



Play Spaces & Environments for Children's Physical Activity

**TELETHON
KIDS
INSTITUTE**

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Participant Information Sheet for Parents

What is the purpose of this study? This study aims to trial different methods of encouraging physical activity and play in children through playing and walking with the family dog. We would like to gather information on your children's physical activity, play and development. This will help us understand how interacting with family pets impacts health and developmental outcomes in children.

Who can take part? To be eligible to participate in this study,

1. Your child should be aged 5 to 8 years at the time of you agreeing to take part in the study;
2. Your child should not have a significant condition that would affect participation in physical activity or interacting with your family dog.
3. Your family dog is well socialised with your child.
4. You (the parent/guardian) should be able to supervise your child to ensure safe dog play and dog walking practices (information will be provided).
5. You also need to be able to read and understand this study participant information sheet and explain it to your child.

What is involved? Your participation in this study involves the following steps:

1. Complete the survey online
2. Return the signed consent form for participation in the study
3. Once you have completed the survey, you will be randomly allocated into one of three groups:
 - 🐾 Group 1: Receive 3 SMS text messages (2 x weekdays and 1 x weekend) every week for 4 weeks encouraging your child to walk or play with dog;
 - 🐾 Group 2 Receive 3 SMS text messages (2 x weekdays and 1 x weekend) every week for 4 weeks encouraging your child to walk or play with dog, and a pedometer for your dog with a dog walking diary for your child to fill in; or
 - 🐾 Group 3: Continue your usual routine.

If you are in Group 1 or 2, you will receive personalised text messages encouraging you to allow your child to spend time in their yard playing with their dog, or take your child and dog for a walk to the local park. You will also receive information sheets of games your child can play with your dog, walking trails around Perth for the family and dog, and also tips and advice on how children can safely interact and play with their dog.

If you are in Group 2, we would also like your dog to wear a pedometer when you and your child take your dog for a walk, or when the child is playing with the dog. The pedometer is a motion-sensing device and will measure the number of steps (exercise) your dog does. The pedometer is small and hangs from your dog's collar. We will also send your child a weekly personalised dog walking diary (4 in total), for them to record the number of steps your dog takes during walking or play time. Please return completed diaries every week via any of the following methods:

- 🐾 Using the return reply paid envelopes;

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- 🐾 By scanning and emailing to playce.study@telethonkids.org.au; or
- 🐾 Taking photos of the completed pages and sending the photos via text message to +61422383577.

Upon receiving all four diaries, we will send out a thank-you gift to your child for his/her efforts. At the conclusion of the study, please return the pedometers using the return reply paid envelope.

If you are in Group 3, please continue with your usual routine. At the end of the study, you will receive a thank you gift, information sheets of games your child can play with your dog, walking trails around Perth for the family and dog, and also tips and advice on how children can safely interact and play with their dog.

4. About one month and then three months after starting the study, we will ask you to complete the online survey again to see what impact the intervention has had.

What about confidentiality? All information that you and your child provide will remain private and confidential. You and your child have an identification number which will appear on study materials in place of your name. No names or identifying information will be released unless required by law. The data gathered for the study may be published, however, your name or any other identifying information will not be included.

Do I have to take part? Participation in this study is greatly appreciated and entirely voluntary. Should you no longer wish to be involved, you are free to withdraw at any time without explanation or justification. Following this, any data which has already been collected will be discarded and not used in the study.

Possible benefits The information you provide will help guide future studies and inform interventions and policies to promote physical activity and health across childhood. It is only with the generous help of people like you that research to improve children's health can be successful.

Possible risks and risk management plan As the intervention strategy in this sub-study involves using text messaging prompts to encourage more active play and walking, there should be no potential inconveniences, discomforts, harms or risks to you and your child. In addition, parents in the intervention group will be provided with an information sheet on how children can safely interact and walk their dog. Parents are required to supervise any interaction between your child and dog, and to separate or stop play between your child and dog if they feel either are in an unsafe situation.

Contact for more information: If you require additional information about the study, please contact the PLAYCE Chief Investigator Associate Professor Hayley Christian on hayley.christian@telethonkids.org.au or phone: 6319 1040, or the PLAYCE research team on playce.study@telethonkids.org.au; 6319 1041.

Approval to conduct this research has been provided by The University of Western Australia (Ref: RA/4/1/7417), 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 Research Ethics Office at The University of Western Australia on (08) 6488 3703 or by emailing to hreo-research@uwa.edu.au All research participants are entitled to retain a copy of and Participant Information Form and/or Participant Consent Form relating to this research project.