

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 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.

**If you would like more detailed information about the
CHEQ, visit the CHEQ Website:**

**[https://earlylearning.ubc.ca/monitoring-system/
cheq/cheq-overview/](https://earlylearning.ubc.ca/monitoring-system/cheq/cheq-overview/)**



THE CHEQ AT A GLANCE

- Completed by parents/caregivers as their child enters Kindergarten.
- 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.
- 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