

Development of a fundamental movement skill program to enhance motor skill development and physical activity among children aged 1-3 years.

Information Sheet for Parents

Dear Parent,

Full details about the project, it's purpose, the researchers involved and what is required of your child, should you agree for your child to be involved, are provided in this information sheet.

**What is the purpose of this study?**

The aim of this study is to develop a motor skill development resource for toddlers aged 1-3 years.

Currently, very little is known about how to improve motor skill development in toddlers. However, what is known is that by improving motor skills, children will be more likely to be physically active. Given the potential harmful effects of being inactive, it is important to develop a resource to improve gross motor skills in young children and implement it.

This is the first known study to examine, the feasibility of a motor skill intervention program at childcare.

**What we are asking your child to do?**

The childcare service that your child attends has agreed to be involved in this study. Given that your child is enrolled in this childcare service and is between one and three years of age, they have the opportunity to participate. While your child is in childcare, motor skill lessons will be given by the educators to improve their motor skills. These lessons have been developed by the University of Wollongong in cooperation with Big Fat Smile. Before the start of the lessons and after the program is finished, the children will have their gross motor skills assessed.

Your child will be asked to participate in activities which are developed to increase motor skill development. These activities will occur each day for 10 minutes as part of their daily routine and will last for 9 weeks.

**What are the benefits and risks involved in this study?**

This study will benefit your child’s childcare service by providing information about how to increase motor skill development in toddlers. The results from the study will be presented to the educators at your child’s service and they, along with interested parents will have an opportunity to discuss the findings and ways in which current practices may be modified to improve motor skills and physical activity and thereby improve the health of the toddlers enrolled at the service.

There are no risks associated with this study.

**Participation in the study**

Your child is free to discontinue participation at any time. Discontinuation of your child’s involvement will not jeopardise your or your child’s current or future relationship with Big Fat Smile or with the University of Wollongong.

**What will happen to the information that you provide?**

All information collected during this study will be kept strictly confidential and be stored in a locked office. Data from gross motor skill test may be used in publications such as papers, conference presentations and grant applications, however your child’s identity and that of your Big Fat Smile service will be kept strictly confidential.

**Who is conducting the study?**

* Professor Tony Okely, Professorial Fellow, Early Start Research Institute, University of Wollongong
* Dr Rachel Jones, Research Fellow, Interdisciplinary Educational Research Institute, University of Wollongong
* Ms Sanne Veldmann, Research Student, Interdisciplinary Educational Research Institute, University of Wollongong

If you are happy for your child to participate in this study, please complete the attached consent form and return it to the Director of your service on your child’s next day of attendance.

Kind Regards,



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If you have any questions regarding the study, please contact Prof Tony Okely on (02) 4221 4641. If you have any concerns or complaints regarding the way the research is or has been conducted, you can contact the Complaints Officer, Human Research Ethics Committee, University of Wollongong on (02) 4221 4457 or by email (rso-ethics@uow.edu.au).

Your co-operation in this project will be greatly appreciated.