

Supporting parental insights: The Parental Experiences Survey

Statistics Canada is conducting the Parental Experiences Survey (PES) until January 31, 2025. Results from the survey will help inform national recommendations for maternal and newborn care as well as improve the mental health and well-being of parents and families across Canada. The data are expected to be released in Spring 2026.

Please spread the word in your networks and encourage those who have been selected to participate to complete the survey.

For more information:

Visit the PES Website - www.statcan.gc.ca/pes

Watch a video about the PES - <https://www.statcan.gc.ca/en/sc/video/parental-experiences-survey>

Those who are selected to participate will receive the following brochure:



What is the
PARENTAL EXPERIENCES
Survey?



» The Parental Experiences Survey collects information from Canadian parents on their experiences, knowledge and behaviours regarding pregnancy, childbirth, and access to and use of health care services.



Why should I participate?

Your participation makes a difference! The data collected from this survey will help monitor, plan, and implement programs to inform national recommendations for maternal and newborn care as well as improve the mental health and well-being of parents and families across Canada.



You can anticipate questions regarding:

- » Parenting History
- » Pregnancy Intention
- » Pregnancy and Birth
- » Parenthood and Family Life
- » Infant Feeding
- » Sociodemographic Characteristics
- » Health Care Access
- » Social Support
- » Mental Health
- » Substance Use



YOUR PRIVACY IS IMPORTANT TO US

All information collected by Statistics Canada is strictly confidential and protected by the Statistics Act. Statistics Canada cannot release any information that would identify you or any member of your household without your consent. For more information on how your privacy is a top priority, please visit www.statcan.gc.ca/en/trust.

» HOW TO COMPLETE THE SURVEY

Visit www.statcan.gc.ca/PES and follow the instructions under 'Start My Survey'. You will need your secure access code provided in the letter you received to access the survey.



» WANT TO KNOW MORE ABOUT THE SURVEY?

Visit our website: www.statcan.gc.ca/PES
Email: infostats@statcan.gc.ca
Telephone: 1-877-949-9492
TTY: 1-800-363-7629

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