

# STUDY NEWS



*Play Spaces and Environments for Children's Physical Activity*

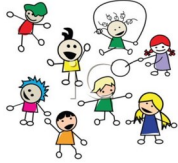
February 2018, Issue 3



## WELCOME TO 2018

### iPLAYCE UPDATE:

The iPLAYCE study is looking at the impact of upgrades to centre's outdoor play spaces as well as professional development on educator's practices and children's physical activity. We are about half way through collecting data from centres participating in this PLAYCE sub-study. So far 7 centres have taken part in an evaluation of the upgrade to their outdoor play space and 11 centres have taken part in a Nature Play WA or Fundamental Movement Skill professional development program. Data collection will be completed around June 2018.



*Nature Play WA*

**Hello,** and welcome to our third PLAYCE newsletter! It is exciting to let you know what the PLAYCE study has been up to over the last 12 months. The team have almost completed their visits to ECEC Centres, and will soon commence bringing all the data and information we have gathered over the last three years together for analysis. We look forward to sharing these results with you soon. There have also been recent changes to the Australian physical activity, sedentary and sleeping time recommendations for children 0-5 years (see below). Don't forget to access PLAYCE information and updates and share your stories on our Facebook page [@PLAYCEStudy](https://www.facebook.com/PLAYCEStudy).

### PLAYCE Study by Numbers

#### To date:

- \* 106 centres have been briefed.
- \* 106 centres have had data collection visits.
- \* 1537 children and parents have completed the study.
- \* 21 centres have participated in the Intervention Study (iPLAYCE).



# NEW!!!

## Australian 24-hour Movement Guidelines for the Early Years

The big news is that Australia's new 24-hour Movement Guidelines for the Early Years were publicly released by the Commonwealth Department of Health in November 2017. The Guidelines outline what a typical day for a baby, toddler or pre-schooler would look like, including advice on screen time, active play, time spent sitting and lying down, and the ideal amount of sleep. It provides parents with useful information to consider in developing routines for their kids. Following the Guidelines is associated with better growth, stronger muscles and bones, better learning and thinking, better mental, emotional and social well-being, better motor skills, healthier weight, as well as reduced injuries. Pre-schoolers (3-5 years) should spend at least 180 minutes in a variety of physical activities, of which 60 minutes is energetic play, spread throughout the day; more is better. Pre-schoolers should not be restrained for more than 1 hour at a time or sitting for extended periods. Sedentary screen time should be no more than 1 hour per day; less is better. Pre-schoolers should have 10-13 hours per day of good quality sleep which may include naps, with consistent sleep and wake-up times. See the link to the brochure below which outlines the Guidelines for Toddlers (1-2 years) and Babies. The Guidelines were developed by experts from Australia and overseas and included PLAYCE Study investigators Assoc/Prof Hayley Christian and Prof Stewart Trost.

**Download the printable brochure:** [http://www.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/\\$File/Birthto5years\\_24hrGuidelines\\_Brochure.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/$File/Birthto5years_24hrGuidelines_Brochure.pdf)

**Download the Fact Sheet:** [http://www.health.gov.au/internet/main/publishing.nsf/Content/DAAD9AEB38F655D6CA257C75001B546D/\\$File/24hrGuidelines-Factsheet-fa-0-5.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/DAAD9AEB38F655D6CA257C75001B546D/$File/24hrGuidelines-Factsheet-fa-0-5.pdf)

Supporting the 24-Hr Movement Guidelines is a comprehensive website that provides background information, fact sheets, FAQ's and resources: <http://www.health.gov.au/internet/main/publishing.nsf/Content/pasb>

## What do we use to collect data?

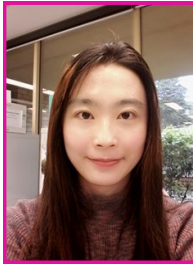
- Accelerometers - to measure physical activity amount and intensity.
- Radio frequency identification (RFID) system - to measure movement when indoors.
- Global positioning devices (GPS) - to find out the general places where physical activity occurs.

And of course, as researchers, we *love* surveys!



## Meet the PLAYCE team!

Research Assistants:



Chief Investigator,  
**Dr Hayley Christian**



## 2017 Student Research

### Project:

Mr Luke Chancellor-Maddison (Medical Degree student) is completing his research project with the PLAYCE Study. He is exploring the relationship between the ECEC environment, educator practices and children's sedentary behaviour.

ChEEPS<sup>3</sup> (The Childcare Environment and Educator Practices Sedentary Screen time Study) includes 1135 children 2-5 years attending ECEC throughout Perth. Children's sedentary behaviour at ECEC was measured using accelerometers (Super hero belts).

Preliminary findings suggest that providing children with an alternative to screen time, having an ECEC policy that recommends not using screens as a reward and an ECEC policy on staff undertaking professional development on screen use in children, is associated with children spending less time sedentary whilst attending ECEC.



## 2017 Student Research

### Project:

Dr Guy Armstrong (Medical Degree student) completed his research project in 2017 with the PLAYCE Study. He explored the relationships between children's physical activity and the outdoor play area at home.


The PAEDYard Study (Influence of the home yard physical environment on pre-schooler play, physical activity and development study) included 224 children; average age 3 years. Children spent about one hour per day playing in the yard, and about three hours per day being physically active when not at ECEC. The majority of parents (86%) agreed that physical activity was 'important' or 'very important' for their child.


Results showed that the median size of home yards were 51m<sup>2</sup> for front yards and 78m<sup>2</sup> for back yards. Children spent more time playing outdoors in the yard when the yard size was bigger, the lawn was of a better quality, there were more types of fixed play structures (e.g. trampoline, cubby house), play equipment (e.g. bats, balls, buckets), yard features (e.g. trees, ponds) and flower gardens. For each additional type of fixed structure present, children played in the yard for an extra seven minutes per day. Each additional type of play equipment corresponded to an extra four minutes of outdoor yard play per day.

## PAEDYard Study



## DID WE VISIT YOUR CENTRE IN 2017?

 If you had a visit from our team in 2017, then a summary report for will be emailed to you around April/May 2018.

 Do you have any of our equipment that's hanging around making a nuisance of itself? If you do, please give us a call or email the team and we'll organise to collect it. Also attached is a poster you can print and put up in your centre to help our equipment find its way home to us.

We are on Facebook!

[@PLAYCEStudy](https://www.facebook.com/PLAYCEStudy)



If you would like to contact

the PLAYCE team please

call us on 6488 8760 or

email:

[playce-study@uwa.edu.au](mailto:playce-study@uwa.edu.au)



THE UNIVERSITY OF  
**WESTERN  
AUSTRALIA**



# MISSING

If you find one of these devices please return it to your educator or contact the PLAYCE study team as soon as possible.

Some children are waiting to use these important health monitoring devices.

A small reward may be offered for the safe return of devices.

**T: 6488 8760**

**E: [playce-study@uwa.edu.au](mailto:playce-study@uwa.edu.au)**

