



Let's Grow

PLAIN LANGUAGE STATEMENT

What is Let's Grow?

Let's Grow is a program designed to help parents of toddlers learn skills and strategies to support the development of healthy happy children. It is delivered via a new app developed by experts. This research aims to test Let's Grow to help us understand if the app is effective, and whether a program available on your mobile phone helps parents with their children's eating, play, screen time and sleep. The study is funded by the Medical Research Future Fund and led by Professor Kylie Hesketh at Deakin University, in collaboration with experts from Deakin University, La Trobe University, University of New South Wales and University of Otago (NZ).



Play



Nutrition



Screen time



Sleep

What do I have to do?

If you decide to participate, you will be randomly allocated to one of two groups; you can't choose which one you are in:

Group 1

Will be given access to an app to try. The app contains different topics and learning activities to complete at your own pace. They cover child nutrition, sleep, play, screen time and general parenting skills. At the end of the study, you will receive an email notification before the app is deactivated.



Group 2

Will be emailed monthly brochures with information and tips on child health issues and will not have access to the app.



All Participants (Group 1 and Group 2)

Will be asked to complete an online survey and wear an activity monitor at 4 timepoints: at the start of the study, then at 3 months, 6 months, and 12 months at the end of the study.





SURVEY

This will take about 45 minutes and doesn't have to be done all in one go. We will ask about:

- You (e.g. your age, education, general health, your diet, physical activity and sleep)
- Your child (e.g. their sleep, play and social habits, diet, visits to health professionals like a GP)
- Your family (e.g. who lives in your home, cultural background)
- Your thoughts as a parent (e.g. family rules, parenting, what you think about your child's diet, sleep and play)
- This study (e.g. how you found out about it, what you liked and didn't like about it)

In the survey, there is an option to invite your partner/other parent to also take part. We would then send you information to pass along for them to decide if they want to participate. This is optional.



MONITOR

Both you and your child will wear a lightweight activity monitor for 8 days (except when bathing or swimming) after completing the survey. This records physical activity, sitting time and sleep. Your device will be worn on your wrist (like a watch) and your child's device will be worn around their waist on an elastic belt, either over or under clothing. The monitor is a harmless device, similar to a pedometer or Fitbit but with better accuracy. The research team will provide wear instructions and helpful tips for managing the devices with tricky toddlers. If your child refuses to wear the device, you can still be part of the study. We use Australia Post's eParcel service for tracked delivery and return, at no cost to you.



APP USAGE DATA (GROUP 1 ONLY)

The app automatically collects usage data e.g. what pages are visited, when used, and content input into the app. This is to help us understand how people use the app and what they find most useful.



ARE THERE ANY RISKS?



We know parenting can be hard and that reflecting on your child and family can be triggering for some people. We provide details of support services at the end of this information letter should this be the case for you.



ARE THERE ANY BENEFITS?

Your participation will provide valuable insights to help researchers develop the best support services for parents and caregivers of young children. Both groups are very important. Group 1 will provide important information about the value of the app. Group 2 is vital for us to know about families with young children and how they function with the standard support currently provided to families. The information both groups will receive over the course of the study has been developed by Australian and international experts, and is designed to be a resource for you and your family which you may find useful. The overall study results will be made available to participants at the end of the study. In addition, if we notice any signs that your child might be experiencing a delay in their physical development based on your survey responses, we will contact you via email and suggest that you speak with your child's GP.



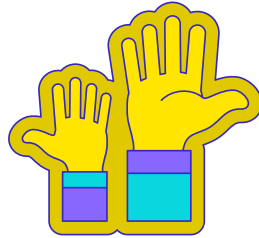
IS THERE A PAYMENT INVOLVED?

Your family will receive a \$30 retail gift voucher after activity monitors are returned at each time point (total \$120). An additional \$10 will be provided to families who are asked to re-wear the activity monitor if we don't get enough data initially.



ANY QUESTIONS?

Please feel free to contact the Let's Grow team on 03 9244 6992 or at letsgrowplus@deakin.edu.au



IS PARTICIPATION VOLUNTARY AND CAN I WITHDRAW?

Participation in this research study is voluntary. You are free to withdraw at any time, and free to withdraw your data prior to data analysis without any consequences or impact on your relationship with Deakin University or the research team. If you wish to withdraw, please contact the research team on 03 9244 6992 or at letsgrowplus@deakin.edu.au.



COMPLAINTS

If you have any complaints about any aspect of the study, the way it is being conducted or any questions about your rights as a research participant, then you may contact:

The Human Research Ethics Office, Deakin University, 221 Burwood Highway, Burwood Victoria 3125.
Telephone: 9251 7129, email: research-ethics@deakin.edu.au. Please quote project number 2024/HE000771.

HOW WILL MY PRIVACY BE PROTECTED?

All information you provide will be treated as confidential. Storage of the data collected will adhere to strict University and national regulations. All data will be stored securely for a minimum of 15 years after your child reaches the age of 18 on Deakin University's Research Data Store in folders accessible only to staff involved with this project. Any information that identifies you or your child will be removed prior to analysis. The findings from the study may be published in reports, journal articles or be presented at conferences, but individuals will never be identified. We may use the deidentified data collected from this study in future for this specific research project, or any other research, with ethics approval. Your privacy will always be protected, you will not be identified.



ANY CONCERNS?

If you have concerns about your child or parenting at any point in the study, here is a list of trusted services you can reach out to:

- Your GP/local doctor or child health nurse
- [Parent helplines and hotlines](#), [Raising Children Network](#) which contains the contact details of multiple state based and Australia wide helplines

You can save a copy of this for your records.

Scan this QR code to watch a video of how to put the monitor on your child!



ACTIVITY MONITOR CARE & INSTRUCTIONS

1

FOR PARENTS

HOW TO WEAR THE WRIST MONITOR

- 1.If the monitor is not already in the wristband, insert the monitor into the wrist strap by positioning the plastic notch on the bottom edge of the device into the matching groove in the bottom edge of the wristband.
- 2.Ensure that the Axivity logo on the device and the 'A' on the wristband are facing in the same direction.
- 3.Place the wristband on your non-dominant wrist, with the logo facing up when viewed like a wrist watch.
- 4.It is important that the strap is fastened tightly so that the monitor does not move around too much.

2

FOR CHILDREN

HOW TO WEAR THE HIP MONITOR

- 1.Place snug around the hips and position on the right side, in line with the middle of the right leg.
- 2.Wear under or over clothes - whatever is more comfortable!
- 3.The sticker on the box must be smiling the right way for other people looking at it.
- 4.It's okay to reposition the monitor for sleeping. Please move back to the right hip after waking up from bedtime or naps.
- 5.If the belt gets wet, you can remove the monitor from the belt and use a ribbon or tie to attach it to your pants as it dries.
- 6.That's it— they are already turned on so please do not try and open them!
- 7.See our Handy Tips envelope for helpful resources to get your child excited to wear the monitor.

CHILD

PARENT



The activity monitor tells us about the different types of activity you and your child do during the day, and about sleep. It is a harmless device, similar to a pedometer or Fitbit but with better accuracy! Please wear at all times (except for bathing and swimming) for the entire 8 days!