



What resources support regional children and parents to be active together?

Families living in rural and regional Australia sometimes wait months to see health workers. There are few resources to help families while they are waiting to be seen. Being active helps children who are neuro and developmentally diverse.

Researchers developed two evidence-informed resources to support families

Doing Physical Activity Together talks about social, developmental, physical, mood and brain gains of being active together, and how to do it.

Planning Physical Activity Together supports families to make a detailed physical activity plan together and to review it.



Families tested the resources and co-designed versions were produced

13 children and 12 parents took part in 2-3 workshops. They used the resources to learn about and plan being active together.

They told researchers what worked well and how the resources could be improved.



Two advisory groups oversaw the project

Child advisory group: 3 children, child advocate

Adult advisory group: 7 adults

We invited feedback on how we co-designed with families. We listened to this advice.

62 changes were made to resources in response to feedback from families and researcher observations

- None of the families had been given advice or resources on doing physical activity together prior to taking part in the study.
- Families reported positive experiences and enjoyed using the resources.
- Children enjoyed planning and they liked knowing what they were going to do.
- Parents gained insights into important aspects of being active together, such as building relationships and supporting child development.



Resources are freely available at threeivers.csu.edu.au/family-physical-activity

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We pay our respects to all First Nations Elders past, present, and emerging. We recognise the Wiradjuri people of Australia, who are the Traditional Custodians of the Land on which this resource was made.

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