins | 29% |
| Other | 18% |
| Middle Eastern origins | 4% |
| Latin American origins | 2% |
| African origins | 0% |
| East Asian origins | 0% |
| South Asian origins | 0% |
| Southeast Asian origins | 0% |

Child's first language(s)

ANSWERED: 49

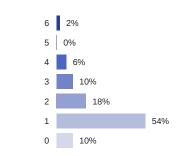
| English | | 100% |
|------------------------------|----|------|
| Other | 2% | |
| American Sign Language (ASL) | 0% | |
| Chinese Languages | 0% | |
| Farsi | 0% | |
| French | 0% | |
| German | 0% | |
| Hindi | 0% | |
| Korean | 0% | |
| Punjabi | 0% | |
| Spanish | 0% | |
| Tagalog | 0% | |
| Vietnamese | 0% | |

Does the child currently live in more than one home?



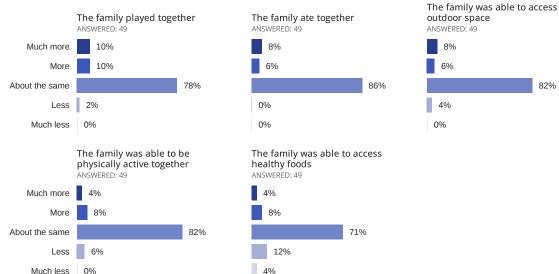
Child's number of siblings

ANSWERED: 50

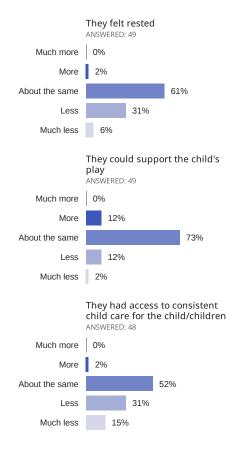


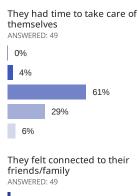
COVID-19 PANDEMIC

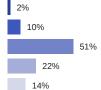


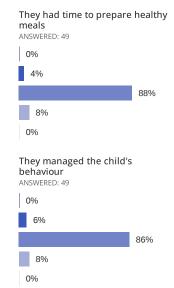


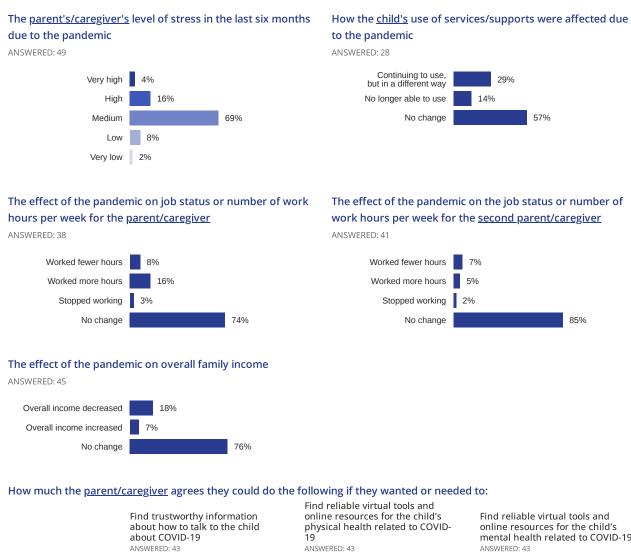
How the following routines/activities were affected for the parent/caregiver due to the pandemic:

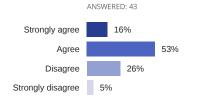


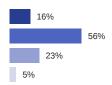




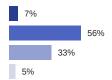








mental health related to COVID-19 ANSWERED: 43



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 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 the community's priorities, initiatives or goals?
 - Which data align with current community or school district initiatives?
 - Are there resources at the community or school district level that would provide support for your ideas?
 - Are there areas of strengths in the neighbourhood or community to build on?
 - 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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