

THE CHILDHOOD EXPERIENCES QUESTIONNAIRE (CHEQ)

Dear Parent/Caregiver,

You have been invited to fill out the
Childhood Experiences Questionnaire
(CHEQ)

ABOUT THE CHEQ

The CHEQ is a survey completed by parents and caregivers at the start of the Kindergarten school year. It helps teachers, school administrators and community partners to provide and improve targeted supports for children and families.

If you would like more detailed information about the CHEQ, visit the CHEQ Website: earlylearning.ubc.ca/cheq/



THE CHEQ AT A GLANCE

- Completed by parents/caregivers at the beginning of the school year.
- Completed during a designated time at school or online at home.
- Takes approximately 15 minutes.
- Gathers information on children's experiences that are important to their healthy development and well-being. Includes COVID-19 related questions to help us understand the secondary impacts of the pandemic on children and families.
- Information is summarized in individual, classroom, school and district reports.

WHEN TO COMPLETE THE CHEQ

DATE	
TIME	
LOCATION	

In the event you are not able to join us, but would like to complete the CHEQ, please contact us to make alternative arrangements.

CONTACT

While your completion of the CHEQ is completely voluntary, we encourage you to participate.

If you have any questions about this project, please contact the project team at cheq@help.ubc.ca or 604. 822. 3361.



CHEQ it Out!

earlylearning.ubc.ca/cheq/

Contact us at Human Early Learning Partnership (HELP) at the University of British Columbia:

604.822.3361 ■ cheq@help.ubc.ca ■ earlylearning.ubc.ca