



## About the Let's Grow research study

### Overview of the project

The aim of this research is to test an online program that focuses on helping parents of 2 year olds learn skills and strategies to support the development of healthy happy children. This program will be delivered via a new app that has not been tested before! This research will help us to understand the effectiveness of the app, and whether a program available on your mobile phone helps parents with their children's play, screen time and sleep.

The study is being led by Professor Kylie Hesketh at the Institute for Physical Activity and Nutrition (IPAN), at Deakin University in collaboration with researchers from Deakin University, La Trobe University, University of Otago (NZ), University of Guelph (Canada), University of Alberta (Canada) and Karolinska Institute (Sweden). The study is funded by the National Health and Medical Research Council.

### What does participation involve?

In this study there will be two groups. If you consent to take part in this study, you will be randomly allocated to a group; you can't choose which one you are in.

Group 1 will be given access to a mobile app to trial for 1 year. There are 8 topics in the app that you will be asked to complete at your own pace over the year. The topics cover child sleep, play, screen time and general parenting. Within the topics there are short videos, fun activities and information. The app also contains a social forum where you can post anonymously (this is optional to participate in). Over the year, you will receive text messages linked to the app.

Group 2 will be emailed 8 Toddler Tips bulletins over 1 year containing information on important child health issues and will not have access to the app.

**All participants**, regardless of the group you are in, will be asked to complete an online survey and wear an activity monitor at 4 time points: the beginning, the middle, and the end of the 1 year study, and again 1 year later.

The activity monitor is a small, lightweight device about the size of a match box. We will ask you and your child to wear one around the waist on an elastic belt for 8 days (except when bathing or swimming). The monitor is a harmless device, similar to a pedometer or Fitbit but with better accuracy.

**Recruitment is now closed, however, if you would like to participate in current research programs please visit the [Institute of Physical Activity and Nutrition](#) at Deakin University.**

### Any questions about this research?

Please feel free to contact the Let's Grow team on 03 9246 8214 or at [letsgrow@deakin.edu.au](mailto:letsgrow@deakin.edu.au)