



Ethical information

The ethical aspects of this study have been approved by the Ramsay Health Care WA | SA Human Research Ethics Committee (RHC WA | SA HREC). If you have any complaints or reservations about any ethical aspect of your participation in a research project, please contact the Consumer Liaison Office at Joondalup Health Campus on (08) 9400-9404 who will direct your complaint to the most appropriate person. Any complaint you make will be investigated by an independent party, treated in confidence, and you will be informed of the outcome.

Any Questions?

If you have any questions, or would like further information about this study, please contact:

phone: 08 6319 1405

email: originsnatureplay@telethonkids.org.au

Further information can also be found on our website: originsproject.telethonkids.org.au/sub-projects/natureplay-grow

Who is carrying out this study?

[Dr Lisa Gibson](#) - Chief Investigator

Research Fellow, The ORIGINS Project
Telethon Kids Institute, University of Western Australia

[Professor Desiree Silva](#)

Paediatrician & Co-Director The ORIGINS Project
Telethon Kids Institute, University of Western Australia

[Griffin Longley](#)

Chief Executive Officer
Nature Play WA

[Denise Ansingh](#)

Playful Education Officer
Nature Play WA

**THANK YOU FOR
CONSIDERING PARTICIPATING
IN THIS RESEARCH PROJECT**



**NATURE
PLAY & GROW**

Perth, WA



Promoting positive lifestyle behaviours in young families

PARTICIPANT INFORMATION BROCHURE



The importance of time in nature

We are seeing a concerning trend for unhealthy behaviours in young children, which can contribute to long-term lifestyle habits. There is good evidence that time in nature is associated with better child health including physical activity, eating behaviours, sleep quality and all aspects of physical and mental well-being.

There has been a significant shift from active, outdoor nature-based activities to more passive sedentary and screen-based indoor activities — with an associated rise in psychological disorders, chronic disease, and a disconnect from the natural environment.

What is Nature Play & Grow?

The Nature Play & Grow early intervention aims to pilot a program that promotes connectedness to nature, healthy eating, physical activity, and emotional wellbeing in preschool children.

The project is seeking caregivers who;

- have a child enrolled in The ORIGINS Project aged between 3 and 3.5 years
- are able to attend one outdoor group session per week for eight weeks, during the day, with their child
- have internet access

A collaboration

This pilot project is a sub-project of [The ORIGINS Project](#) and is being conducted in collaboration with the [Telethon Kids Institute](#) and [Nature Play WA](#).

What does participation involve?

The eight-week program consists of two main components:

- Parents will be asked to complete one 20-minute online parenting module per week, delivered via the *Thinkific* platform.

These modules will be based around a weekly theme such as outdoor play, healthy eating, physical activity and child development, and will feature information presented by experts in child health and development.

The short modules will contain podcasts and videos that will provide resources and information to increase knowledge and motivation.

- Parents will then be asked to attend a weekly one-hour group session, followed by morning tea, held in different local parks in the City of Wanneroo and the City of Joondalup.

Each group session will be facilitated by a member of the project team and will include the same ten families in each session. The group will enjoy outdoor experiences based on the weekly theme. Families will be asked to bring a picnic rug and snacks for their child and will occasionally be asked to bring along items from home such as small craft items, a bike or scooter and dress ups.

Participants will also be asked to complete an online questionnaire prior to the beginning of the program and at the end of the eight-week program. Additional follow-ups will be conducted at six and 12 months following the completion of the program.

There are no costs to the participant for involvement in the project.



What are the possible benefits of participating?

By participating in this project, we are expecting to see an increase in nature-connectedness for both parent and child which may result in positive changes in the key areas of nutrition, sleep, physical activity, sedentary behaviour, emotional wellbeing, and behavioural development.

Do I have to take part?

Participation is entirely voluntary. If you choose to participate, you are free to stop participating at any time. You can also request to withdraw any data collected as part of this study that is not part of ORIGINS data collection. Your involvement in The ORIGINS Project will not be affected by your decision to participate in this study.

Consent

When you sign the consent form, your signature will be taken as your consent to participate in the study. To withdraw from the study, you must email the research team at the email address below with your participant ID and let them know that you wish to withdraw.

Who will see results of the research?

The results of this study will be published in medical journals and presented at conferences. No individuals will be identifiable within the presentation of the results. A summary of the findings will also be sent to you at the conclusion of the project.

How will my confidentiality be protected?

All information collected as part of this research will be kept strictly confidential. All questionnaires will be completed online, and data will be transferred to a data set which includes no identifying information about you. The anonymous participant codes assigned to participant data for the purpose of analysis will be kept with identifying information on a password-protected computer at the Telethon Kids Institute. Data will be used for general statistical analyses only. No individuals will be identified in any research report. All data storage will align with ORIGINS Project and Telethon Kids Institute privacy protocols.

Some of the experts featured in our modules:

Molly Wright: One of the youngest-ever TED Talk speakers.

Assoc Prof Hayley Christian: Leader of the PLAY Spaces and Environment for Children's Physical Activity, Health and Development program and a researcher at Telethon Kids Institute.

Prof Desiree Silva: Co-Director of The ORIGINS Project and a professor of paediatrics at the University of Western Australia and Joondalup Health Campus.

Dr Fiona Boylan: Lecturer in Early Childhood Studies at Edith Cowan University who has researched growth mindset in the early years.

Dr Amelia Harray: Accredited Practising Dietician and Accredited Nutritionist and a Senior Research Fellow at the Telethon Kids Institute.

Griffin Longley: Chief Executive Officer of Nature Play WA

