

Participant Information Form – Parent

‘Playful Bytes’

Nurturing children’s health together: A collaboration between early childhood education and care (ECEC) educators and parents on active play and eating well

We would like to invite you to participate in Playful Bytes. We are working with ECEC educators and parents to help develop strategies and resources to support educator-parent engagement around children’s eating and physical activity. You have been asked to take part in this project because you are a parent or primary caregiver of a child at an ECEC centre in Western Australia.

This project is being conducted by the Telethon Kids Institute in collaboration with our partners (Goodstart Early Learning, Australian Childcare Alliance WA, Early Childhood Australia WA, YMCA Early Learning, Cancer Council WA, Nature Play WA, WA Department of Health and Department of Local Government, Sport and Cultural Industries).

The research team conducting this project include the following investigators: A/ Prof Hayley Christian, Dr Andrea Nathan, Dr Karen Lombardi, Dr Matthew McLaughlin, A/Prof Serene Yoong, Dr Natasha Pearce, Dr Ashleigh Thornton, A/Prof Trevor Shilton, Dr Ruth Wallace, Dr Alice Grady, Ms Anna Henry, Mr Todd Dawson, Ms Gina Ambrosini, Mr Matt Hayes, Ms Melissa Ledger, Ms Rachelle Tucker, Ms Jayne Kaiko, Ms Katherine Healy, and Research Officer, Alana Papageorgiou.

What is it about?

Physical activity and eating well are important for children’s health, wellbeing, and development. Many children are not reaching the recommended levels of physical activity or dietary guidelines. Consistent approaches to eating and physical activity by both ECEC centres and parents is crucial for building positive health behaviours among young children. ECEC educators play an important role in supporting young children’s eating habits and physical activity, and in talking with parents about these topics. Yet, educator-parent engagement can be challenging, especially around children’s eating and physical activity.

This project builds on years of research within the ECEC sector to support parents to engage with educators around children’s eating and physical activity in ECEC (and at home). We would like to invite you to join a group discussion with other parents at your child’s centre so we can hear more about barriers, enablers and strategies to engaging with educators around children’s eating and physical activity.

What does it involve?

Step 1: Sign and return the consent form to alana.papageorgiou@telethonkids.org.au after reading this information sheet.

Step 2: You will be contacted to arrange a convenient time to join a 1-hour group discussion with 3-7 other parents from your child’s centre, which will take place in person or online (according to your preference).

Step 3: Participate in a group discussion to talk about barriers, enablers, and strategies to engaging with educators around your child/ren’s eating and physical activity both in ECEC and at home.

Voluntary Participation and Withdrawal from the Study

Participation in this project is completely voluntary. If you decide to participate and then later change your mind, you are able to withdraw from the study without explanation and without consequence. If you do withdraw from the study all data will be destroyed unless otherwise agreed. Please note that there will be no consequences for you, your service or your relationship with Telethon Kids Institute or the University of Western Australia (UWA) should you no longer wish to participate in the study.

Your privacy

Information that identifies anyone will be removed from the data collected. All de-identified data will be stored securely at UWA and the Telethon Kids Institute and can only be accessed by the research team. The data will be stored for a minimum period of seven years and kept in line with the WA University Sector Disposal Authority in a non-identifiable format, on a password protected computer or a secure server after which it will be destroyed. The identity of participants will not be disclosed at any time. The data will be used only for this project and future related studies. Group discussions will be digitally audio recorded to enable transcription. Once group discussions are transcribed by a member of the research team, recordings will be deleted.

The findings of this study will be used to develop digital resources and strategies to support educator-parent engagement around children's eating and physical activity in ECEC (and at home). It is also anticipated that journal articles, reports and presentations will arise from this research. Your name and identifying details will not be used in any publication arising out of the research without your consent.

Possible Benefits

By participating, you will provide us with valuable information to inform the development of digital resources and strategies to support educator-parent engagement about young children's eating and physical activity in ECEC and home.

Possible Risks and Risk Management Plan

There are no foreseeable risks associated with your participation in this project. However, your participation may result in minor inconvenience due to the time taken to participate in the group discussion.

Reimbursement

Participants will be offered a \$20 gift card for their time participating in the study.

Contacts

If you would like to discuss any aspect of this study, please contact Alana Papageorgiou (08) 6319 1460 or email alana.papageorgiou@telethonkids.org.au

Approval to conduct this research has been provided by the University of Western Australia, in accordance with its ethics review and approval procedures. Any person considering participation in this research project, or agreeing to participate, may raise any questions or issues with the researchers at any time. In addition, any person not satisfied with the response of researchers may raise ethics issues or concerns and may make any complaints about this research project by contacting the Human Ethics office at UWA on (08) 6488 4703 or by emailing to humanethics@uwa.edu.au. All research participants are entitled to retain a copy of any Participant Information Form and/or Participant Consent Form relating to this research project.

Participant Consent Form – Parent

Project title:

I, _____ have read the information provided and any questions I asked were answered to my satisfaction. I agree to participate in this research project, realising that I may withdraw at any time without reason and without prejudice.

I understand that all identifiable information that I provide is treated as confidential and will not be released by the investigator in any form that may identify me unless I have consented to this. The only exception to this principle of confidentiality is if this information is required by law to be released.

I agree to have my conversation digitally recorded. Yes No

Participant signature

Date

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