

# STUDY NEWS

December 2019



Hello!

What a fantastic year it has been for the PLAYCE research program. From relocating to the Telethon Kids Institute, to the launch of the PAWS study and the new Policy project. We've welcomed new families (and their four-legged friends) into the study and were joined by various researchers and students in our office.

We would like to thank all our participants for their continued support of the PLAYCE research. Without you, this research wouldn't be possible. Best wishes this holiday season and we wish you a prosperous new year!

*Hayley and the PLAYCE Team*

## The PLAYCE Policy Project

The PLAYCE Team and our partners are working together to improve the physical activity of children attending Early Childhood Education and Care (ECEC). As part of this research we will focus on ECEC policy and practices to increase the physical activity of children attending care. We aim to produce an endorsed 'Early Movement' policy and supporting resources for ECEC. We have conducted focus groups with ECEC staff from 10 centres across WA to gather their feedback on ECEC physical activity policies and practices. We also completed two surveys of a national field of experts across health, physical activity and child development in government, non-government and community sectors to gather feedback on the draft ECEC physical activity policy we have developed and factors that will help with the uptake of the policy.

## Masters of Public Health Practicum Students

In August, the PLAYCE Team welcomed two Masters students: Alice Wrobel and Lauren Preedy from UWA to do their practicum with us. During their time Lauren and Alice worked on a number of tasks for the PLAYCE Policy Project, including developing a Resource Guide for ECEC services to help increase physical activity in childcare. They were also actively involved in our stakeholder collaborations with all our partners including Cancer Council WA, Department of Health, Department of Local Government, Sport and Cultural Industries, Goodstart Early Learning, Australian Child Care Alliance, Nature Play WA, Colab-Minderoo and researchers from the University of Southern Denmark and Queensland University of Technology.



## PLAYCE Consumer Reference Group

We are very excited to let you know that PLAYCE has a new parent consumer reference group who will help us to further understand the needs of parents in the work we do. It will give parents an opportunity to voice their ideas, provide feedback and identify the appropriate responses and solutions to problems that affect children's health, development and overall wellbeing. We look forward to working with the reference group in 2020.



# PLAYCE

Did you know that pets are important in children's lives as they provide enjoyment and help children develop responsibilities transferable to adulthood?

We launched PLAYCE PAWS in 2019 to understand the benefits of dog ownership on children's physical activity levels and development of emotional skills such as empathy and nurturing skills. We've had incredible feedback and beautiful photos from children and their doggies (see below).

Our very own Hayley Christian presented a talk on the health benefits of dogs at UWA's "Raising the Bar" event on 29<sup>th</sup> October (check it out [here](#)). We were also at the Cherish Pet Expo at Claremont Showgrounds 16-17 November. We held a 'Guess the number of doggy treats in the bucket' competition - one lucky dog now has 247 doggy treats for Christmas!

Thank you to all of you who have participated in the study so far, we hope you, your child and your dog had fun - just as much as we enjoyed reading the lovely stories and updates you have been sending through. Thank you! PLAYCE PAWS is taking a short break over the Christmas and New Year but will recommence in 2020. If you (or a friend) are interested in taking part and have a child aged 5-8 years, please get in touch with us.



"We all went to the beach, strolled along the sand before splashing into the water. The boys all had a great time :)"



"We are having a great time so far with the dogs, lots of walking and playing- great timing with the school holidays!"



## PLAYCE 2 SCHOOL

### How active is my child now that they are at school?

The PLAYCE 2 School study is currently analysing data from families who took part in terms 2 & 3 - this year's reports will be sent soon. Thank you to all the families who have participated! We very much appreciate your continued support of the PLAYCE research. We have had over 400 children take part now that they are at school. We will continue with data collection next year. **If you and your child took part in the PLAYCE Study at childcare and your child will be in pre-primary or year 1 next year, please get in touch. We will be contacting eligible families in January 2020!**



The PLAYCE Team

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