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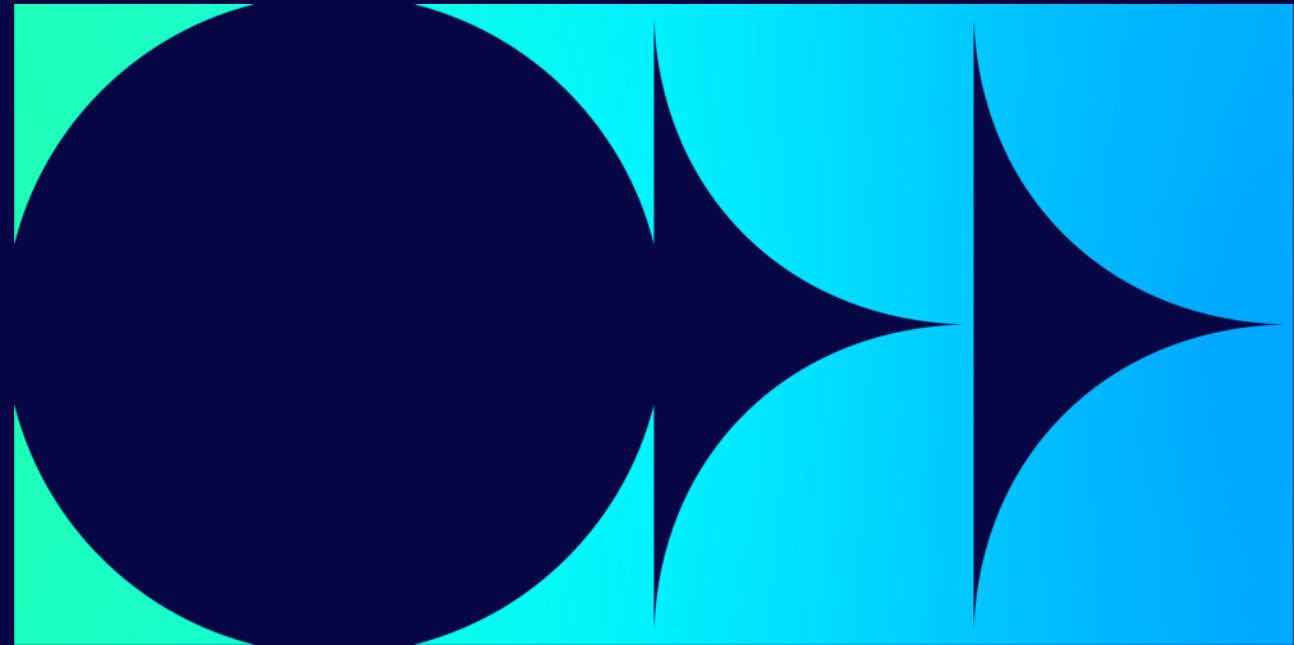
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# Exploring the effects of parental involvement in children's physical activity sessions

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# Welsh Active Early Years: Project Evaluation

## Background

- Part of the Welsh Government 'Healthy and Active Fund' provision aiming to increase the physical activity levels of young children and their parents/carers in order to develop and embed lifelong physical literacy.
- Initial design was a 5-week multi skills movement and play based bilingual activity programme delivered to parents/carers and their children at community-based venues and outdoor spaces in communities across Wales, but the COVID-19 pandemic meant a change to online, remote delivery.
- The data collection approaches had been set as part of the initial project application. Children's involvement levels were measured at the beginning and end of the 5-weeks, parents/carers completed physical activity and wellbeing measures prior to start, on completion and 6- and 12- months post- completion.





# Welsh Active Early Years Blynyddoedd Cynnar Actif Cymru



## The Grand Old Duke of York

Help your child to make a baton out of the cardboard tube and ribbons to use when following the soldiers trail. Encourage them to follow the footsteps either walking or marching, lifting their knees high. Talk about the movements and prompt them to crouch small and stand tall using the baton as an up and down motion when marching and singing the Grand Old Duke of York.

This activity will help to develop:



Hand & eye co-ordination



Concept of up and down, adapting to various surface levels



Using space safely and aware of their surroundings



Balance which will develop core muscles



Experience language through movement



Control of lower body movements



## The Grand Old Duke of York

Helpwch eich plentyn i wneud baton allan o diwb cardfwrdd a rhubanau ar gyfer dilyn llwybr y milwyr. Anogwch y babi i ddilyn yr ôl traed naill ai wrth gerdded neu wrth fartshio a chodi'r pengliniau'n uchel. Siaradwch am y symudiadau a'u hannog i fynd ar eu cwrcwd a sefyll gan ddal i symud y baton i fyny ac i lawr a martsio a chanu The Grand Old Duke of York.

Bydd y gweithgaredd hwn yn helpu i ddatblygu:



Cydlynu llaw a llygad



Y cydsyniad o i fyny ac i lawr, addasu at lefelau gwahanol wynebaw



Defnyddio gofod yn ddiogel a bod yn ymwybodol o'u hamgylchoedd



Balans a fydd yn datblygu'r cyhyrau craidd



Profiad o iaith trwy symud



Rheoli symudiadau gwaelod y corff



# Data collection tools

- ▶ Parent/Carer participants:
  - International Physical Activity Questionnaire (IPAQ)
  - Warwick-Edinburgh Mental Well-being Scale (WEMWBS)
  - Participant feedback
- ▶ Facilitators:
  - Leuven Well-being & Involvement Scale
  - Facilitator feedback

## Short Warwick Edinburgh Mental Wellbeing Scale (S) WEMWBS

Below are some statements about feelings and thoughts.  
Please circle the number that best describes your experience of each over the last 2 weeks.

	None of the Time	Rarely	Some of the Time	Often	All of the Time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5

# Headline Finding

Participation in the project had a positive impact on children's and adults' well-being and physical activity levels.

*'with lockdown and nowhere to go it's easy to slip into PJ days so it has been great having this to look forward to'* Participant 17

*'We have looked forward to it every week, the facilitators were fun, inspiring and friendly so that was lovely too! So yes, it's improved my wellbeing'* Participant 9

*'The group has made me more aware [of] physical activity everyday, not just when we do sports'* Participant 4

# Key findings: Parents/Carers

- ▶ 71% of participants who completed the programme recorded an improvement in average well-being scores.
- ▶ Improvements in well-being were still apparent 12 months after completing the programme.
- ▶ 75% of participants who completed the programme had increased physical activity levels.

# Key Findings: Facilitators

Average Leuven well-being and involvement scores increased by between 0.5 and 0.75 for children who complete the programme.

The forced move to online delivery had been successful and resulted in some unexpected benefits.

*'surprisingly Zoom worked really well. Parents felt less self-conscious and being in a familiar environment seemed to encourage better communication' Facilitator 5*

*'some parents commented positively about Zoom as it removed the stress of getting everyone prepared and out to get to a venue in time to attend a session' Facilitator 1*



# Discussion

**93% of participants were female and 96% were white.**

**Parents/carers wanted to carry on engaging in physical activity sessions with their children after completing the programme, but found it difficult to find opportunities to do this.**

**There was some indication that improvements in parent/carers' well-being and physical activity were greater in areas affected by deprivation, but the impact of COVID-19 restrictions on data collection meant it was not possible to prove a correlation.**

# Key Recommendation

The Welsh Active Early Years project is uniquely placed to act as a 'Physical Literacy Librarian', providing information and guidance to participants based on their interests, skills and abilities to enable them to develop lifelong physical literacy.

This is due to the project's pan-Wales remit, its focus on physical literacy rather a specific sport or skill and the partnerships supporting it.

# Legacy

- ▶ Development of the 'Play, Learn Thrive' physical literacy training programme for non-maintained settings being delivered throughout 2023.
- ▶ 'Active Baby at Home' and 'Active Baby and You' projects were developed to address an identified need to support parents with babies born during lockdown. These continue to be successfully delivered and have been adapted to support work in Welsh neonatal wards
- ▶ Network events have been held attended by local authority sport liaison officers, Sport Wales representatives and other partner organisations to develop future provision.



Is your baby 8 months or younger?

Our **Active Baby at Home** programme aims to bring adults together to start enjoying playing actively with their baby through everyday routines from birth.

This six week programme is centred around a coffee morning where parents can meet other parents, as well as gain new ideas to introduce playful activities that will support a baby's physical development and well-being.

Each session will be based around a topic highlighting the importance of play and how physical literacy is central to a baby's development; contributing to physical and emotional well-being.

Topics include:

- » Tummy Time
- » Rolling

# Thank you/ Diolch

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