

Understanding Parents' Experiences in Facilitating Physically Active Leisure for their Children who are Overweight

We know:

- childhood obesity is a growing concern
- physical activity is a modifiable factor
- parental support, parental physical activity levels, and parents' ability to facilitate physically active leisure for their children influences children's activity levels

We need to know more about:

- challenges parents of overweight children face in facilitating active leisure
- whether and in what ways leisure education can play a role in assisting with challenges

Description of Project

- Participants recruited through Learning, Eating, Activity Programme (18-20 per year)
- Interview with parent prior to programme's start
- Eight parent "leisure education" sessions – one group; seven one-on-one sessions
- Exit interview after completion of Programme
- Data: interview transcripts, case notes from one-on-one sessions, exercises completed by parents and children throughout program

Expected Outcomes of Research

- Parents' challenges and successes with facilitating active leisure for overweight children
- Interaction between children's challenges and parents' challenges
- Information and supports that are helpful to parents
- Support that recreation/sport agencies can and do provide that does/could assist parents

Knowledge and Increasing Sport Participation

- Family-based intervention strategies
- Constraints theory
- Understanding of the complex process involved for parents in moving overweight children from being inactive to being interested in and/or participating in sport
- Strategies/policies that can help parents facilitate and support sport/physically active leisure involvement early in child's life