



# RECRUITING STAY-AT-HOME PARENTS AND THEIR CHILDREN AGED 3-4 YEARS

## The Active Family Study



## What's involved?

- You and your child will be asked to wear a small device called an accelerometer on your wrist and your child's hip for 14 days
- You will be asked to complete a short diary reporting on your own sleep and your child's sleep
- You will receive up to 5 texts each day from an automatic text messaging service (<https://www.textmagic.com/>) with a link to a brief online questionnaire
- You will also be asked to complete a short questionnaire before and after the intervention



**You will be compensated for each questionnaire you complete within 30 minutes of it being sent via a text**



## Why is this research important?

- The Active Family study aims to examine the effectiveness of a physical activity intervention delivered using smartphones for stay-at-home parents and their young children
- If effective, this intervention will increase physical activity and reduce sedentary time in young children and their parents

## Who should I contact if I'm interested?

If you are interested in participating or have any questions about the study, please contact: Mani Ahluwalia on [mahluwa7@uwo.ca](mailto:mahluwa7@uwo.ca)

Dr. Trish Tucker is the principal investigator of this study:  
[ttucker2@uwo.ca](mailto:ttucker2@uwo.ca) / 519-661-2111 x88977



**Mani Ahluwalia**



**Dr. Trish Tucker**