



Childhood Experiences Questionnaire

HUMAN  
EARLY LEARNING  
PARTNERSHIP



The CHEQ is a questionnaire completed by parents and caregivers as their child enters Kindergarten. It helps teachers, school administrators and community partners to provide and improve targeted supports for children and families.

#### The CHEQ is used to:

- **Develop district and community-wide programs and policies;**
- **Better understand the early experiences of children and families; and**
- **Improve classroom planning and school programming.**

The CHEQ includes questions about children's experiences with language and numeracy, nutrition and sleep habits, activities at home and in the community, and access to and use of resources and services.



## The CHEQ at a glance

- Completed by parents and caregivers as their child enters Kindergarten.
- Completed online at school or home.
- Takes approximately 15 minutes to complete.
- Gathers information on children's experiences that are important to their healthy development and well-being.
- Information is summarized in individual, classroom, school and district reports.
- Used by schools and communities to provide targeted supports and services to children and their families.



#### The CHEQ can be used in schools and districts to:

- Plan for the school year.
- Determine school programming needs.
- Better understand individual children's needs.

#### The CHEQ can be used in community to:

- Provide targeted supports and services to children and their families.
- Make decisions about programming and services that families want and need.
- Understand barriers to accessing community health services, recreation activities and childcare.

## The CHEQ asks parents and caregivers about:



### Physical Health & Well-Being

Their child's experiences related to physical health and overall well-being including daily physical activities, routine health care check-ups, nutrition and sleep habits.



### Language & Cognitive

A variety of experiences that influence their child's language development and cognition, including reading, storytelling, engaging in conversation and pretend play, rhyming, using pens and pencils, counting and sorting, painting and more.



### Social & Emotional Experiences

Different social experiences their child may have had before Kindergarten, including playing with other children, sharing and helping others. In addition, parents/caregivers are asked about opportunities their child may have had to talk about their emotions and the emotional experiences of others.



### Early Learning & Care

Their child's experiences in non-parental care arrangements and preschool, as well as challenges faced when looking for care. They are also asked about their child's experience with intervention programs and supports.



### Community & Context

Their perceptions of neighbourhood safety, opportunities for children to play outside in their neighbourhood, social support networks and whether neighbours can be counted on to look after children.

## The Human Early Learning Partnership

The Human Early Learning Partnership (HELP) is a research institute based at the University of British Columbia. For over 20 years HELP has worked in partnership with schools and school districts across British Columbia to gather population-health data related to healthy child development. The CHEQ is one of a family of tools that can be used as part of HELP's child monitoring system. The information collected is shared with schools and communities to support children and their families.

**If you have any questions about this project, please contact the CHEQ Project team:**

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**CHEQ it Out!**  
[earlylearning.ubc.ca/cheq/](http://earlylearning.ubc.ca/cheq/)



Childhood Experiences Questionnaire

2-5 YEARS

Parent & Caregiver Questionnaire



Early Development Questionnaire

5 YEARS

Teacher Questionnaire



Middle Years Development Questionnaire

9-13 YEARS

Student Questionnaire

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